



This article contains general information dealing with health and wellness. It does not constitute medical advice and should not be relied on for diagnosing or treating any illness, injury or disease.

April 8, 2026

Are You Up To Date on Your Cancer Screening?

A timely reminder for your health

In 2025, 15% of new LTD cases for our members had the primary diagnosis of cancer.

There are many perspectives as to why we are seeing an increase in cancers, particularly in younger members. For today, we will focus on the gentle reminder of “self-assessments” to regularly check for symptoms, and the suggestion to seek medical support for any concerns and to regularly book cancer screening tests based on your age and/or circumstances.

According to HealthLink BC, here are the main cancer screening recommendations based on age:

In your 40s?

- [Cervical cancer screening](#)

In your 50s and 60s?

- [Cervical cancer screening](#)
- [Colon cancer screening](#)
- [Prostate cancer screening](#)
- [Breast cancer screening](#)
- [Lung cancer screening](#)

Here are some symptoms to look for and recommended screening protocols for the following types of cancers:

Cervical Cancer:

British Columbia launched its province-wide, at-home cervix self-screening program on January 29, 2024, becoming the first in Canada to offer this option. [Find out more](#)

Colon Cancer

I saw a story on the news before Christmas discussing the increase of this form of cancer in the younger population, particularly those in their 40s. People who do not have a family history, or any symptoms, do not qualify to get a colonoscopy in BC until the age of 60. [Find out more](#)

Prostate Cancer

Prostate cancer is the most common form of cancer in Canadian men. In early-stage prostate cancer, you may have no symptoms. However, as you age, your prostate can get larger for many reasons. This can make it hard for you to urinate. [Find out more](#)

Breast Cancer

About 1 in 8 women will develop breast cancer in her lifetime. [Find out more](#)

Lung Cancer

Lung cancer shows up in the top four cancers and is more prevalent in women. [Find out more](#)

Be Alert!

Be intentional in pausing to take note of your health and any potential cancer risks as those mentioned at the links above. DO NOT hesitate to see a medical practitioner if you have any concerns. The early identification of cancer is critical to the success of your treatment and the impact on your health and life expectancy.

Take care of you!

If you are interested in statistics regarding the types of cancer cases in Canada – [click here](#).

Sources

<https://news.gov.bc.ca/releases/2024HLTH0001-000015>

<https://health.clevelandclinic.org/how-quickly-do-colon-polyps-turn-cancerous>

<https://www.healthlinkbc.ca/healthwise/colon-polyps>

<https://www.bccancer.bc.ca/health-info/types-of-cancer/pelvic-area/prostate>

<https://cancer.ca/en/cancer-information/cancer-types/breast/signs-and-symptoms>

<https://bccancerfoundation.com/news-and-media/blog/cervical-cancer-awareness-month/>

<https://www.mayoclinic.org/diseases-conditions/breast-cancer/symptoms-causes/syc-20352470>

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

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If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpsybc.ca.