

# **EDUCATIONAL RESOURCES**

**Screening & Early Detection**



Canadian  
Cancer  
Society

**Healthy  
Workplaces**

Powered  
by





Canadian  
Cancer  
Society

**Healthy  
Workplaces**

Powered  
by



Module Tools - Educate

screening & early  
**detection**

## Table of Contents

Here you will find educate resources with useful information and tips to share with employees. The following documents are included;

1. [Promoting Screening and Early Detection in the Workplace](#)
2. [Understanding Screening & Early Detection for Cancer and Other Chronic Diseases](#)





## Ideas and Suggestions for Promoting Screening and Early Detection in the Workplace

### screening & early detection

The workplace is a perfect setting to promote cancer and other chronic disease screening messages. Employers can encourage and assist employees in reducing their risk of these diseases through prevention and screening.

- **Post information about early detection and screening on bulletin boards.** Download information and handouts from the Screening and Early Detection module on the [Healthy Workplaces Website](#).
- **Include information on the importance of early detection and screening of cancer in short articles** for internal newsletters, staff e-mails or paycheck inserts.
- **Display/information table.** Order pamphlets from organizations such as the [Canadian Cancer Society](#), Canadian Diabetes Association, and Heart and Stroke Foundation. These pamphlets can usually be ordered free of charge. Consider setting up a display or information booth where early detection and screening messages are easily accessible to employees. The following pamphlets are available for order through your local Canadian Cancer Society office:
  - > [Take the Next Steps to Finding Cancer Early](#)
  - > [Healthy Workplaces Screening and Early Detection Resources](#)
- **Encourage employees to test their knowledge.** Employees can take some online quizzes:
  - [Know when you should get screened](#)
  - [How well do you know your body?](#)

**Try combining activities with theme months** to increase their effectiveness:

- > February is Heart Month.
- > Feb 4<sup>th</sup> each year is World Cancer Day.
- > March is Colorectal Cancer Awareness Month.
- > June is Stroke Awareness Month and the first week of June is national Sun Awareness Week.
- > October is also Breast Cancer Awareness Month and the last full week of October is Cervical Cancer Awareness Week.
- > November is Men's Health Month.



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



## Understanding Screening & Early Detection for Cancer and Other Chronic Diseases

### screening & early detection

It's hard to say why one person gets a disease such as cancer, type 2 diabetes, or cardiovascular disease, and another does not. The possibility of getting cancer or another chronic disease is a real fear for many people, but there are things you can do to help reduce your risk. You can start by living a healthy lifestyle and taking charge of your health. For example:

- Be a non-smoker and avoid tobacco smoke
- Eat a healthy diet, be physically active every day and maintain a healthy weight
- Limit alcohol use
- Reduce your exposure to UV (ultraviolet) rays from the sun or indoor tanning equipment like tanning beds
- Know your body and report any changes to your doctor or dentist.



About 4 in 10 cancer cases can be prevented through healthy living and policies that protect the health of Canadians. The good news is you can reduce your risk of cancer right now. There's no time like the present to start making positive lifestyle changes to feel better and live longer.



Learning more about testing for chronic diseases such as cancer, type 2 diabetes, and heart disease can help you make an informed decision about what is right for you. If you do develop cancer or another chronic disease, detecting it early often increases your chance of surviving and managing your chronic condition successfully.

**Screening** is the early detection of a disease through tests or medical exams when you don't have any symptoms. Screening tests can help find cancer and other diseases at their earliest, most treatable stages. Some screening tests can even help prevent cancer and other chronic diseases by finding changes in your body that would develop into a more serious problem if they were left untreated. If a screening test shows something unusual, more tests will be needed.



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



It is important to be aware that no screening test is 100% accurate. There are also some potential risks: not only because every medical test carries some risk, but also because test results may be misleading.

Decisions about screening tests can be difficult. Talk to your doctor to learn more about your risk of cancer and other chronic diseases and the benefits, risks and limitations of each test.

**Early detection** means finding a disease at an early stage. Recognizing symptoms and getting regular check-ups can help detect cancer and other diseases early. Be aware of your body and know what is normal for you. You can often find possible health problems, including cancer, early if you know your body. Don't ignore any changes. If you notice anything unusual, tell your doctor. The sooner you report unusual signs to your doctor, the sooner a problem can be dealt with.

## The Facts About Cancer

Forty-three percent of Canadian women and forty-five percent of Canadian men will develop cancer during their lifetimes. Lung, breast, colorectal and prostate cancer are the four most common cancer types in Canada and account for about half (48%) of all new cancer cases.

BC has screening programs for breast cancer, colorectal cancer and cervical cancer. Take action today and build your personal strategy to fight cancer. The four steps of a good cancer game plan are:

- Know your body
- Know the warning signs
- Know your family's cancer history
- Talk to your doctor about whether screening is right for you.

**"43% of Canadian women and 45% of Canadian men will develop cancer during their lifetimes."**

**Source:** [Canadian Cancer Society](#) and [Find Cancer Early](#)