

**Local Health Department
Cancer Programs for Colorectal,
Skin, Oral, and/or Prostate**

You may be asked questions about income, health insurance, and where you live to determine if you qualify for services.

Allegany	301.759.5000
Anne Arundel*	410.222.7979
Baltimore City	410.396.4398
Baltimore County	410.887.3432
Calvert	410.535.5400
Caroline	410.479.8080
Carroll	410.876.5000
Cecil	410.996.5168
Charles	301.609.6843
Dorchester	410.228.3223
Frederick	301.600.3362
Garrett	301.334.7770
Harford	443.612.1780
Howard	410.313.4255
Kent	410.778.1350
Montgomery	301.759.5121
Prince George's	301.883.3524
Queen Anne's	410.758.0720
Saint Mary's	301.475.4356
Somerset	443.523.1760
Talbot	410.819.5600
Washington	240.313.3350
Wicomico	410.334.3480
Worcester	410.632.0056

* Provides cancer education only.

Other Cancer Information

Maryland Cancer Line 1.800.477.9774

MD Health Insurance Program
1.866.780.7105

Maryland Department of Health & Mental Hygiene, Family Health Administration, Center for Cancer Surveillance and Control
<http://fha.maryland.gov/cancer/>

American Cancer Society
www.cancer.org

National Cancer Institute
www.cancer.gov

**Center for
Cancer Surveillance and Control**

The services and facilities of the Maryland Department of Health and Mental Hygiene are operated on a non-discriminatory basis.

This policy prohibits discrimination on the basis of race, religion, 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.



**Department of
Health and Mental Hygiene
Center for Cancer
Surveillance and Control**

201 West Preston Street
Baltimore, MD 21201

1-800-477-9774
410-767-0787
410-767-5281

<http://fha.maryland.gov/cancer/>

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

August 2011



**Department of Health
& Mental Hygiene**

**Cigarette Restitution
Fund Program**

**Center for Cancer
Surveillance and Control**

Cancer Services

**Breast &
Cervical**



**Other
Cancers**



Cancer Prevention and Screening Recommendations

Colorectal Cancer

- Screen ages 50 and older or under age 50 with personal or family risk factors.

Prostate Cancer

- Educate men and encourage them to speak with their doctors about screening.
- Screen men 50 and older or under 50 if African American or with family risk factors.

Oral Cancer

- Screen ages 40 years and older.
- Do not smoke or use any form of tobacco.
- Avoid or reduce alcohol use.

Skin Cancer

- If you have a suspicious lesion or unusual mole, see your primary care physician or a dermatologist.
- Avoid or reduce exposure to sunlight between 10:00 a.m. and 4:00 p.m.
- Wear sun protective clothing and use sunscreen with SPF of 15 or higher. Apply 20 minutes before going in the sun and every two hours while in the sun.
- Avoid tanning booths, tanning beds, and tanning lamps.

Breast Cancer

- Screen women ages 40 and older with annual mammogram and clinical breast examination.

Cervical Cancer

- Screen women with Pap tests beginning within 3 years of the onset of sexual activity or at age 21, whichever comes first.
- Consider HPV vaccine for girls and women 9 to 26 years of age.

Lung Cancer

- Do not smoke or use any form of tobacco.
- Avoid second hand smoke.

General Health Promotion Tips

- Do not smoke or use any form of tobacco.
- Achieve and maintain a healthy weight.
- Exercise for at least 30 minutes on five or more days a week.
- Eat at least five servings of vegetables and fruits daily.
- Get recommended health screenings.

What Cancer Screening May be Covered in Local Programs?

The cancer services that Maryland programs may pay for include: breast, cervical, colorectal, prostate, oral, and skin. Please contact your local program to find out the cancer(s) they cover.

Who is Eligible for Cancer Screening?

Eligibility for cancer programs may include the following requirements:

- Age
- Health insurance
- Income
- Residency



Payment for other cancer test (s) or for treatment may be covered in some programs if you meet eligibility requirements. All services are subject to the availability of funds.

Funding Sources

Maryland's cancer education, prevention, screening, and treatment services are made possible by: Maryland Cigarette Restitution Fund, State of Maryland General Funds, Centers for Disease Control and Prevention, Maryland Medical Assistance, Pharmacy Assistance, and Maryland Cancer Fund.

Local Health Departments Breast and Cervical Cancer Programs

(Primarily funded by Maryland General Funds and Centers for Disease Control and Prevention)

Eligible women must be between the ages of 40-64. You may be asked questions about income, health insurance, and where you live to determine if you qualify for services.

Allegany	301.759.5083
Anne Arundel	410.222.6180
Baltimore County	410.887.3432
Calvert	410.286.7992
Caroline	410.479.8080
Carroll	410.876.4423
Cecil	410.996.5168
Charles	301.609.6816
Dorchester	410.228.3223
Frederick	301.600.3362
Garrett	301.334.7770
Harford	443.612.1780
Howard	410.313.4255
Kent	410.778.7970
Montgomery	240.777.1750
Prince George's	301.883.3525
Queen Anne's	410.262.4509
Saint Mary's	301.475.4391
Somerset	443.523.1760
Talbot	410.819.5630
Washington	240.313.3235
Wicomico	410.548.5175
Worcester	410.632.1100
Baltimore City (Harbor and Union Memorial Hospitals)	410.350.2001

Additional Baltimore City Breast Cancer Resource

Johns Hopkins Medical Institutions
410.955.1348