

CANCER CAN BE A PREVENTABLE DISEASE

- **STOP SMOKING.** For help with quitting call **1.800.QUIT.NOW**
- **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**



GARRETT COUNTY
HEALTH DEPARTMENT

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!



**DIAGNOTIC TESTING AVAILABLE
FOR PROGRAM ELIGIBLE
GARRETT COUNTY RESIDENTS**

- **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.***

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.

