

RECOMMENDED Cancer Screening Guidelines

Individuals who participate in cancer screenings increase their chances of detecting cancers earlier when they may be easier to treat. CalvertHealth generally recommends following the National Comprehensive Cancer Network (NCCN) guidelines as a framework for decision-making.

The information below is for individuals with asymptomatic average risk of cancer. It's important to know if you may be at higher than average risk for certain cancers. Your doctor can help you decide what screening plan is right for you.

BREAST CANCER

Beginning at age 40, NCCN guidelines recommend an annual screening mammogram for women. 3D mammography may improve cancer detection in certain cases.

CERVICAL CANCER

Beginning at age 21, women should have a Pap test every 3 years. From age 30-65, women should have a Pap test and HPV test every 5 years.

COLON CANCER

A screening colonoscopy is recommended beginning at age 45 and as needed thereafter - based on the finding of the first screening.

LUNG CANCER

Current smokers - or those who have quit within the past 15 years - who are ages 50-80 with a greater than 20 pack-year smoking history may benefit from an annual low-dose CT scan.

ORAL CANCER

Screening for oral cancer should occur beginning at age 20.

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CALVERT COUNTY
HEALTH
DEPARTMENT

No or Low-Cost Options for Cancer Screenings

BREAST and CERVICAL

Southern Maryland Regional Program

Charles County Health Department

301.609.6843 or 301.609.6832

Para Espanol, llame a 301.609.6871

CDC and MDH Funded

BREAST and CERVICAL

Calvert County Health Department Reproductive Health Clinic

410.535.5400, ext. 334

Sliding Fee Scale

COLORECTAL and LUNG

Calvert County Health Department

410.535.5400, ext. 343

Para Espanol, llame a

410.535.5400, ext. 483

MD Cigarette Restitution

Fund Program

ORAL CANCER

CalvertHealth Community Dental Clinic

410.535.8402

Need Health Insurance?

Calvert County Health Department

Health Choice Insurance Program

410.535.5400, ext. 334

Maryland Health Connection Seedco

1.855.339.3007 opt.#2

443.624.4148