

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	1.800.224.8688
Anne Arundel*	410.222.7979
Baltimore County	410.887.3456
Calvert	410.535.5400
Caroline	410.479.8080
Carroll	410.857.5000
Cecil	410.996.5168
Charles	301.609.6900
Dorchester	410.228.3223
Frederick	301.600.3362
Garrett	301.334.7770
Harford	443.643.0350
Howard	410.313.4255
Kent	410.778.1350
Montgomery	240-777-1222
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	240.420.1796
Wicomico	410.334.3480
Worcester	410.632.0056

\* Provides cancer education only.

Baltimore City Cancer Programs  
Colorectal Cancer Screening  
1.888.ACS.NEED (1.888.227.6333)

Johns Hopkins Medical Institutions  
Prostate Cancer Screening  
410.955.1348

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  
[www.fha.state.md.us/cancer](http://www.fha.state.md.us/cancer)

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.



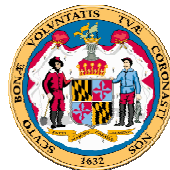
Department of  
Health and Mental Hygiene  
Center for Cancer  
Surveillance and Control  
201 West Preston Street  
Baltimore, MD 21201

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

[www.crf.state.md.us/](http://www.crf.state.md.us/)  
[www.fha.state.md.us/cancer/](http://www.fha.state.md.us/cancer/)

Martin O'Malley, Governor  
Anthony G. Brown, Lt. Governor  
John M. Colmers, Secretary

September 2007



Department of Health  
& Mental Hygiene

Cigarette Restitution  
Fund Program

Center for Cancer  
Surveillance and Control

Cancer Services

Breast &  
Cervical



Other  
Cancer



## 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	443.643.0350

Howard	410.313.4255
Kent	410.778.7970
Montgomery	240.777.1750

Prince George's	301.883.3525
Queen Anne's	410.758.0720
Saint Mary's	301.475.4391

Somerset	443.523.1760
Talbot	410.819.5630
Washington	240.313.3235

Wicomico	410.548.5175
Worcester	410.632.0056

### Baltimore City Breast and Cervical Programs

Harbor Union and Memorial Hospitals  
410.350.2001

University of Maryland Medical Group  
410.328.4673

### Additional Baltimore City Breast Cancer Resource

Johns Hopkins Medical Institutions  
410.955.1348