

Hamilton Family Health Team

Green Initiative

Cancer Screening

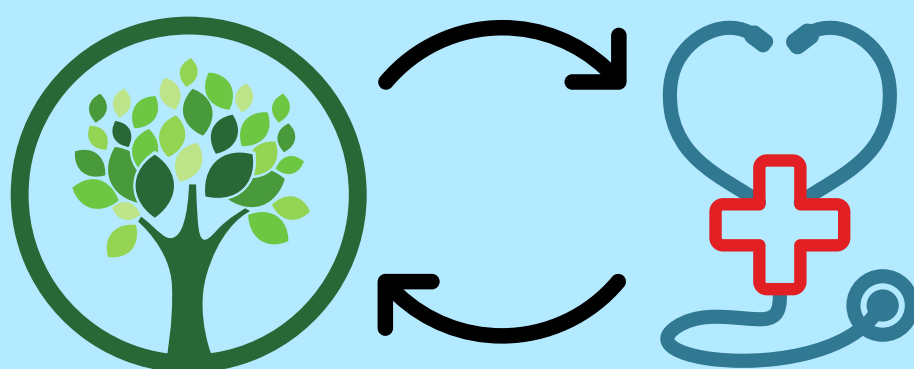


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Cancer screening

- 1. reduces the health burden of cancer and**
- 2. reduces the carbon footprint of cancer treatment.**

Cancer screening is an example of the synergy that exists between providing quality health care AND reducing the environmental footprint of health care.



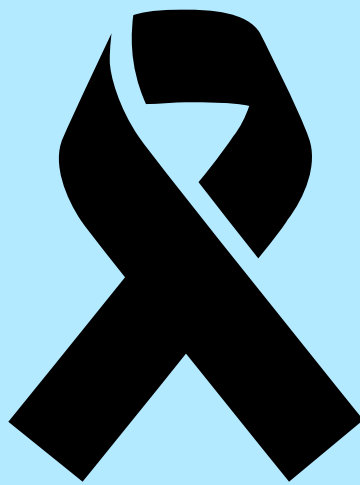
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Cancer Screening

1. Cancer screening can prevent cancer, lessen the burden of cancer illness, and save lives.

Organized screening programs such as Ontario's Breast, Cervix and Colorectal cancer programs, can prevent cancer and find cancer earlier which leads to better health outcomes with less invasive treatments and fewer side effects.³

A large number of preventable deaths can be avoided by increasing breast, cervical and colorectal cancer screening.⁴



There are three free cancer screening programs for breast, cervical and colorectal cancers in Ontario:



Breast

Breast screening with a mammogram is usually recommended every two years for individuals 50-74 years through the Ontario Breast Screening Program



Cervical

Cervical screening with a pap test is usually recommended every three years for individuals 25-69 years through the Ontario Cervical Screening Program.

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Colorectal

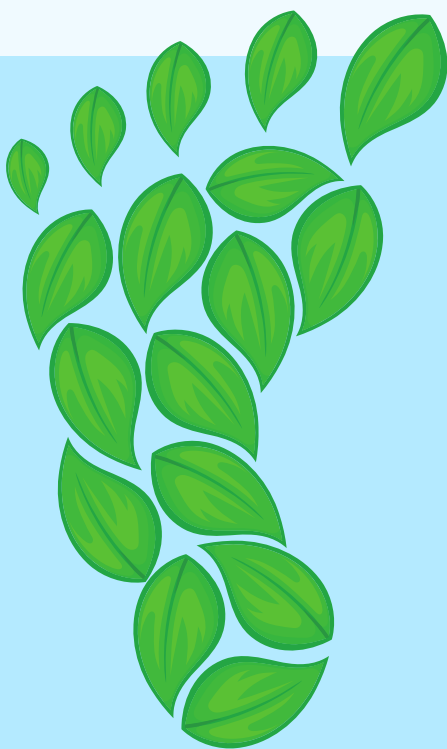
Colorectal cancer screening with a do-at-home fecal immunochemical test (FIT) or 'poop test' is usually recommended every two years for men and women 50-74 years through the ColonCancerCheck Program.

Recommendations may differ based on an individual's personal and family health histories. See the [Cancer Care Ontario current guidelines](#) for more information.

2. Cancer screening reduces the carbon footprint and cost of cancer-related healthcare needs.

"Every health care activity has a footprint. Every test we order and treatment we provide consumes energy and materials and generates waste."

~Dr. Andrea MacNeill¹

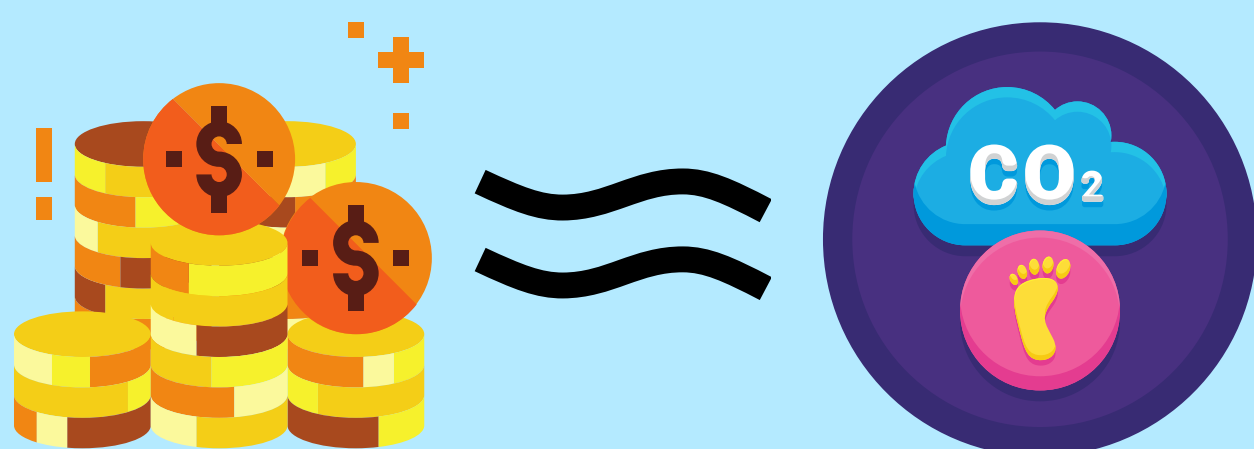


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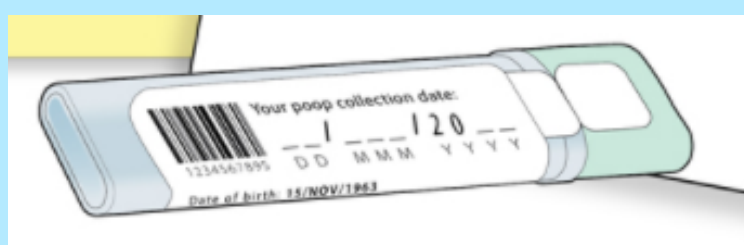
Preventing or detecting disease early with cancer screening and preventing its progression to a more advanced form reduces the intensity of care required.

We can use cost as a proxy for environmental footprint.



Using screening for colorectal cancer with Fecal Immunochemical Tests (FIT) as an Example:

CRC screening with FIT reduces the risk of CRC and CRC-related deaths, and lowers health care costs in comparison to no screening and to other existing screening strategies.^{5, 6, 7, 8}



Fit testing is the most cost-effective cancer screening protocol for colorectal cancers.^{10, 11}

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Cancer screening with FIT:

- Saves \$68 CAD per patient,
- Reduces overall colorectal cancer incidence by 71%, and
- Reduces mortality of these cancers by 74% when compared to no screening.¹⁰



Catching cancers earlier reduces healthcare costs.

Stage 1 colon cancer:
\$20 319
per patient⁹

Stage 3 colon cancer:
\$39 182
per patient⁹

Colorectal cancer screening is cost-effective and improves patient care, and is an important component of sustainable health care.⁵

For more tools and insights on cancer screening check out:

- [Cancer Care Ontario's website](#)
- The HFHT [Cancer Screening Resources](#)
- The Hamilton Niagara Haldimand Brant Regional Cancer Program [blog of tips for cancer screening in primary care](#)

For more cancer prevention initiatives, check out our [Plant-Rich Eating](#) background guide and [Smoking Cessation](#) infographic!

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References

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[HFHT Green Initiative Webpage](#)

If you have any questions, please reach out to us: green.team@hamiltonfht.ca