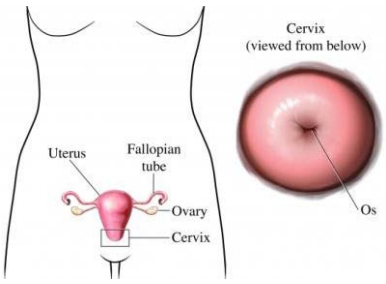
PREVENT Cervical Cancer

PREVENT cervical cancer with regular Pap tests and HPV vaccination!

What is cervical cancer?

The cervix is found at the lowest part of a woman's uterus. Cancer can grow on the cervix— the same way it can grow on other body parts. This is called cervical cancer. Almost all cervical cancers are caused by HPV.



What is HPV?

HPV, or the human papillomavirus, is a virus that can cause changes in the cells of the cervix. HPV is very common. About 14 million people are infected with HPV each year. In addition to cervical cancer, HPV can cause vaginal and vulvar cancer in women, penile cancer in men, and anal cancer, mouth/throat cancer, and genital warts in men and women.

How is cervical cancer found? The Pap test

The Pap test is a simple test that looks at cells from the cervix. If the cells are abnormal, a doctor will ask for more tests to be done. When pre-cancerous cells are found and taken out of the cervix, cervical cancer can be prevented. Regular Pap tests can find cancer before it starts!

Who should get a Pap test?

Women should start getting regular Pap tests at age 21. It is important to get Pap tests regularly. If you are older than 65 and have had good Pap test results for several years, or if you have had your cervix removed (during an operation called a hysterectomy), your doctor may tell you it is okay to stop getting regular Pap tests.

What is the HPV vaccine?

By getting vaccinated against HPV both girls and boys are protected against HPV and the cancers/genital warts that HPV can cause. The HPV vaccine is recommended for girls and boys, 11 or 12 years old (and up until age 26 for those who haven't been vaccinated yet).

How can I pay for a Pap test or HPV vaccination?

Check with your health insurance plan about costs and co-payments for these cervical cancer prevention methods. If you do not have insurance, check out the following resources:

1. Think about buying insurance through the Maryland Health Connection. Open enrollment runs through February 15. Find more information at: http://marylandhealthconnection.gov/.
2. Maryland Medical Assistance (Medicaid) is a program that pays for health services such as the HPV vaccine (for kids) and cervical cancer screening (lower-income adults). To learn more visit https://www.marylandhealthconnection.gov/medicaid-basics-benefits/ or contact your local health department.
3. If you are a Maryland woman aged 40-64 and do not have health insurance that covers the Pap test or follow-up tests, call 1-800-477-9774 to find out if you are eligible for a Pap test at no cost to you.
4. Some children are eligible for the HPV vaccine at no cost. Ask your child's healthcare provider about the Vaccines for Children program.

Maryland Department of Health and Mental Hygiene
Breast and Cervical Cancer Program
1-800-477-9774

Find out if you are eligible!

It's easy to find out if you are eligible. One phone call to your local program is all it takes.

When you call, you will need to answer some questions about your income, family size, and health insurance coverage.

Allegany	(301) 759-5083
Anne Arundel	(410) 222-6180
Baltimore	(410) 887-3432
Calvert	(410) 286-7992
Caroline	(410) 479-8080
Carroll	(410) 876-4423
Cecil	(410) 996-5168
Charles	(301) 609-6843
Dorchester	(410) 228-3223
Frederick	(301) 600-3362
Garrett	(301) 334-7770
Harford	(410) 612-1780
Howard	(410) 313-4255
Kent	(410) 778-7970
Montgomery	(240) 777-1750
Prince George's	(301) 883-3525
Queen Anne's	(443) 262-4509
St. Mary's	(301) 475-4391
Somerset	(443) 523-1760
Talbot	(410) 819-5600
Washington	(240) 313-3235
Wicomico	(410) 548-5175
Worcester	(410) 632-1100
Baltimore City	(410) 350-2001
Maryland State Cancer Hotline	*1-800-477-9774*

NATIONAL Breast & Cervical Cancer Early Detection Program

SCREENING WOMEN, SAVING LIVES

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex, or national origin and applies to the provisions of employment and granting of advantages, privileges and accommodations.

The Department, in compliance with the Americans With Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.

MARYLAND

FOUNDED 1634

Martin O' Malley, Governor
Anthony G. Brown, Lt. Governor
Joshua M. Sharfstein, Secretary

In remembrance of Janet Lewis, Outreach Worker for the Baltimore County BCCP, and Teresa Strong, Outreach Worker for the Charles County BCCP. Thank you for your hard work and dedication.

2012

YOU MAY BE ELIGIBLE FOR SCREENING

AT NO COST TO YOU

Breast Exams
Mammograms
Pap Tests

Maryland Breast & Cervical Cancer Program

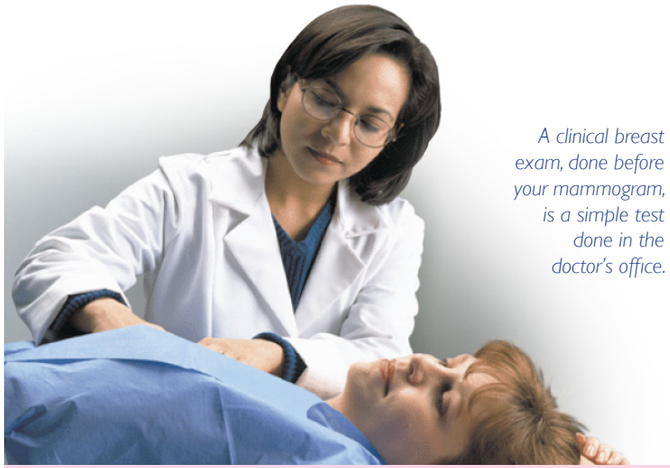
Screening Saves Lives

Breast exams, mammograms, and Pap tests: Thousands of Maryland women are eligible

Who can receive these services?

You may be eligible to receive these screenings from the Maryland Breast and Cervical Cancer Program if you are:

- 40 to 64 years old,
- Have limited income, and
- Have no health insurance or insurance that does not pay for breast exams, mammograms, or Pap tests.



A clinical breast exam, done before your mammogram, is a simple test done in the doctor's office.

How does the program work?

If you qualify, local program staff help you through the screening process. They tell you which doctors in your area work with the program and also help you to set up your doctor visits. Eligible women receive breast exams, mammograms, and Pap tests. After the visits, a program staff member will make sure that you receive your test results.

If you have barriers, such as language or transportation to the doctor's office, let the program staff know. They may be able to help.

Who will provide the screenings?

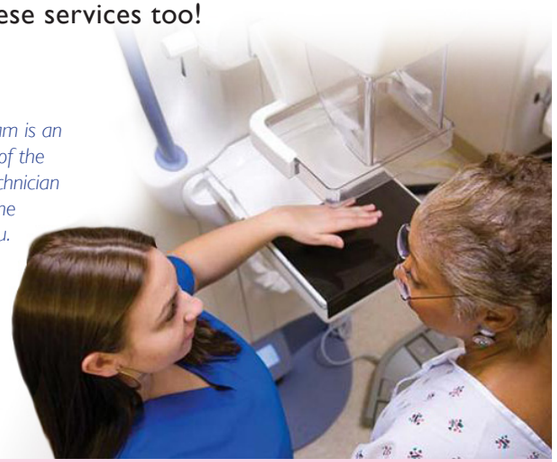
In most cases, private doctors offer all services. Your own doctor may even take part in the program. Sometimes, women can receive services in the evening or on weekends.

Why should I have these screenings?

Yearly breast exams, mammograms, and regular Pap tests help to detect breast and cervical problems early. When problems are found early, they can be treated more easily, adding years to your life.

Screening saves lives. Make the clinical breast exam, mammogram, and Pap test part of your routine. Also, be sure to tell friends and family about these services too!

A mammogram is an x-ray picture of the breasts. A technician can explain the process to you.



"My sister has a breast exam and mammogram every year and a Pap test when her doctor orders it. But I don't have health insurance, and I don't always have the money for these tests. With the local screening program, I can take care of myself the way I know I should."

"I was able to see my own doctor for the breast exam and Pap test. It was easy. The outreach worker from the Local Health Department helped me set up the appointment, and both services were done in the same doctor's visit."

"No one wants to think about cancer. But, I am alive today because a mammogram I received through my local program found my breast cancer early. As women get older, our risk for breast cancer grows higher. Yearly breast screening can give us many more years to enjoy life- and be there for those who depend on us."

¡Averigüe si usted califica!

Es fácil averiguar si usted califica. Solo toma una llamada telefónica a su proframa local.

Cuando llame, tendra que responder a algunas preguntas sobre sus ingresos, grupo familiar, y la cobertura de seguro de salud.

Allegany	(301) 759-5083
Anne Arundel	(410) 222-6180
Baltimore	(410) 887-3432
Calvert	(410) 286-7992
Caroline	(410) 479-8080
Carroll	(410) 876-4423
Cecil	(410) 996-5168
Charles	(301) 609-6843
Dorchester	(410) 228-3223
Frederick	(301) 600-3362
Garrett	(301) 334-7770
Harford	(410) 612-1780
Howard	(410) 313-4255
Kent	(410) 778-7970
Montgomery	(240) 777-1750
Prince George's	(301) 883-3525
Queen Anne's	(443) 262-4509
St. Mary's	(301) 475-4391
Somerset	(443) 523-1760
Talbot	(410) 819-5600
Washington	(240) 313-3235
Wicomico	(410) 548-5175
Worcester	(410) 632-1100
Baltimore City	(410) 350-2001

Maryland State Cancer Hotline 1-800-477-9774

NATIONAL Breast & Cervical Cancer Early Detection Program

SCREENING WOMEN, SAVING LIVES

Los servicios e instataciones del Departamento de Maryland de Salud y Higiene Mantal (DHMH) funcionan sobre una base no discriminatoria. Esta politica prohibe la discriminacion por motivos de raza, color, sexo, u origen nacional y se aplica a lo dispuesto en el empleo y la concesión de ventajas, privilegios y comodidades.

El Departamento en cumplimiento de la Ley de Estadounidenses con Discapacidades, asegura que los individuos calificados con discapacidades tienen la oportunidad de participar y beneficiarse de los servicios DHMH, programas, benficios y oportunidades de empleo.

MARYLAND

Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
Joshua M. Sharfstein, Secretary

En memoria de Janet Lewis, trabajador comunitano para el BCCP del condado de Baltimore y Teresa Strong trabajadora comunitararia del BCCP del condado de Charles. Munchas gracias por su trabajo y dedicación.

2014

Usted Podria Calificar para los Exámenes de Detección **Sin Costo Para Usted**

Examenes de Senos
Mamografías
Papanicolaou

Maryland Breast & Cervical Cancer Program

La detección temprana salva vidas

Examen de senos, mamografias, y examen de Papanicolaou: Miles de mujeres en Maryland califican.

¿Quién puede recibir estos servicios?

Usted podria calicar para recibir estos exâmenes del programa cáncer de senos y cervical de Maryland si usted:

- 40 a 64 años
- Tiene ingresos limitados, y
- No tiene seguro médico o un seguro que no cubre los exámenes de senos, mamografias o Papanicolaou

Un examen clinico de los senos, antes de hacer la mamografia, es un examen sencillo que se hace en el consultorio de un medico.

¿Cómo funciona el programa?

Si usted califica, un miembro del programa localla ayudara con el proceso de los exámenes. Ellos le dirán cual médica ensu área trabaja con el programa y también le ayudaran a hacer sus citas con ese médico. Las mujeres que califican recibirán los exámenes del seno, mamografias y Papanicolaou. Después de las visitas, un miembro del personal del programa se asegurará que usted reciba sus resultados.

Si usted tiene obstáculos, tales como de lennguaje o de transportación a la oficina del doctor, hágale saber al personal del programa. Ellos pueden ayudarle.

¿Quién proporcionará los exámenes de detección?

En la maroria de los casos, los médicos privados ofrecen todos los servicios. Su propio médico poc incluso ser parte del programa. En ocasiones, las mujeres podrian recibir estos servicios en la tarde los fines de semana.

¿Por qué debiera hacerme estos exámenes?

Los exámenes anuales de senos, mamografias y Papancolaou regulares ayudan a detectar problemas en los senos y cerviz temprano. Cuandolos problemas se detectan a tiempo, pueden sertratados con layor facilidad, añadiendo años a su vida.

Los exámenes de detección salvan vidas. Haga el examen clinico de senos, la mamografia y el Papanicolaou parte de su ritina. ¡También, asegúrese de decircles a sus amigas y familiares acerca de estos servicios también!

Una mamografia es una radiografia de los senos. Un técnico le puede explicar como es el proceso.

"Mi hermana tiene un examen de senos y una mamografia cada año y Un Papanicolaou cuando su médico lo ordena. Pero yo no tengo seguro de salud, y no siempre tengo el dinero para pager estos exâmines. Con el programa de detección local, puedo cuidarme de la manera que deberia hacerto."

"Pude ver a mi médico de cabecara para el examen de senos y el Papanicolaou. Fue muy facil. El trabajdor comunitario del departmento de saludlocal me ayudó a programer la cita los dos servicios se realizaron en la misma visita con él médico."

"Nadie quiere pensar en el câncer. Pero yo estoy viva hoy, porque la mamografia que recibi a través de mi programa local encontró micáncer temprano. A medida que las mujeres envejecemos, nuestro riesgo de cáncer de senos aumenta.
Exámenes de senos anuales nos pueden dar muchos más años para disfrutar la vida y estar presentespara aquell."

PREVENT Cervical Cancer ✓

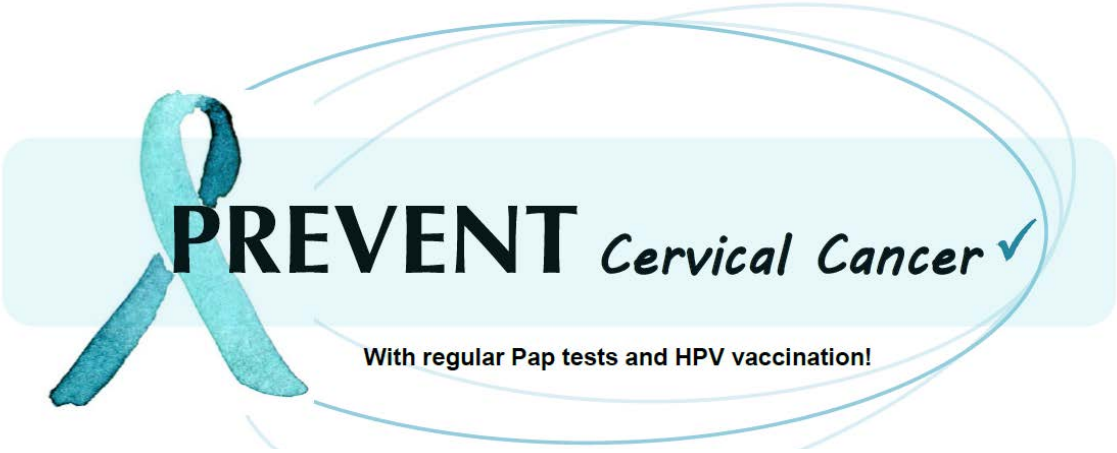
With regular Pap tests and HPV vaccination!

Hidden Phrase: Fill in the empty boxes using the jumbled words from below.

		R									R							
				E											U			
P						S												
					R					T					!			

vaccination	regular	prevent	for	cervical
HPV	Pap	preteens	for	women
cancer	with	and	tests	

Maryland Department of Health and Mental Hygiene
Breast and Cervical Cancer Program
1-800-477-9774



R	E	C	N	A	C	L	A	C	I	V	R	E	C	A	H	N	N	S	P
S	V	L	D	D	N	R	T	G	H	B	P	T	B	D	U	O	O	I	A
S	L	G	I	U	O	R	T	T	Z	R	M	N	H	A	M	I	R	M	P
N	G	R	R	F	O	C	L	Y	E	F	O	E	O	N	A	S	M	P	M
B	D	S	I	P	E	A	T	C	V	R	P	V	O	E	N	S	A	L	G
V	E	O	P	G	E	S	A	O	M	I	T	E	X	G	P	U	L	E	Z
X	I	U	E	H	D	N	A	A	R	O	E	R	Q	H	A	C	H	T	W
H	S	L	D	U	C	N	L	V	V	I	X	P	H	E	P	S	X	E	G
X	I	O	M	E	R	C	A	I	I	N	E	M	O	W	I	I	F	S	V
F	O	L	R	U	H	L	M	S	Q	N	X	M	K	W	L	D	F	T	N
G	P	P	M	A	V	P	F	D	Y	U	G	M	K	W	L	P	Y	K	Y
E	S	O	N	G	A	I	D	J	F	O	O	E	A	M	O	C	O	B	U
N	H	G	E	C	N	T	W	V	X	B	B	X	H	E	M	L	D	G	I
D	E	H	P	V	V	A	C	C	I	N	E	C	Y	Y	A	H	R	B	K
S	A	E	Q	V	D	W	C	Q	L	C	F	N	I	U	V	E	L	O	V
P	B	B	T	F	Z	Q	R	O	J	J	A	F	O	N	I	N	X	F	R
X	M	L	B	E	U	E	P	G	Q	S	T	E	G	T	R	B	E	P	Y
C	P	W	V	W	R	G	G	Y	V	Q	R	S	X	H	U	J	Z	P	P
Q	G	B	T	V	Q	P	D	E	W	F	W	X	E	B	S	H	Q	U	B
U	C	E	R	V	I	X	A	G	F	Z	N	T	Y	T	K	U	K	R	D

Abnormal changes	Pap test	Cervical cancer
Cervix	Diagnose	Discussion
Doctor	Preteen	Good health
Human papillomavirus	HPV vaccine	Life-saving
Normal	Boys and girls	Nurse
Pre-cancer	Prevent	Simple test
Support	Women	

Maryland Department of Health and Mental Hygiene
Breast and Cervical Cancer Program (BCCP)
1-800-477-9774

PREVENT Cervical Cancer

SOLUTIONS

Word Find

```
R E C N A C L A C I V R E C A H N N S P
S + L + D N + T + H + P T B + U O O I A
+ L + I U O R + T + R + N + + M I R M P
+ + R R F O C L + E + O E + + A S M P +
+ + S I P E A T C + R + V + + N S A L +
+ E + P G E S A O M + + E + + P U L E +
+ + U + H D N A A R + + R + + A C + T +
+ S + D + C N L V + + + P + + P S + E +
+ + O + E + C A + I N E M O W I I + S +
+ O + R + H + + S + N + + + + L D + T +
G + + + A + + + + Y + G + + + L + + + +
E S O N G A I D + + O + + + + O + + + +
N + G + + + + + + + + B + + + M + + + +
+ E H P V V A C C I N E + + + A + + + +
S + E + + + + + + + + + + + + V + + + +
+ + + T + + + + + + + + + + + I + + + +
+ + + + E + + + + + + T + + + R + + + +
+ + + + + R + + + + + + S + + U + + + +
+ + + + + + P + + + + + + E + S + + + +
+ C E R V I X + + + + + + + T + + + + +
```

(Over,Down,Direction)

ABNORMALCHANGES(15,1,SW)
CERVICALCANCER(14,1,W)
DIAGNOSE(8,12,W)
DOCTOR(5,2,SE)
HPVVACCINE(3,14,E)
LIFESAVING(3,2,SE)
NURSE(6,2,SW)
PRECANCER(12,2,SW)
PREVENT(13,8,N)
SUPPORT(2,8,NE)
WOMEN(15,9,W)
BOYSANDGIRLS(12,13,NW)
CERVIX(2,20,E)
DISCUSSION(17,10,N)
GOODHEALTH(1,11,NE)
HUMANPAPILLOMAVIRUS(16,1,S)
NORMAL(18,1,S)
PAP(20,3,N)
PRETEEN(7,19,NW)
SIMPLETEST(19,1,S)
TEST(15,20,NW)

Hidden Phrase

	P	R	E	V	E	N	T		C	E	R	V	I	C	A	L		
C	A	N	C	E	R		W	I	T	H		R	E	G	U	L	A	R
P	A	P		T	E	S	T	S		F	O	R		W	O	M	E	N
A	N	D		H	P	V		V	A	C	C	I	N	A	T	I	O	N
			F	O	R		P	R	E	T	E	E	N	S	!			

Prevent cervical cancer with regular Pap tests for women and

HPV vaccination for preteens!

PREVENT Cervical Cancer

Resource List

For resources regarding cervical cancer and HPV, explore these publications and websites:

Publisher/ Publication Number	Title CTRL + Click to follow to the publication website or file
NCI P019 and P890	What You Need to Know About Cancer of the Cervix Spanish version
NCI P295	Understanding Cervical Changes: A Health Guide for Women Revised this year!
NCI	Pap and HPV Testing
NCI	HPV and Cancer
ACS	What Women Should Know about Cervical Cancer and HPV
ACS	Detailed Guide: Cervical Cancer
ACS	Cervical Cancer Prevention and Early Detection
CDC	Cervical Cancer Fact Sheet Spanish version
CDC	Cervical cancer screening with the HPV test and the Pap test in women ages 30 and older
CDC	Inside Knowledge campaign resources http://www.cdc.gov/cancer/knowledge/print_materials.htm
CDC	Health E-cards
CDC	HPV Vaccination http://www.cdc.gov/vaccines/vpd-vac/hpv/
CDC	HPV Vaccination Resources for Healthcare Providers http://www.cdc.gov/vaccines/who/teens/for-hcp/hpv-resources.html
DHMH	Increasing HPV Vaccination in Maryland http://phpa.dhmh.maryland.gov/cancer/SitePages/HPV.aspx
CDC/DHMH	Vaccines for Children Program (VFC) http://www.cdc.gov/vaccines/programs/vfc/index.html Maryland VFC

Maryland Department of Health and Mental Hygiene
Breast and Cervical Cancer Program
1-800-477-9774