


Project HEAL

Health through Early Awareness and Learning



Cancer Resource Guide

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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>

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.dhmfh.maryland.gov/cancer/Pages/bccdt_home.aspx

The Rosemary Williams Mammoday Program at Howard University

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.dhmfh.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) 806-7697

American Cancer Society

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

<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



Baltimore City Residents

Baltimore City Cancer Program

Free breast and cervical cancer screenings for those eligible Monday through Friday 8:30 AM — 4:00 PM at the following health centers:

- University Care at Edmonson Village (410) 328-2273
- University of Maryland Primary Care at Heritage Crossing (410) 244-7026
- University of Maryland Primary Care at Bolton Hill (410) 225-8855

Baltimore City Health Department

Free prostate cancer screening for eligible men at the Men's Health Center, operated by Total Health Care, Inc.

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

Colon Cancer Screening Program

Free colon cancer screening based on eligibility through the Baltimore City Health Department Screening Program at MedStar Harbor Hospital

- Call (410) 350-8216

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 visit <http://hopkinsbcinc.org/about.php#assist>

The George Washington University Hospital

Free PSA and DRE screening for men 40-70 years of age with no history of prostate cancer. Offered every fourth Friday of the month 1:00 – 5:00 PM by appointment only.

MFA Ambulatory Care Center
22nd and I streets NW

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/>



Medical Resources

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) 324-4968

Glen Ridge Medical Center

7582 Annapolis Rd.
Lanham, MD 20706
(301) 322-2326

Greater Baden Medical Services

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

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

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 Suitland
5001 Silver Hill Road, 2nd Floor
Suitland, MD 20746
(240) 508-5317

Greater Baden at Capitol Heights
1458 Addison Rd. South
Capitol Heights, MD 20743
(301) 324-1873

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
(866) 384-2188

Baltimore City

***St. Matthew's Community Long-Term
Outreach Center***

3003 W. North Ave,
Baltimore, MD 21216

Washington, D.C.

Washington Cancer Institute

110 Irving St. NW
Washington, DC 20010
(202) 877-2391
<http://www.medstarhealth.org/mhs/our-services/>

Washington, D.C. (continued)

Kaiser Permanente

<http://www.kaiserpermanente.org>

Capitol Hill Medical Center

700 Second St. NE

Washington, DC 20852

(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

Breast Cancer

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

Capital Breast Care Center

650 Pennsylvania Avenue, SE, Suite 230

Washington, DC, 20003

(202) 784-2720

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

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>



Prostate Cancer

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

Dr. Bernard J. Rogus

3801 International Dr. Ste #205
Silver Spring, MD 20906
(301) 598-3218

Washington, DC

Dr. Frederick B. Hendricks

2300 M St. NW #210
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
General Info: (202) 444-4922
Fax: 1-877-625-1478

Virginia

Metropolitan Nephrology Associates PC

Lynch Barlow S. MD
2616 Sherwood Hall Lane
Alexandria, VA 22306
(703) 360-3100

Colorectal Cancer

Gastrointestinal Oncology Center

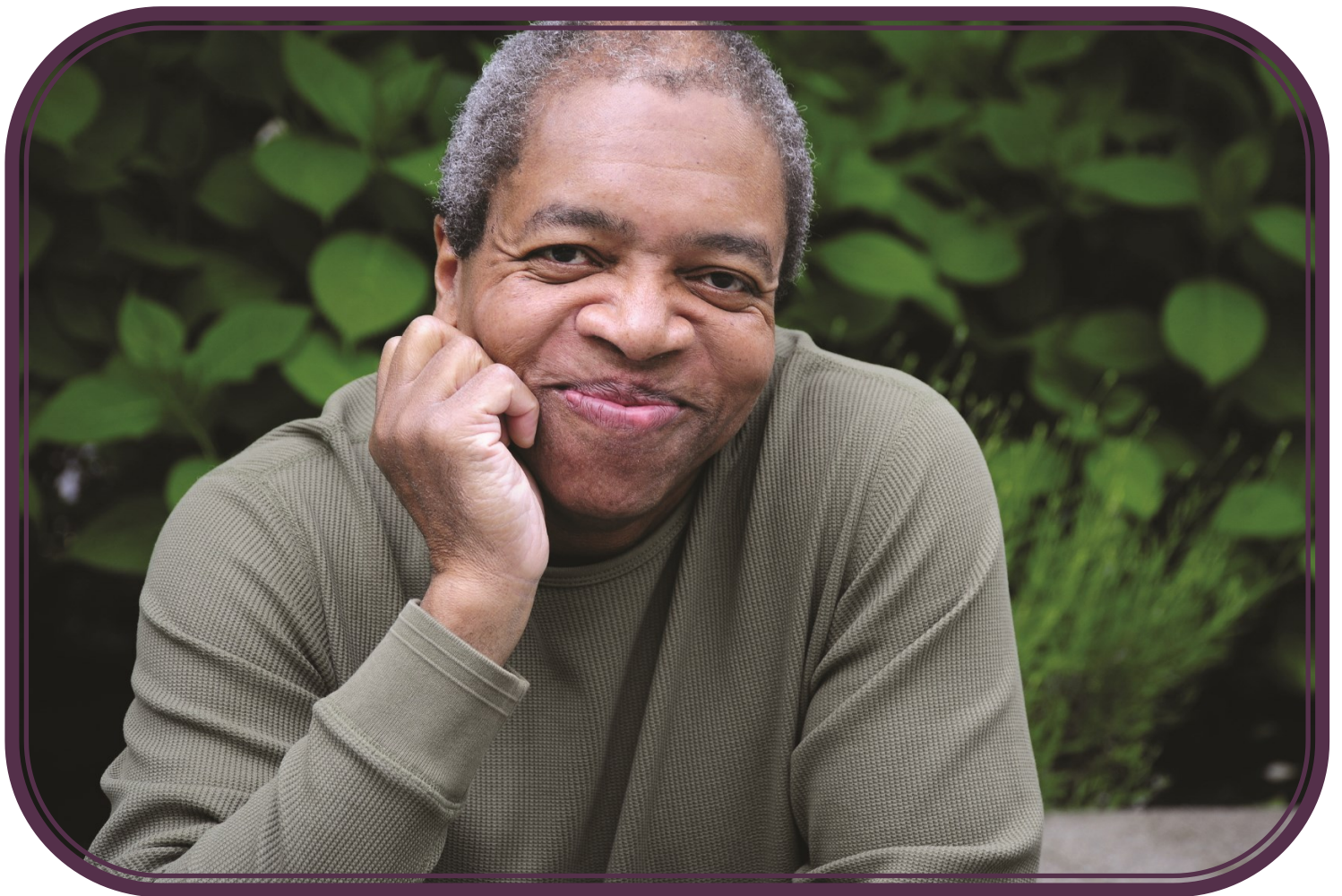
Washington Cancer Institute

110 Irving St. NW

Washington, DC 20010

(844) 333-3627

<http://www.medstarwashington.org/our-services/gastroenterology/>



Support Groups

General Cancer Support Groups

Online Support Groups

WhatNext

Cancer Support Network

For more information:

Visit <http://whatnext.com>

Circle of Sharing

Personalize your cancer information

For more information:

Visit <https://circleofsharing.cancer.org>

I Can Cope—Online

Interactive online program

For more information:

Visit www.cancer.org/onlineclasses

Men with Cancer Support Group

Cancer Care

15-week online support group

For more information: Visit [http://](http://www.cancercare.org/support_groups/50-men_with_cancer_support_group)

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: Visit [http://](http://www.cancercare.org/support_groups/47-women_with_cancer_support_group)

www.cancercare.org/support_groups/47-women_with_cancer_support_group

Prince George's County

Hope Connections for Cancer Support

Cancer Care

Weekly, Monthly, Bimonthly support

MetroPlex I

8401 Corporate Drive, Suite 100

Hyattsville, MD 20785

(240) 714-4744

Telephone Support Groups

Cancer Support Group

Cancer Care

12-week telephone group

For more information: Call (800) 813-4673

Breast Cancer Support Groups

Prince George's County

Doctors Community Hospital

Meeting Date: 3rd Tuesday of every month

Time: 7:00 – 9:00 PM

Location: Education Center Room 415, 4th floor of the North Building

8100 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

The Journey Continues

Meeting Date: 2nd Thursday of every month

Time: 6:30 PM

Location: The Y Waverly Rosenberg

Multipurpose Room

900 E. 33rd Street

Baltimore, MD 21218

For more information: Call (443) 354-1852

Red Devils

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

For more information: Call (877) 643-0202



Online Support Groups

Cancer Care

15-week online support group

For more information: Visit [http://](http://www.cancercare.org/support_groups/43-breast_cancer_patient_support_group)

www.cancercare.org/support_groups/43-breast_cancer_patient_support_group

Telephone Support Groups

Cancer Care

For more information: Call (800) 813-4673

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, D.C.

Providence Hospital Wellness Institute

Meeting Date: Call for dates and times

Location: 1150 Varnum Street, NW

Washington, DC 20017

For more information: Call (202) 269-7000



Colorectal Cancer Support Groups

Washington, D.C.

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 <http://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



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Investigative Team

Principal Investigator – Cheryl L. Holt, PhD
Program Manager – Sherie Lou Z. Santos, MPH, MCHES
Janice Bowie, PhD, MPH
Jonathan Everett
Laundette Jones, PhD
Daniel Mullins, PhD
Rev. Bettye Leggett Muwwakkil, PhD
BJ Robinson-Shaneman, MSN
Elizabeth Rosenberg, MSW, CHES
Rev. Alma Savoy
Jimmie L. Slade, MA
Marilyn Miles Thomas, M.Ed.
Ebony Toussaint, MPH, CPH
Ralph Williams
Randi Williams, MPH
Nathaniel Woodard
Jing Zhang, PhD

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HEAL

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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