

# SCREENING SAVES LIVES



Cancer screening is an important part of 2SLGBTQIA+ health.

Stay informed and consider if breast/chest, cervix, colon and/or lung screening is right for you.

For more information, visit [screeningbc.ca](https://screeningbc.ca)



## BREAST/CHEST SCREENING

### What is the screening test?

- **Screening mammogram:** an x-ray of your breasts/chest.
- Other diagnostic tests might be appropriate based on your personal health situation. Speak with a health care provider for more information.

### Who is eligible?

- Most women (cis and trans) and many Two-Spirit, transmasculine and non-binary people, 40 years and older with no symptoms.

### How often should I screen?

- Every 2 years if you do not have a family history of breast/chest cancer.
- Every year if you have a family history (parent, child, or full sibling) of breast/chest cancer.

### You should screen if you are a Two-Spirit, transgender or non-binary person who:

- Has not had chest construction surgery.
- Has had chest reduction surgery.
- Has breast/chest tissue after taking hormones (estrogen) for 5+ years.
  - And are between 40-74, and have a first-degree relative (parent, child, or full sibling) with breast/chest cancer, it is recommended that you get a mammogram every year.
  - And are between 40-49, and don't have a family history of breast/chest cancer, you are encouraged to talk to a health care provider about the benefits and limitations of screening. If screening is chosen, it is available every 2 years.

- And are between 50-74, and don't have a family history of breast/chest cancer, screening mammography is recommended every 2 years.
- Talk to a health care provider if you are taking progesterone or progestin and your body mass index (BMI) is greater than 35.
- If you are 75 or older, you can continue to screen every 1 or 2 years based on your risk. A health care provider can help you decide if screening is still right for you.

### You are not eligible for a screening mammogram if you:

- **Have any new breast/chest complaints such as a lump or nipple discharge:** see a health care provider immediately. Diagnostic tests may be ordered.
- **Have a previous history of breast/chest cancer:** see a health care provider to arrange appropriate diagnostic breast/chest imaging.
- **Have had most, but not all, breast/chest tissue removed:** discuss screening options with a health care provider.
- **Have breast/chest implants:** see a health care provider to arrange appropriate diagnostic breast/chest mammogram.
- **Are pregnant or breastfeeding/chestfeeding:** you can screen 3 months after you have fully stopped breastfeeding/chestfeeding; see a health care provider immediately if you experience any new concerns.
- **Have had a mammogram on both breasts/chest in the last 12 months:** you must wait at least 1 year before having another screening mammogram.



## CERVIX SCREENING

### What is the screening test?

There are two ways to screen:

- 1 Self-screening:** swab of your vagina/internal genitals that you can do yourself.
- 2 Pap test:** swab of your cervix collected by a health care provider.

### Who is eligible?

- People with a cervix, including cis women and Two-Spirit, transmasculine and non-binary people aged 25 to 69 years with no symptoms.
- If you are a trans woman or non-binary person assigned male at birth, you do not need cervix screening since you do not have a cervix and are not at risk for cervical cancer.

### How often should I screen?

- Every 3 or 5 years depending on your previous screening test (self-screening or Pap test) and your clinical history.

If you've completed gender-affirming surgery and no longer have a cervix, please contact us at **1-877-702-6566** or [screening@bccancer.bc.ca](mailto:screening@bccancer.bc.ca) to stop future reminder notices from being sent to you.



## COLON SCREENING

### What is the screening test?

There are two ways to screen:

- 1 Fecal Immunochemical Test (FIT):** stool collection test you can do yourself.
- 2 Colonoscopy:** a colon exam performed by a health care provider in a hospital.

### Who is eligible?

- In general, people aged 50 to 74 years with no symptoms.

### How often should I screen?

- Every 2 years with the FIT if you are at average risk (most people).
- Every 5 years with a colonoscopy if you have a significant family history of colon cancer.
- If you have a personal history of precancerous lesions, how often you should screen depends on previous colonoscopies and your family history.



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## LUNG SCREENING

### What is the screening test?

- **Low-dose CT scan:** takes pictures of your lungs.

### Who is eligible?

- People aged 55-74 years with no symptoms and a significant history of regularly smoking commercial tobacco (cigarettes, cigars, etc), currently or in the past.
- Complete a risk assessment with BC Cancer over the phone to find out if you qualify.

### How often should I screen?

- How often you screen is based on the result of your low-dose CT scan.