

# CANCER CAN BE A PREVENTABLE DISEASE

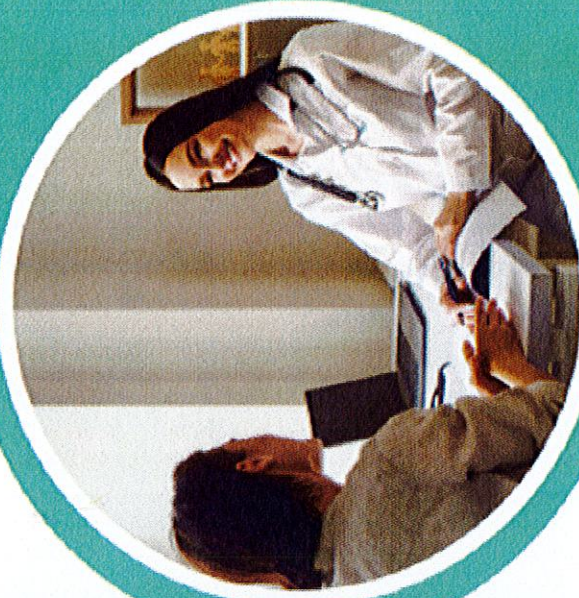
- **STOP SMOKING**
- Have regular cancer screenings such as:
  - Breast cancer screening starting at age 40
  - Colonoscopy screening starting at age 45
  - Skin cancer screening at least yearly
  - Oral cancer screening at least yearly
- Limit your intake of fat
- Include more vegetables and fruit in your diet
- Limit your intake of alcoholic beverages
- Maintain a healthy weight
- Practice "Sun Safety": use a broad spectrum sunscreen with an SPF of 15 or higher
- Protect yourself from infections



The Maryland Cigarette Restitution Fund (CRF) was established in 2000 by the Maryland General Assembly to reduce the cancer incidence and mortality in Maryland. The legislation required the establishment of a local public health component to coordinate efforts in each jurisdiction. The local public health component of the CRF is the Cancer, Prevention, Education, Screening, and Treatment (CPEST) Program.

**Garrett County Health Department  
CPEST Program  
1025 Memorial Drive  
Oakland, MD 21550  
gchd.personalhealth@maryland.gov  
301-334-7770**

updated 6/14/2023



## GARRETT COUNTY HEALTH DEPARTMENT

301-334-7770 or 301-895-3111

### **CPEST Program**

Cancer Prevention, Education,  
Screening, and Treatment

*Funded by the Maryland Cigarette  
Restitution Fund*

## At NO COST Cancer Screening and/or Treatment Available to Program Eligible Garrett County Residents

### Colorectal Cancer Screening

Colonoscopy

Fecal Immunochemical Test

### Skin Cancer Screening

Skin Exam

### Breast & Cervical Cancer Screening (REGIONAL PROGRAM ONLY)

Clinical Breast Exam

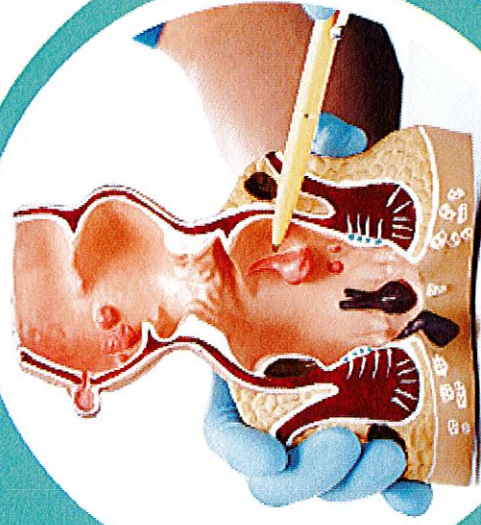
Mammogram

Pap Test

*If you have health insurance with a high deductible, you may still qualify for the CPEST program. Call 301-334-7770 today!*

## EARLY DETECTION

When cancer is detected early, there is a very good rate of recovery. Do not neglect appropriate cancer screening exams simply because you fear you cannot afford the tests. If you meet the necessary guidelines, you may be able to obtain these services AT NO COST through the CPEST program.



### DIAGNOSTIC TESTING AVAILABLE FOR PROGRAM ELIGIBLE GARRETT COUNTY RESIDENTS

- Oral Lesion biopsy if recommended by a health care provider
- Skin Lesion biopsy if recommended by a health care provider
- Endoscopic examination of the large bowel (Colonoscopy)
- X-Ray of the breast (Mammogram)
- Sample collection of cervical cells (Pap test)
- *\*Prostate Cancer - Funding is available to help pay for diagnosis & treatment.\**

