

# CANCER SCREENING EDUCATION MODULE

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## OBJECTIVES

After participating in the exercises in this module, adult learners will be able to:

- 1- define “cancer screening” and who should be screened.
- 2- identify the start age and interval for each CancerCare Manitoba screening test.
- 3- access each screening test.

## STAY INFORMED

You can stay informed about cancer screening in a number of ways:

- 1- visit our [website](#)
- 2- sign up for our [e-newsletter](#)
- 3- follow us on [Facebook](#), [Twitter](#), and [YouTube](#)

## MULTI-LINGUAL RESOURCES

The CancerCare Manitoba Screening Programs have multi-lingual resources available on our resources page. To view the resources, [click here](#).

## CONTACT INFORMATION

If you have any questions or feedback, we would like to hear from you!

[GetChecked@cancercare.mb.ca](mailto:GetChecked@cancercare.mb.ca)

1-855-95-CHECK

Interpreter services available.

# RESOURCES

For learners to complete the activities in this module the following free resources are available:

## CancerCare Manitoba Screening Programs website [Cancercare.mb.ca/screening](http://Cancercare.mb.ca/screening)

CancerCare Manitoba  
ActionCancerManitoba

LOCATIONS - PATIENTS & FAMILY - TREATMENT & CARE - SCREENING - RESEARCH & EDUCATION - FOR HEALTH PROFESSIONALS - ABOUT US

CancerCare Manitoba Screening Programs

**Don't just sit there.**  
Over 90% of colon cancers occur in people over age 50.

Click to request a free ColonCheck test.

**BreastCheck**  
ages 50-74

**CervixCheck**  
ages 21-69

**ColonCheck**  
ages 50-74

BreastCheck Mammogram Clinics | CervixCheck Pap Test Clinics | ColonCheck Request A Test

Cancer Screening Saves Lives!  
Have you been screened for cancer? Should you?  
Cancer screening means getting "checked" for cancer. Cancer Screening:

- is for people who have no signs or symptoms of cancer.
- can prevent some cancers by finding and treating changes before they develop into cancer.
- can find cancer early when treatment may work better.

News  
Sign up below for our e-newsletter using the form below!  
BreastCheck mobile clinics are not in operation at this time. To book a mammogram at one of our permanent clinics call 1-855-95-CHECK. Check back to this site for updates.

SHOULD I GET CHECKED?  
GetChecked Manitoba Toolkit

Order Resources  
E-Newsletter Sign-Up

Screening Programs

## Cancer Screening tear off

The tear off can be viewed and ordered from our [resources page](#).

**What do you live for?**  
Cancer screening saves lives.  
To find out if you need to get checked contact our program or talk to your health care provider.  
GetChecked Manitoba.ca  
1-855-95-CHECK  
CancerCare Manitoba SCREENING PROGRAMS

**BreastCheck**  
CancerCare Manitoba  
Most women age 50-74 should have a screening mammogram every 2 years.

**CervixCheck**  
CancerCare Manitoba  
Most women age 21-69 who have ever been sexually active should have a Pap test every 3 years.

**ColonCheck**  
CancerCare Manitoba  
Most men and women age 50-74 should do a home screening test (poo test) every 2 years.

GetChecked Manitoba.ca

## Cancer Screening videos

The videos can be viewed at the GetChecked Manitoba [YouTube page](#).

Introduction (2017.03)  
Watch later | Share

**SHOULD I GET CHECKED?**  
GetChecked Manitoba Toolkit

GetChecked Manitoba.ca  
CancerCare Manitoba SCREENING PROGRAMS

# Exercise 1: What is happening here?

## SKILL AREA



## MATERIALS

✓ picture(s)

1. Show a picture(s) of people participating in cancer screening. Ask students to respond to the following question in writing: what is happening here?



Picture A

An x-ray technologist is helping a client get into position for a mammogram.



Picture B

A nurse is giving a client a Pap test.



Picture C

A client is smearing a sample of stool (poop) on a home screening test card.

2. Discuss as a group.

# What is happening here?



Picture A



Picture B



Picture C

## Exercise 2: Organs

SKILL AREA	MATERIALS
 Writing  Listening  Reading	✓ picture(s)

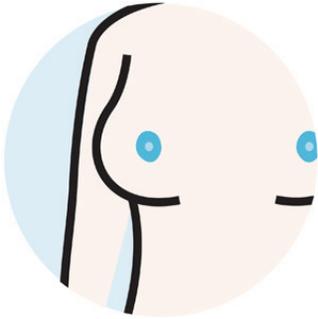
### Background

There are 3 cancer screening programs at CancerCare Manitoba: BreastCheck, CervixCheck and ColonCheck. Each screening program aims to reduce incidence and mortality/death from the cancer in the organ it screens (breasts, cervix, and colon).

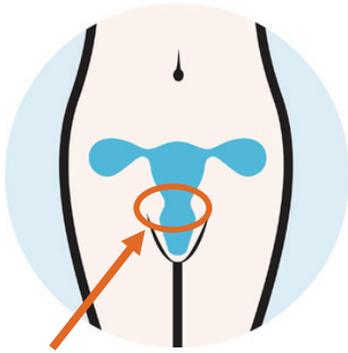
1. Show students the anatomical diagrams and practice saying the organ names as a group.
  - a. Breasts
  - b. Cervix
  - c. Colon
2. Explain the *location* and main *function(s)* of each organ.
  - a. Breast – The **breast** is the tissue overlying the chest muscles. After a woman gives birth, her breasts make milk to feed a baby.
  - b. Cervix – The **cervix** is the bottom part of the uterus, found at the top of the vagina. It allows menstrual blood and a fetus to exit the body.
  - c. Colon – The **colon** is also known as the large bowel or large intestine. It is an organ that is part of the digestive system. The digestive system is the group of organs that allow us to eat and to use the food we eat to fuel our bodies. The colon absorbs water from wastes, creating stool (poop).
3. Ask learners to record the correct organ name under each image.
4. Ask learners to draw a line from each organ image on the left to the correct location on the body image to the right.
5. Review and/or mark for assessment.

# ORGANS

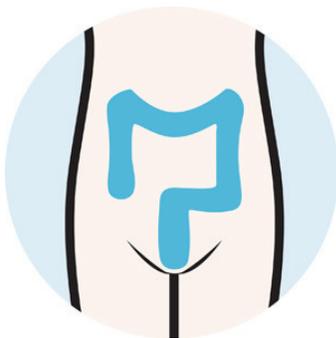
- 1- Write the organ name under each picture:    breasts    cervix    colon
- 2- Draw a line from each organ image on the left to the correct location on the body image to the right.



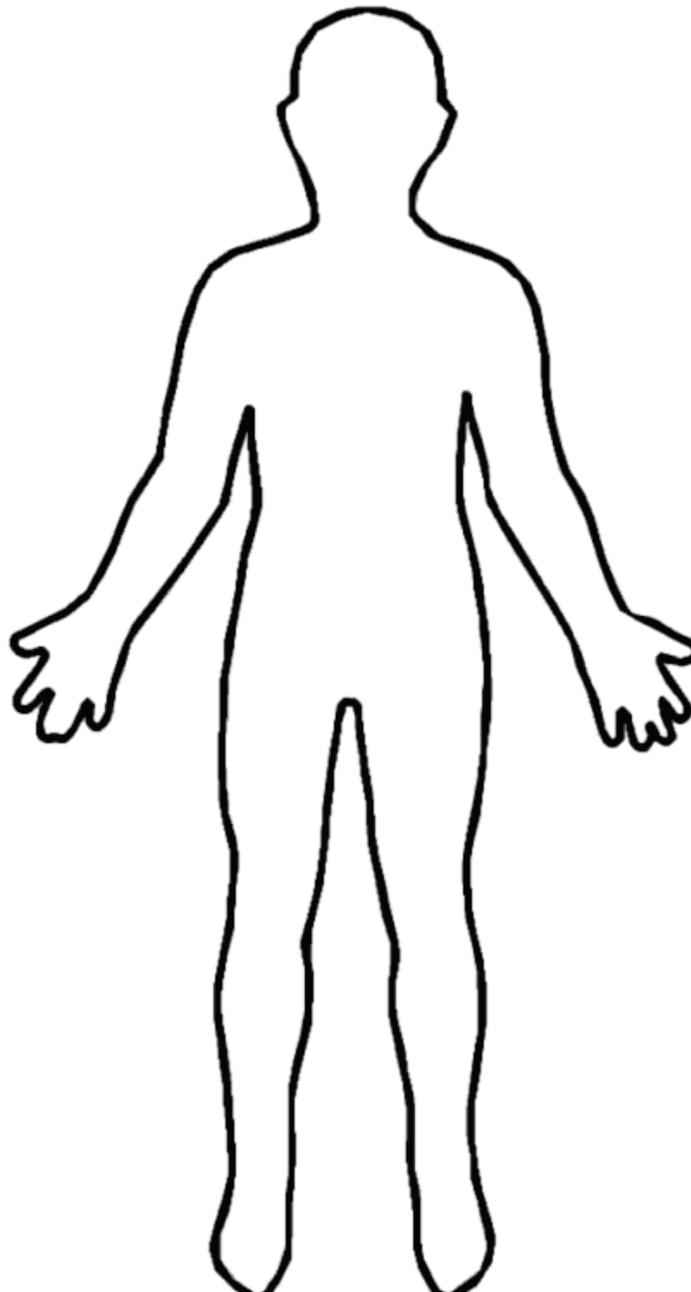
Start at age: \_\_\_\_\_



Start at age: \_\_\_\_\_



Start at age: \_\_\_\_\_



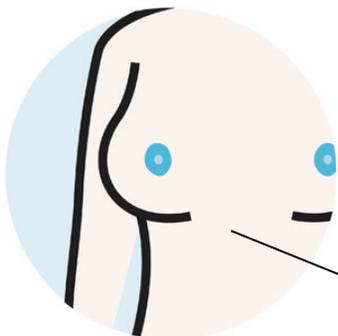
/3

/3

/3

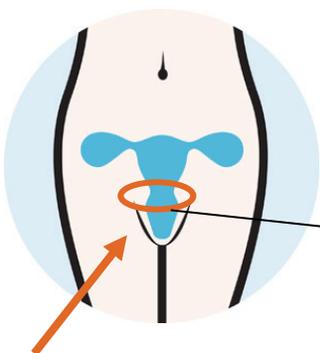
# ORGANS

- 1- Write the correct organ name under each picture: breasts cervix colon
- 2- Draw a line from each organ image on the left to the correct location on the body image to the right.



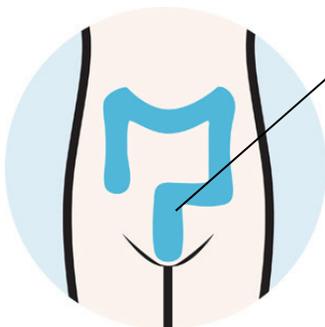
breasts

Start at age: 50



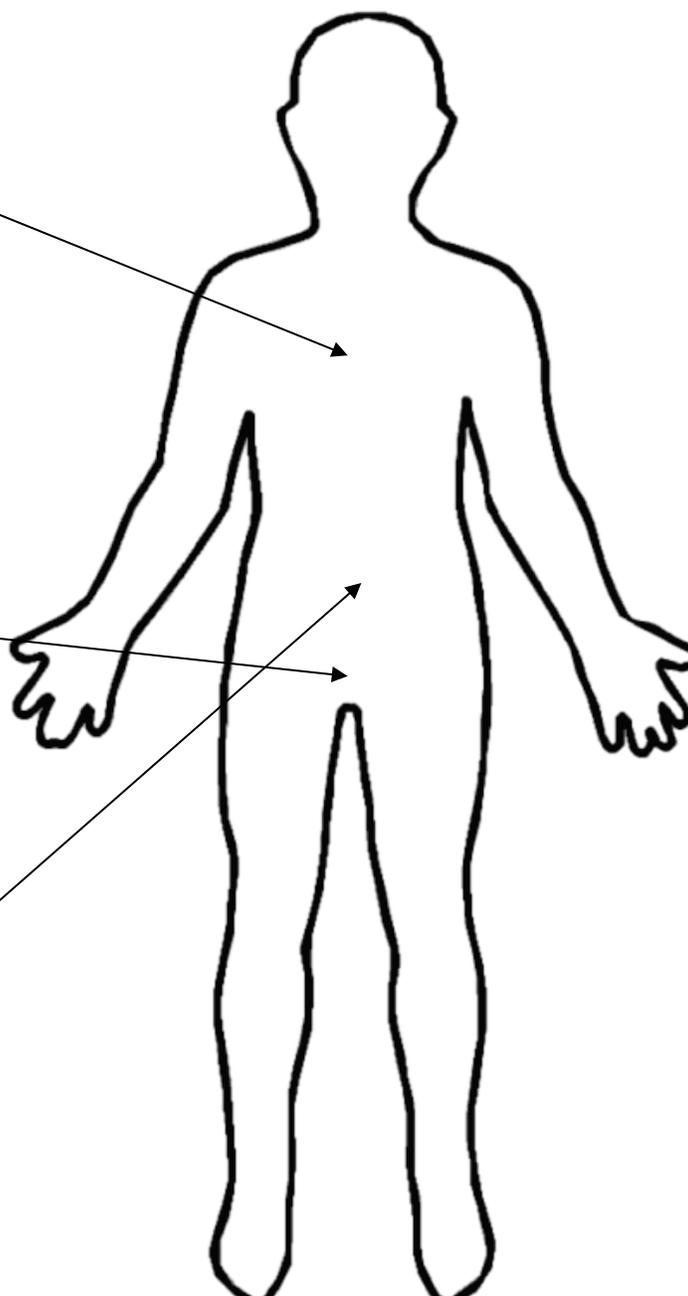
cervix

Start at age: 21 and only if ever sexually active



colon

Start at age: 50



## Exercise 3: What is cancer screening?

### SKILL AREA



Writing



Listening



Speaking



Reading

### MATERIALS

- ✓ Vocabulary & definitions
- ✓ Introduction video (YouTube)

1. Orally review the words on the checklist attached. See list below.
2. Ask students to watch and listen to the [cancer screening introduction video](#) and check off the words they hear or see. By the end of the video, all words should be checked. Watch the video as many times as needed.
3. Ask students to look up the definition of each word. Discuss the definitions to check for understanding.
  - **cancer screening** – The use of a medical test on a regular basis to detect abnormal cell changes and/or cancer before a person has symptoms.
  - **BreastCheck** – The cancer screening program in Manitoba for breast cancer.
  - **CervixCheck** – The cancer screening program in Manitoba for cervix cancer.
  - **ColonCheck** – The cancer screening program in Manitoba for colon cancer.
  - **cancer** – An illness caused by too many cells growing in one location of the body.
  - **access** – The way to get a cancer screening test.
  - **no symptoms** – A person has no physical signs of illness.
  - **prevent** – To stop something from happening.
  - **GetCheckedManitoba.ca** – The website URL to find out more about cancer screening.

## CANCER SCREENING

Check off any words listed below that you hear or see while watching the introduction video.

cancer screening

BreastCheck

CervixCheck

ColonCheck

cancer

access

no symptoms

prevent

GetChecked Manitoba

## Exercise 4: Who should get screened? When?

SKILL AREA	MATERIALS
 Writing	<input checked="" type="checkbox"/> Fill in the blank or chart worksheet <input checked="" type="checkbox"/> GetChecked Manitoba resources
 Listening	
 Speaking	
 Reading	

1. Ask students to complete the questions using the question and answer version or the chart. Resources that can be used to find the correct answers include:

**a) Cancer Screening Programs website**

**b) Cancer Screening Programs tear off**

This resource can be ordered or downloaded from the Resources page at [GetCheckedManitoba.ca](http://GetCheckedManitoba.ca)

**c) Cancer Screening Programs video**

This resource can be viewed at: <https://www.cancercare.mb.ca/screening/info>

2. Review the responses as a group and clarify any misunderstandings.

# CANCER SCREENING

Visit [GetCheckedManitoba.ca](http://GetCheckedManitoba.ca) to answer the following questions/fill-in-the-blank.

1. People who have no \_\_\_\_\_ are encouraged to get screened for breast, cervix and colon cancer to find changes early and treat them if necessary.

## **BreastCheck**

2. What screening test is used at BreastCheck?
3. At what age should most people start at BreastCheck?
4. How often should most women get a BreastCheck?

## **CervixCheck**

5. What screening test is used for CervixCheck?
6. At what age should most women who have ever had sexual contact begin cervical cancer screening?
7. How often should most women get a CervixCheck?

## **ColonCheck**

8. What screening test is used for ColonCheck?
9. At what age should most people begin getting a ColonCheck?
10. How often should most men and women get a ColonCheck?

# CANCER SCREENING

Visit [cancercare.mb.ca/screening](http://cancercare.mb.ca/screening) to answer the following questions/fill-in-the-blank.

1. People who have no symptoms are encouraged to get screened for breast, cervix and colon cancer to find changes early and treat them if necessary.

## BreastCheck

2. What screening test is used at BreastCheck?
  - a. Mammogram
3. At what age should most people start at BreastCheck?
  - a. Age 50
4. How often should most women get a BreastCheck?
  - a. Every 2 years

## CervixCheck

5. What screening test is used for CervixCheck?
  - a. Pap test
6. At what age should most women who have ever had sexual contact begin cervical cancer screening?
  - a. Age 21
7. How often should most women get a CervixCheck?
  - a. Every 3 years

## ColonCheck

8. What screening test is used at ColonCheck?
  - a. Home Screening Test or Fecal Occult Blood Test (FOBT)
9. At what age should most men and women begin getting a ColonCheck?
  - a. Age 50
10. How often should most men and women get a ColonCheck?
  - a. Every 2 years

# CANCER SCREENING

Visit [cancercare.mb.ca/screening](http://cancercare.mb.ca/screening) to answer the complete the chart below.

People who have no \_\_\_\_\_ are encouraged to get screened for breast, cervix and colon cancer to find changes early and treat them if necessary.

## What is the screening test name?

BreastCheck	CervixCheck	ColonCheck
<a href="#">Link</a>	<a href="#">Link</a>	<a href="#">Link</a>

## At what age should most people start screening?

### Who should get screened for this cancer?

BreastCheck	CervixCheck	ColonCheck
<a href="#">Link</a>	<a href="#">Link</a>	<a href="#">Link</a>

## How often should most people get screened?

BreastCheck	CervixCheck	ColonCheck
<a href="#">Link</a>	<a href="#">Link</a>	<a href="#">Link</a>

# CANCER SCREENING

Visit [cancercare.mb.ca/screening](http://cancercare.mb.ca/screening) to answer the complete the chart below.

People who have no symptoms are encouraged to get screened for breast, cervix and colon cancer to find changes early and treat them if necessary.

## What is the screening test name?

<b>BreastCheck</b>	<b>CervixCheck</b>	<b>ColonCheck</b>
<a href="#">Link</a>  mammogram	<a href="#">Link</a>  Pap test	<a href="#">Link</a>  home screening test or FOBT

## At what age should most people start screening?

### Who should get screened for this cancer?

<b>BreastCheck</b>	<b>CervixCheck</b>	<b>ColonCheck</b>
<a href="#">Link</a>  Women age 50	<a href="#">Link</a>  Women age 21, if ever sexually active	<a href="#">Link</a>  Women and men age 50

## How often should most people get screened?

<b>BreastCheck</b>	<b>CervixCheck</b>	<b>ColonCheck</b>
<a href="#">Link</a>  Every 2 years	<a href="#">Link</a>  Every 3 years	<a href="#">Link</a>  Every 2 years

## Exercise 5: How do I access cancer screening?

SKILL AREA	MATERIALS
 Writing  Listening  Speaking  Reading	<ul style="list-style-type: none"><li>✓ GetChecked Manitoba toolkit videos</li><li>✓ Mix-and-match worksheet</li><li>✓ Demographic worksheet</li><li>✓ Activity sheet(s)</li></ul>

### BACKGROUND

Each screening test is accessed in a different way. This lesson will provide students with practice tools to access each test. All of this information can be found at [cancercare.mb.ca/screening](http://cancercare.mb.ca/screening) on the respective program pages.

#### BreastCheck

Women at age 50 can call 1-855-95-CHECK (1-855-952-4325) to make an appointment. No referral is needed for a screening mammogram.

#### CervixCheck

CervixCheck partners with health care providers to provide the Pap test. We do not provide the test at our office. Women age 21-69 who have ever had sexual contact should either:

- a) make an appointment with their regular health care provider for a Pap test,
- b) visit CervixCheck at [cancercare.mb.ca/screening/cervix](http://cancercare.mb.ca/screening/cervix) to locate a Pap test clinic, or
- c) call CervixCheck at 1-855-95-CHECK (1-855-952-4325) to get help finding a Pap test clinic.

#### ColonCheck

To receive a home screening stool (poop) test, men and women age 50-74 can:

- a) request a test online at [GetCheckedManitoba.ca](http://GetCheckedManitoba.ca), or
- b) call ColonCheck at 1-855-95-CHECK (1-855-952-4325)

Please note: on the 'request a test' page there is reference to a test called a colonoscopy. A colonoscopy is not the screening test for colon cancer. If a person tests positive from the home screening stool (poop) test, s/he is referred for a secondary test called a colonoscopy. [Click](#) to read more about colonoscopy.

## Exercise 5: How do I access cancer screening?

(continued)

### ACTIVITIES

The following activities that support each programs' access point. While each cancer screening program facilitates cancer screening testing in different ways, the following activity is summary of information often requested in order to determine a person's eligibility for a mammogram, Pap test and/or home screening test.

1. Ask students to define the word 'access' (to approach or enter into). Discuss. Each screening program (BreastCheck, CervixCheck, ColonCheck) has a way or ways to access the cancer screening test.
2. Watch the GetChecked Manitoba toolkit video available [here](#) and match the correct test to the correct method(s) of access.
3. Explain the word 'private' to students. Private information is only for certain people to view and on an as-needed basis.
4. Review the personal health information chart. This information is collected by each cancer screening program to determine eligibility. This is the information you would be asked to qualify for a cancer screening test.
5. Choose one or more of the activities to practice accessing one or more of the screening tests.



### NOTE FOR EDUCATORS:

Inform students that should they ever call BreastCheck, CervixCheck or ColonCheck, over-the-phone interpreter services are available for most languages.

# CANCER SCREENING ACCESS

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- 1- Review the [cancercare.mb.ca/screening](http://cancercare.mb.ca/screening) website or watch the toolkit video.
- 2- Place a circle beside each method of access for each program. There may be more than one way to access the test.

## BreastCheck

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## CervixCheck

---



## ColonCheck

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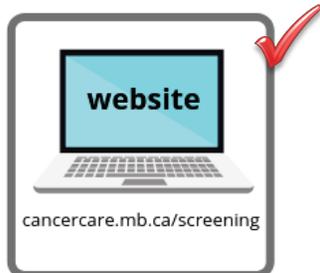
# CANCER SCREENING ACCESS

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- 1- Review the GetCheckedManitoba.ca website or watch the toolkit video.
- 2- Circle how to access the screening test for each program. There may be more than one way to access the test.

## BreastCheck

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## CervixCheck

---



## ColonCheck

---



# PERSONAL HEALTH INFORMATION

When you access the cancer screening programs, you will be asked for personal health information. Your personal health information is private and confidential.

Define the word private.

The information you are asked for by the cancer screening programs is used to:

- Determine if you are eligible to be screened for cancer.
- invite you to be screened for cancer.
- follow-up any abnormal results.

Below is information that you will be asked if you request a cancer screening test.

First name \_\_\_\_\_

Last name \_\_\_\_\_

Address \_\_\_\_\_

City/town \_\_\_\_\_

Postal code \_\_\_\_\_

MHSC# (5 digits) \_\_\_\_\_

PHIN (9 digits) \_\_\_\_\_

Date of birth \_\_\_\_\_ (Month, Date, Year)

Phone number \_\_\_\_\_

Country of birth \_\_\_\_\_



Manitoba Health Card

MHSC# \_\_\_\_\_

PHIN \_\_\_\_\_

# PERSONAL HEALTH INFORMATION

When you access the cancer screening programs, you will be asked for personal health information. Your personal health information is private and confidential.

Define the word private. (*Merriam Webster Dictionary defines 'private' as "not known by the public or other people"*)

The information you are asked for by the cancer screening programs is used to:

- Determine if you are eligible to be screened for cancer.
- invite you to be screened for cancer.
- follow-up any abnormal results.

Below is information that you will be asked if you request a cancer screening test.

First name Fatima

---

Last name Laarissa

---

Address 123 Smith Street

---

City/town Winnipeg

---

Postal code R0E1B0

---

MHSC# (5 digits) 12345

---

PHIN (9 digits) 123456789

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Date of birth January 5, 1966 (Month, Date, Year)

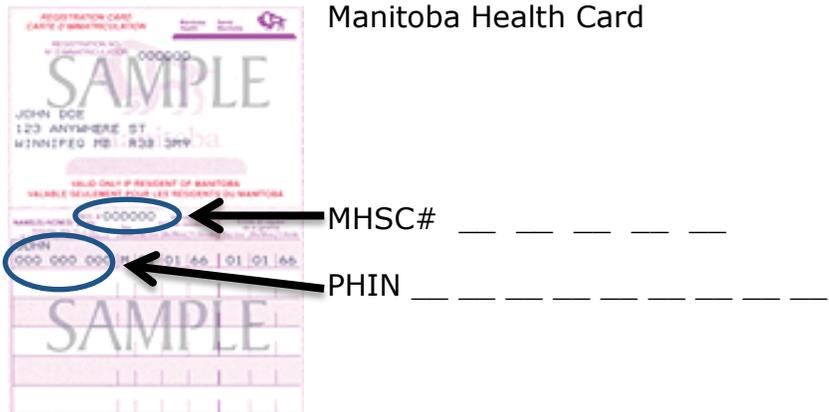
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Phone number 204-801-4567

---

Country of birth Morocco

---

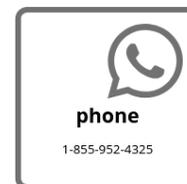


# BREASTCHECK ACCESS

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Fill in the blanks with the appropriate information. In pairs, practice the script.

## How do I get checked?



Woman: *Dial 1-855-952-4325, select the option for BreastCheck*

BreastCheck: BreastCheck, Whitney speaking.

Woman: I would like to make an appointment for a mammogram.

BreastCheck: I can help you with your request. What is your Personal Health Information Number (PHIN – 9-digit number on your health card?)

Woman: \_\_\_\_\_

BreastCheck: What is your first and last name?

Client: \_\_\_\_\_

BreastCheck: What is your date of birth and country of birth?

Client: \_\_\_\_\_

BreastCheck: What is the best phone number to reach you at?

Client: \_\_\_\_\_

BreastCheck: What is your address including city or town and postal code?

Client: \_\_\_\_\_

BreastCheck: What community is easiest for you to get to for your mammogram?

Woman: \_\_\_\_\_

BreastCheck: Who is your family doctor?

Woman: \_\_\_\_\_

BreastCheck: Our next available appointment is \_\_\_\_\_ at 2:00pm. Does this work for you?

Woman: Yes.

BreastCheck: You will receive an automated reminder call 2 business days before your appointment. If you need to change your appointment, please give us a call. Thank you. Good-bye.

Client: Good-bye.

# CERVIXCHECK ACCESS

CervixCheck recommends that most women age 21-69 who have ever had sexual contact have a regular Pap test every 3 years. To make an appointment for a Pap test you can:

- 1- contact your doctor or nurse,
- 2- call CervixCheck at 1-855-952-4325 for help finding a Pap test clinic, or
- 3- visit [GetCheckedManitoba.ca](http://GetCheckedManitoba.ca).



## How do I get checked?

To find a Pap test clinic on our website follow the instructions below.

- 1- Open the [cancerca.re.mb.ca/screening](http://cancerca.re.mb.ca/screening) web page.
- 2- Click on *CervixCheck Pap Test Clinics*.
- 3- Enter in your **postal code** in the space provided and push the 'enter' button on the keyboard.
- 4- A list of Pap test clinics will appear.
- 5- Choose a clinic that works best for you and call to arrange a Pap test appointment if you are:
  - a. a woman age 21-69 who has ever been sexually active, and
  - b. it has been more than 3 years since your last Pap test.

