

Skin Cancer

Skin cancer is the most common form of cancer in the US. The most common types of skin cancer are basal cell and squamous cell carcinomas and melanoma. About 65-90% of melanomas are caused by exposure to ultraviolet (UV) light.

Risks: People with a history of childhood sunburn, certain types of moles, fair skin, freckles, red or blond hair, and a personal or family history of skin cancers have an increased risk for melanoma and other skin cancer.

The number of people with melanoma, particularly among women, has been increasing for several years according to the National Cancer Institute and is the most common cancer in Maryland.

Prevention: Reduce your risk for melanoma and other skin cancers by avoiding tanning devices, such as tanning booths and tanning lamps.

Limit your sun exposure, especially between the hours of 10AM-4PM.

WEAR SUNSCREEN with a minimum SPF of 30 and reapply every two hours after swimming or sweating.

Wear sun protective clothing, and sunglasses.

Seek shade of umbrellas, trees and awnings.

Warning Signs of Cancerous Moles:

- Asymmetrical
- Uneven borders
- Variety of colors
- Larger than 1/4 inch
- Change in size, shape, color or elevation

Harford County Health Department

Edgewood location

1321 Woodbridge Station Way

Edgewood, MD 21040

410-612-1768

www.harfordcountyhealth.com



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**

Maryland Cigarette Restitution Fund

Local Public Health Component

Purpose: With the passage of SB896/HB1425, the Maryland General Assembly established a Local Public Health Component as a part of the Cancer Prevention, Education, Screening and Treatment program under the Cigarette Restitution Fund program.

Cancer Prevention Services



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"Healthy People in a Healthy Environment"

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Breast Cancer

Breast Cancer is a malignant tumor that starts in the cells of the breast

Risks: The top two risk factors for breast cancer are being a woman and getting older. Therefore, it is important for all women, 40 years and older, to be screened for breast cancer.

Also, a personal history or family history of breast cancer and changes in your breast cancer-related genes. Being overweight, especially after menopause is also a risk factor.

Prevention: There are two screenings tests that women should have: a clinical breast exam and a mammogram

A clinical breast exam is performed by a doctor and can find breast abnormalities early, while a mammogram is a low-dose X-ray picture of the breast.

Clinical breast exams and mammograms can save lives by finding breast cancer early, when more treatment options are available. Breast cancer can develop at any time so getting screened regular, based on provider recommendation is important.

Warning Signs:

- A lump or pain in the breast
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaking skin on the breast
- Pulling in of the nipple or pain in the nipple area
- Fluid other than breast milk from the nipple, especially blood

Cervical Cancer

Cervical cancer is a cancer that can grow on your cervix, found at the lowest part of a woman's uterus.

Risks: Almost all cervical cancers are caused by the human papillomavirus (HPV). HPV is so common that most people get it at some time in their lives.

HPV usually causes no symptoms so you can't tell that you have it.

Other factors that can increase your risk are:

- Smoking
- Having HIV
- Using birth control pills for a long time
- Having given birth to three or more children
- Having several sexual partners

Prevention: Pre-cancerous and cancerous cells are usually discovered by the Pap test. During this test, a small sample of cells is taken from the cervix and sent to a lab.

For women 30-65 years, a test for the HPV virus may be used in conjunction with the Pap test.

The HPV vaccine helps to prevent the HPV infection that leads to cervical cancer and is approved for use for females 9 to 26 years of age.



Colorectal Cancer

Colorectal cancer is cancer that begins in the colon (bowel or large intestine) or rectum. Colorectal cancer is the second leading cause of cancer deaths in Maryland. Next to lung cancer, colorectal cancer claims the lives of more Maryland residents than any other form of cancer. Colorectal cancer rates are going down because of early screening

Risks: The major risk factor for colorectal cancer is age. More than 90% of colorectal cancer is found in people age 50 and over.

Another risk factor is people with a personal or family history of colorectal cancer, polyps, and individuals with a history of inflammatory bowel disease.

Women who are diagnosed with cancer of the ovary or uterus before the age of 50, are also at risk of developing colorectal cancer.

Prevention: The American Cancer Society recommends screening for all people ages 50 years and over.

The most common test used is the colonoscopy. A fecal occult blood test can also detect colorectal cancer.

Warning Signs:

- Blood in the stool
- A mass or lump in the abdomen
- Cramps or pain in the abdomen
- Change in the size of the stool