

Tips for Healthy Living and Cancer Prevention

- Do not smoke or use any form of tobacco. If you do smoke, we can help you quit! Call **1-800-Quit-Now** to learn more!
- Avoid secondhand smoke.
- Maintain a healthy weight.
- Avoid or reduce alcohol use.
- Exercise for at least 30 minutes or more on five or more days of the week.
- Eat at least five servings of fruits and vegetables daily.
- Avoid the sun when possible and when you do go out, be sure to wear sun protective hats, clothing and sunglasses, and use a broad spectrum UVA/UVB sunscreen with SPF 15 or higher.
- Vaccinate girls and boys 11 or 12 years of age and up to age 26 against the Human Papilloma Virus (HPV), known to cause cervical and other cancers.
- Vaccinate against Hepatitis B (HBV), known to cause liver cancer
- Get recommended screening tests and vaccinations.



The Maryland Tobacco Quitline is a FREE service that is available to all Maryland residents age 18 or older.



The Maryland Comprehensive Cancer Control Plan is available online!

<http://phpa.dhmf.maryland.gov/cancer/cancerplan/>



Join the fight against cancer! The Maryland Cancer Fund offers Cancer Treatment Grants for low-income, uninsured Marylanders through the local health departments. Donations from Maryland residents through state income tax forms and direct contributions to the program are the only sources of funding for the Maryland Cancer Fund.

Check line 37 on your Maryland State Income Tax Form to support the Fund!

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.

Maryland Department of Health and Mental Hygiene

Center for Cancer Prevention and Control
201 West Preston Street
Baltimore, MD 21201

1-800-477-9774
410-767-0787
410-767-5281
www.dhmf.maryland.gov

Martin O' Malley, Governor

Anthony G. Brown, Lt. Governor

Joshua M. Sharfstein, Secretary



Center for Cancer Prevention and Control



The mission of the Center for Cancer Prevention and Control is to reduce the burden of cancer in Maryland.

The Center for Cancer Prevention and Control oversees several programs throughout the state that offer cancer prevention, education, screening, diagnosis and treatment services in support of this mission.

Local Health Department 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 City*	
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	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
Saint Mary's	301-475-4391
Somerset	443-523-1760
Talbot	410-819-5600
Washington	240-313-3235
Wicomico	410-548-5175
Worcester	410-632-0056

* Baltimore City Breast and Cervical Programs

- Harbor and Union 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

Who Should be Screened?

Breast Cancer: Women ages 40 and older should be screened with mammogram and clinical breast examination.

Cervical Cancer: Women should be screened with Pap tests regularly between 21-65 years of age.

Colorectal Cancer: Anyone aged 50 years or older and anyone under age 50 with a personal or family history of colorectal cancer risk factors should be screened.

Oral Cancer: Anyone 40 years of age or older should be screened.

Who is Eligible for Screening?

Center for Cancer Prevention and Control programs *may* cover breast, cervical, and colorectal cancer screening services.

Eligibility for NO COST cancer screening may differ by community and may be based on factors such as:

- Age
- Level of health insurance
- Income
- Residency

Payment for other tests or for treatment may also be covered in some programs and communities based on eligibility and subject to the availability of funds.

Funds for these services are made possible by: the Maryland Cigarette Restitution Fund, State of Maryland General Funds, Centers for Disease Control and Prevention, Maryland Medical Assistance, Pharmacy Assistance, and the Maryland Cancer Fund.

Local Health Department Cancer Programs for Colorectal, Oral, Skin Cancers

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

Allegany	301-759-5121
Anne Arundel*	410-222-7979
Baltimore City**	410-396-3718
Baltimore County	410-887-3456
Calvert	410-535-5400
Caroline	410-479-8080
Carroll	410-876-4443
Cecil	410-996-5168
Charles	301-609-6832
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	240-777-1222
Prince George's	301-883-3524
Queen Anne's	410-758-0720
Saint Mary's	301-475-4318
Somerset	443-523-1760
Talbot	410-819-5600
Washington	240-313-3235
Wicomico	410-548-5175
Worcester	410-632-1100

* Provides cancer education only.

**Additional Baltimore City Colorectal Cancer Resource

- University of Maryland Medical Group 410-328-4673

Staying Healthy is Important Primary Adult Care can help.

Primary Adult Care (PAC) is a program that pays for basic health services for lower-income adults in Maryland. PAC also covers prescription drugs with a small co-pay. To learn more and apply call 1-800-226-2142 or visit mmcp.dhmh.maryland.gov/mpac.