

Project HEAL

Health through Early Awareness and Learning



Cancer Resource Guide

2021

TABLE OF CONTENTS

Insurance Coverage.....	3
Medicare	
Medicaid	
Free or Low-cost Screening	5
General Cancer Information.....	8
Medical Resources.....	9
General Health	
Breast Cancer	
Prostate Cancer	
Colorectal Cancer	
Support Groups.....	12
General Cancer	
Breast Cancer	
Prostate Cancer	
Colorectal Cancer	
Questions to ask the Doctor	16
Acknowledgements.....	17



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INSURANCE COVERAGE

Medicare Coverage



Breast Cancer Screening

All women age 40 and older with Medicare can get a mammogram every 12 months. One baseline mammogram is available for women ages 35-39.

Cost:

You pay nothing for the test if your doctor accepts Medicare.

Prostate Cancer Screening

All men age 50 and older with Medicare are eligible for prostate cancer screening. Medicare covers a digital rectal exam and Prostate Specific Antigen (PSA) test every 12 months.

Cost:

- You pay 20% of the Medicare-approved amount for the digital rectal exam after the yearly Part B deductible.
- You pay nothing for the PSA test.

Colorectal Cancer Screening

All people age 50 and older with Medicare are eligible for colorectal cancer screening.

- *Fecal Occult Blood Test*: Covered once every 12 months.
- *Sigmoidoscopy*: Covered once every 4 years OR 10 years after a previous colonoscopy for people not at high risk.
- *Colonoscopy*: Covered once every 10 years OR once every 2 years if at high risk OR every 4 years after a previous sigmoidoscopy.
- *Barium Enema*: Covered every 2 years if at high risk, OR 4 years if not at high risk.

Cost:

- You pay nothing for the fecal occult blood test.
- You pay nothing for the sigmoidoscopy or colonoscopy if your doctor accepts Medicare.
- For barium enemas, you pay 20% of the Medicare-approved amount for the doctor's services. The Part B deductible does not apply.

For more Medicare information: Call (800) 633-4227

or

Visit <http://www.medicare.gov>

INSURANCE COVERAGE

Medicaid Coverage



Medicaid should cover breast, colorectal, and prostate cancer screening tests.

For more Medicaid information: Call (800) 492-5231

or

Visit

<https://medicaid-help.org/maryland-medicaid-insurance>

FREE OR LOW COST SCREENING

Maryland, Virginia, DC Residents



Breast and Cervical Cancer Screening Program

Free screening, including mammograms for eligible women. For more information:

- Prince George's County residents call (301) 552-7724
- Baltimore County residents call (410) 887-3456
- Other Maryland Residents call (800) 477-9774
- Or visit

http://phpa.dhmh.maryland.gov/cancer/Pages/bccdt_home.aspx

The Rosemary Williams Mammoday Program at Howard University

All men age 50 and older with Medicare are Free mammograms for eligible, uninsured women.

For more information:

- Call (202) 865-4655

Maryland Colorectal Cancer Control Program

Free screening for eligible Maryland residents.

For more information:

- Prince George's County residents call (240) 542-3380
- Baltimore County residents call (410) 877-3456
- Other Maryland residents call (800) 477-9774
- Or visit

http://phpa.dhmh.maryland.gov/cancer/Pages/crc_home.aspx

Men Take Ten Prostate Cancer Early Detection and Education Program

Free prostate cancer screening to men 40-75 in the DC metro area.

Offered every third Wednesday of the month by appointment only at the Howard University Cancer Center, Suite B125

For more information:

- Call (202) 865-4653

FREE OR LOW COST SCREENING

Maryland, Virginia, DC Residents

American Cancer Society

To find free or low-cost screening and resources near you visit:

[http://www.cancer.org/treatment/
supportprogramsservices/app/resource-
search](http://www.cancer.org/treatment/supportprogramsservices/app/resource-search)

1. Call the American Cancer Society at (888) 227-6333.
2. Give them your zip code.
3. They will tell you where you can be screened for free or at low cost.

ZERO - The Project to End Prostate Cancer

Free PSA and DRE screening.

For more information:

- Visit <https://zerocancer.org/test-centers/>
- Call (202) 463-9455



FREE OR LOW COST SCREENING

Baltimore City Residents

Baltimore City Cancer Program

Free breast and cervical cancer screenings for those eligible.

To enroll and set up an appointment, please call 410-328-HOPE. Language capabilities: English and Spanish.

Visit:

<https://www.umms.org/umgccc/cancer-services/cancer-care/baltimore-city-cancer-program>



Baltimore City Health Department

Cost for prostate cancer screening for eligible men based on a sliding scale (\$25-\$125). Screening offered at the Men's Health Center, operated by Total Health Care, Inc.

- Call (410)-383-8300 ext. 70000

Washington, DC Residents



Hopkins Breast Cancer Inc.

Financial assistance for men and women with breast cancer living in metro D.C.

- Call 301-755-6253
- Or <https://hopkinsbcinc.org/about-us/>

The George Washington University Hospital

Free PSA and DRE screening for men 40-70 years of age with no history of prostate cancer.

Offered the LAST Friday of every month from 1:00p.m to 5:00 p.m. by appointment.

GW Medical Faculty

Associates Building – Department of Urology,
22nd and I Streets, NW, Suite 2-202,
Washington, DC 20037

For more information:

- Call (202) 741-3106
- Or visit <https://cancercenter.gwu.edu/cancer-type-condition/prostate-cancer/free-prostate-cancer-screenings>

GENERAL CANCER INFORMATION

Centers for Disease Control and Prevention

Telephone Number: (800) 232-4636

Website: www.cdc.gov

American Cancer Society

Telephone Number: (800) 227-2345

Website: www.cancer.org

National Cancer Institute's Cancer Information Service

Telephone: (800) 422-6237

Website: <http://www.cancer.gov/aboutnci/cis/>



GENERAL HEALTH

Maryland

Adam's House

Suitland Health and Wellness Center

5001 Silver Hill Rd. Suitland,
MD 20746
(301) 817-1900

Bowie Health Campus
15001 Health Center Dr.
Bowie, MD 20716
(301) 262-5511

Doctors Community Hospital
8118 Good Luck
Rd. Lanham, MD 20706
(301) 552-8118

University of Maryland
Capital Region Health
Medical Group at Cheverly
2900 Mercy Lane, Cheverly,
MD 20785
(301) 618-2273

Greater Baden Medical
Services
<http://www.gbms.org/>

Greater Baden at Brandywine
7450 Albert Rd.
Brandywine, MD 20613
(301) 888-2233

Greater Baden at Suitland
5001 Silver Hill Road, 2nd floor
Suitland, MD 20746
(240) 508-5317

Greater Baden at LaPlata
6 Garrett Ave. LaPlata, MD 20646
(301) 539-5100

Greater Baden at Leonardtown
23140 Moakley Street, Suite 4
Leonardtown, MD 20650
(301) 997-1029

Greater Baden at Capitol Heights
1458 Addison Rd. South Capitol
Heights, MD 20743
301-888-2233

Laurel Regional Hospital
7300 Van Dusen Rd.
Laurel, MD 20707
(301) 725-4300
(410) 792-2270

Planned Parenthood
<http://www.plannedparenthood.org>

Annapolis Health Center
929 West Street #305
Annapolis, MD 21401
(410) 576-1414

Baltimore City Health Center
330 North Howard Street
Baltimore, MD 21201
(410) 576-1414

Waldorf Health Center
3975 St. Charles Parkway
Gateway Plaza E-3 & E-4
Waldorf, MD 20602
(410) 576-1414



Prince George's Hospital
Center
3001 Hospital Dr.
Cheverly, MD 20785
(301) 618-2000

MedStar Southern Maryland
Hospital
7503 Surratts Rd.
Clinton, MD 20735
(301) 868-8000

Baltimore City

St. Matthew's Community Long-
Term Outreach Center
3003 W. North Ave,
Baltimore, MD 21216
(410) 948-4646
(410) 233-2010

GENERAL HEALTH

Washington, DC

Washington Cancer Institute
110 Irving St.
NW Washington, DC 20010
(202) 877-6998
<http://www.medstarhealth.org/mhs/our-services/>

Kaiser Permanente
<http://www.kaiserpermanente.org>



Capitol Hill Medical Center
700 Second St.
NE Washington, DC 20037
(202) 346-3000

Northwest D.C. Medical Office Building
2301 M St.
NW Washington, DC 20037
(202) 419-6200



Planned Parenthood
<http://www.plannedparenthood.org>

Downtown Center
1108 16th Street NW
Washington, DC 20036
(202) 347-8512

Northwest Egypt Center
3937 Minnesota Avenue
NE Washington, DC 20019
(202) 388-4770



Find food assistance, help paying health bills, and other free or reduced cost programs, including new programs for the COVID-19 pandemic
<https://www.findhelp.org/>

BREAST, PROSTATE, AND COLORECTAL CANCER

Breast

Betty Lou Ourisman Breast Health Center
Georgetown University Hospital
3800 Reservoir Road, NW
Lombardi Comprehensive Cancer Center
Ground Floor
Washington, DC 20007
(202) 444-3315

Center for Breast Health
Washington Cancer Institute
110 Irving St. NW, Suite 1300
Washington, DC 20010
(202) 877-2391
<http://www.medstarhealth.org/mhs/our-services/breast-health-program>

Capital Breast Care Center
650 Pennsylvania Avenue, SE, Suite 230
Washington, DC, 20003 (202) 784-2720
<http://www.capitalbreastcare.org/>

Colorectal

Gastrointestinal Oncology Center
Washington Cancer Institute
110 Irving St.
NW Washington, DC 20010
(202) 877-3627
<http://www.medstarwashington.org/our-services/gastroenterology/>

Prostate

Maryland

Dr. James D. Biles III
600 Ridgely Ave.
Annapolis, MD 21401
(410) 266-8049

Central MD Nephrology LLC
7331 Hanover Pkwy Ste B
Greenbelt, MD 20770 (301) 345-0605

MidAtlantic Urology Associates LLC
7500 Greenway Center Dr.
Greenbelt, MD 20770
(301) 477-2000

Murdock Urology of
MidAtlantic Urology Associates
7500 Greenway Center Dr. 8th Floor
Greenbelt, MD 20770
(301) 474-3636

Chesapeake Urology Associates
3801 International Dr. Ste #310
Silver Spring, MD 20906
(301) 598-9717

Virginia

Metropolitan Nephrology Associates PC
Lynch Barlow S. MD
2616 Sherwood Hall Lane Ste 209
Alexandria, VA 22306
(703) 360-3100



Washington, DC

Dr. Frederick B. Hendricks
2300 M St.
Washington, DC 20037
(202) 677-6960

Men's Health
236 Massachusetts Av. NE
Ste#301
Washington, DC 20002
(202) 543-6461
www.menshealthmonth.org

Urology- Georgetown University Hospital
3800 Reservoir Road, NW
Pasquerilla Healthcare Center (PHC) 4th floor
Washington, DC 20007
(202) 444-4922



GENERAL CANCER SUPPORT GROUPS

Online Support Groups

Cancer Survivors Network Interactive online program

For more information:
<https://csn.cancer.org/>

What Next

Cancer Support Network

For more information: <http://whatnext.com>

Men with Cancer Support Group

Cancer Care

15-week online support group

For more information:

http://www.cancercare.org/support_groups/50-men_with_cancer_support_group

Women with Cancer Support Group

Cancer Care

15-week online support group

For more information:

https://www.cancercare.org/support_groups/47-women_with_cancer_support_group

Prince George's County

Hope Connections for Cancer Support

Weekly, Monthly, Bimonthly support, MetroPlex I

8401 Corporate Drive, Suite 100

Hyattsville, MD 20785

(240) 714-4744

CARES

This support group is open to all cancer patients and meets on Zoom*. Please call Sharon Loving, LCSW-C, for more information 443-254-5940.

1st and 3rd Thursday: 5 – 7 pm

*If you don't feel comfortable using Zoom, you can speak to Sharon Loving one-on-one over the phone.

Telephone Support Groups

Cancer Support Group

Cancer Care

12-week telephone group

For more information:

Call (800) 813-4673

Caregivers Support Group

Designed for those who are caregivers for a loved one with cancer, this group meets by phone.

Please call Patty Plaskon, PhD, LCSW-C, at 410 820-6800.

1st Saturday of each month: 9 – 10:30 am



University of Maryland Greenebaum Comprehensive Cancer Center

<https://www.umms.org/umgccc/patients-visitors/for-patients/support-groups>

Cancer Hope Network

Call: (877) 468-3638

www.cancerhopenetwork.org

The Cancer Support Community

Call: (888) 793-9355

www.mylifeline.org

HopeWell Cancer Support

info@hopewellcancersupport.org

Call: (410)-832-2719

<https://www.hopewellcancersupport.org/>

BREAST CANCER SUPPORT GROUPS

Prince George's County

Doctors Community Hospital

Meeting Date: 3rd Tuesday of every month

Time: 6:00 – 8:00 PM

Location:

Professional Office Building Conference Room

8116 Good Luck Road,

Lanham, MD

For more information

- Call (301) 552-8209
- Visit www.dchweb.org

Common Bond

Meeting Date: 3rd Tuesday of every month

Time: 6:00 – 8:00 PM

Location: Conference Room 1

Health Department Headquarters Building,

1701 McCormick Drive, Suite 200

Largo, MD 20774

For more information: Call (301) 883-7819

Baltimore City

Red Devils

Provides treatment transportation, family support, and medical services and treatment related therapies.

For more information:

(877) 643-0202

The Journey Continues

Breast Cancer Support Group

Call: (443) 406 TJC1(8521)

Email: info@TJCCares.org

<http://www.tjccares.org/>



PROSTATE CANCER SUPPORT GROUPS

Prince George's County

MedStar Southern Maryland Hospital Center

Meeting Date: 2nd Tuesday of every month

Time: 6:30 – 8:30 PM

Location: Hospital Library in MedStar

Southern Maryland Hospital Center

7503 Surratts Road, Clinton, MD 20735

For more information:

Call (301) 877-5700

Washington, DC

Providence Hospital Wellness Institute Meeting

Date: Call for dates and times

Location: 1150 Varnum Street, NW Washington, DC 20017

For more information:

(301) 374-9098



COLORECTAL CANCER SUPPORT GROUPS

Washington, DC

Colon Cancer Alliance's Buddy Program

Peer-to-peer support

Meeting Date: Call or go online to request a buddy

For more information:

Call (877) 422-2030

Visit <https://www.ccalliance.org/patient-family-support/buddy-program>

Telephone Support Groups

Help Line

Colon Cancer Alliance

Dates: Monday – Friday

Time: 9:30 AM – 4:30 PM EST

For more information:

Call (877) 422-2030

Colorectal Cancer Patient Support Group

Cancer Care

12-week telephone group

For more information: Call (800) 813-4673



QUESTIONS TO ASK YOUR DOCTOR ABOUT...

Breast, Prostate, and Colorectal Cancer

1. What is breast, prostate, and colorectal cancer?
2. Do I need to be tested? Why?
3. At what age do I start getting tested?
4. How often will I need to be screened?
5. Who will do the exam?
6. Is there any risk involved?
7. What is the screening test you recommend? Why?
8. What's involved in the screening?
9. How do I prepare for the screening?
10. Can I return to work after the test?
11. Can I drive after the test?
12. Will the test be uncomfortable or painful?
13. When will I get the results?
14. What if you find something? Will I need more tests?
15. If I have a family history of breast cancer, do I need to be tested before I am 40 or more often than other people?
16. Am I at high risk or average risk for prostate cancer?
17. If I have a family history of colorectal cancer or polyps, do I need to be tested before I am 45 or more often than other people?
18. Will my insurance cover the screening?
19. How much will my screening cost?

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Investigative Team

Principal Investigator – Cheryl L. Holt, PhD

Program Manager – Leonore Okwara, MPH

Janice Bowie, PhD, MPH

Daniel Mullins, PhD

Rev. Bettye Leggette Muwwakkil, PhD

BJ Robinson-Shaneman, MSN

Jimmie L. Slade, MA

Ralph Williams

Nathaniel Woodard

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Project HEAL

Health through Early Awareness and Learning



University of Maryland

1234 School of Public Health Department of
Behavioral and Community Health CHAMP
Health

College Park, MD 20742

<http://bit.ly/CHAMPLab>

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Access to Wholistic and Productive Living

