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CRCDC GRAND EST



www.depistagecancer-ge.fr



DÉPISTAGE
DESCANCERS
Centre de coordination
Grand-Est

ORGANIZED CANCER
SCREENINGS



Dépistages organisés des cancers

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Breast cancer

1 out of 8 women has breast cancer along her life.
Breast cancer results from a deregulation of some cells that multiply and form a mass, also called "tumour".
If spotted at an early stage, a cancer can be cured in 9 out of 10 cases !

Screening exam



Women between 50 and 74 are invited to undergo a mammogram.
It is free, mammograms are entirely paid by the health insurance.
Even after 75, it is important to undergo a mammogram on a regular basis, with a medical prescription.



An invitation letter is sent every 2 years.
You must bring it and hand it to the radiologist during the appointment.



The exam takes place in a certified radiology centre appearing on the list attached to the invitation letter.

The radiologist carries out a mammogram with 2 X-rays of each breast.
Each breast is placed between 2 plates that tighten and compress the breast during a few seconds.
The breasts are also palpated and visually inspected by the radiologist.
If a breast ultrasound is required, the radiologist might do it immediately.



Just after the mammogram, the radiologist gives you a first result. If he didn't find anything, by security, another radiologist will check the X-rays within 2 weeks. The final result will then be communicated to you and your general doctor.

Self-monitoring



Before 50 or in-between mammograms, it is recommended to monitor your own breasts each month after your period.
This means to check your breasts in the mirror and palpate them to make sure there is no persisting change that would require a medical consultation.



Cervical cancer

Cervical cancer is caused by viruses called Papillomavirus
Thanks to screening, 90% of cervical cancers can be avoided.
Screening is a safeguard against cervical cancer !

Screening tests



- Every 3 years, through a cytological smear, for women between 25 and 29 after 2 normal tests carried out on a 1-year period.
- And every 5 years through an HPV test for women between 30 and 65.
- From 66, the healthcare provider will decide if a screening is still required or not.



You don't need any invitation letter to do this test.
If you receive an invitation letter, you must bring it and hand it to the doctor during the appointment.



The sampling procedure is easy, quick and painless. It can be carried out by a general doctor, a gynaecologist, a midwife or in a laboratory.



The sampling is done during an exam carried out in gynaecological position.
It can be done even if you're pregnant!



The healthcare provider sends the sample to a specialized laboratory.
If nothing special is found, you will just have to remember to do the test again later.
Every 3 years for women between 25 and 29; and every 5 years for those between 30 and 65.
If abnormal cells or viruses are found, it does not necessarily mean that you have cancer. Additional analysis will be required. Your healthcare provider will guide you.

HPV vaccination



97% of cervical cancers could be avoided by combining HPV vaccination and screening.
Vaccination is for ages 11 to 26. Talk about it with a health care professional!



Colorectal cancer

Colorectal cancer or bowel cancer develops in the inner lining of the colon or rectum, mainly from small injuries called "polyps".
If spotted at an early stage, treatments are generally light, and the chance of recovery is 9 out of 10.
Screening is a safeguard against colorectal cancer !

Screening test



Men and women from 50 to 74 without any symptoms nor medical history are invited to undergo a screening test.
It is free, the test and the analysis are entirely paid by the health insurance.



An invitation letter is sent every 2 years.
Then, you only need to get your test during an appointment with your doctor, order it on the page www.monkit.depistage-colorectal.fr or get it at any pharmacy participating to the program.



You must do the test at home, an instruction manual is attached to it.
It is easy, quick and reliable, and enables to collect a stool sample in a very hygienic way. The aim is to analyse the sample in a laboratory to look for blood marks that are invisible to the naked eyes. For this, the sample must be sent as soon as possible with the T envelop included in the set.



You will receive the results within 15 days after the exam.
You can also check them on Internet by registering on: www.resultat-depistage.fr.