



GUAM HEALTH AND CANCER SCREENING PASSPORT

A Guide to Wellness and
Screening



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INTRODUCTION

MESSAGE TO THE OWNER OF THIS PASSPORT

This Guam Health and Cancer Screening Passport was made to help you manage your health. This Passport gives you information on health services that are offered here on Guam and screening guidelines to guide you when you should be screened.

A planner is included to help you keep track of your doctor's appointments and note your results for the different screening tests. You should bring this with you to each doctor's visit so that you can update your information at that time.

WHAT IS CANCER SCREENING?

Some types of cancer can be found before they cause symptoms. Checking for cancer or for conditions that may lead to cancer is called screening. Screening is usually done when you are healthy and helps find cancer early, when it is easier to treat. Cancer screenings are covered under the Affordable Care Act. In addition to cancer screenings, you can take action to lower your chances of getting cancer. This includes making healthy lifestyle choices.

WHICH CANCER SCREENING IS RIGHT FOR ME?

Talk to your doctor about what cancer screenings are right for you, based on the following:

- Your sex
- Your age
- Your family history
- Your smoking history.

INTRODUCTION

CANCER SCREENING SAVES LIVES

These recommendations are for people at average risk for certain cancers. Talk to a doctor about which tests you might need and the screening schedule that is right for you. It is a good idea to talk about risk factors, such as lifestyle behaviors and family history, that may put you or your loved ones at higher risk.

PREVENTIVE SCREENINGS & INSURANCE

Preventive screenings are covered at 100% by insurance and are not subject to copay or deductible if they fall within the United States Preventive Services Task Force (USPSTF) Grade A or B recommendation.

Under the Affordable Care Act (ACA), services with a Grade A or B recommendation by the United States Preventive Services Task Force (USPSTF) must be covered without cost sharing. These recommendations have been deemed reasonable and necessary for the prevention or early detection of an illness or disability. These recommendations play a crucial role in ensuring preventive care and early detection, ultimately contributing to better health outcomes.

Personal Information and doctor/clinic info:

Name: _____

Phone: _____

Insurance: _____

Allergies: _____

Date of my last flu shot: _____

**Date of my last pneumococcal
shot:** _____

**Include information to fill in on Primary Care Doctor,
Clinic, and in case of Emergency contact.**

**Clinic (name and contact
number):** _____

**Pharmacy (Name and contact
number):** _____

**Emergency (contact person and contact
numbers):** _____

CANCER SCREENING GUIDELINES



Breast Cancer Screening

- **For women age 40-74:** Mammogram every other year. If there is a family history of breast cancer, your health care provider may recommend that you start screening before age 40.



Cervical Cancer Screening

For persons with a cervix

- **Age 21-29:** Pap test every three years
- **Age 30-65:** Pap test every three years, HPV test every 5 years or a Pap/HPV (human papilloma virus) co-test every five years



Colorectal Cancer Screening

For everyone beginning at:

- **Age 45+:** Colonoscopy every 10 years or stool-based test (FIT or FOBT) every year. If you have a family history of colorectal cancer, you may need to be screened at a younger age.



Head and Neck Cancer Screening

- **Age 18+:** Talk to your doctor about screening for cancers of the head, neck, mouth, throat, thyroid, and sinus.

CANCER SCREENING GUIDELINES

Lung Cancer Screening



- **Current and Former Smokers Age 50-80:** Low-dose CT Scan every year if you smoke now or used to smoke and have a history of heavy smoking (for example, an average of one pack of cigarettes a day for 20 years)

Prostate Cancer Screening



- **For men Age 55-69:** Talk to your doctor about the benefits and risks of screening, including the digital rectal exam (DRE) and prostate-specific antigen blood test. For men at high risk, including those with a family history and African American men, prostate cancer screening should start at an earlier age.

Skin Cancer Screening



- **Age 18+:** Talk to your doctor about screening. People with many moles may benefit from mole mapping, when a dermatologist uses a digital photos to track changes in the skin overtime.

OTHER SCREENING TESTS: WHAT YOU NEED TO KNOW



Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.)



Have your cholesterol checked regularly starting at age 45. If you are younger than 45, talk to your doctor about whether to have your cholesterol checked if:

- You have diabetes
- Heart disease runs in your family
- You smoke.



Have your blood pressure checked at least every 2 years. High blood pressure is between 130-139/80-89 or higher.



Have a test for diabetes if you have high blood pressure or high cholesterol. If you have diabetes, your blood pressure should be <math><130/80</math> and “bad cholesterol” (LDL) <math><100</math>. You need yearly visits to an eye doctor (ophthalmologist) and foot doctor (podiatrist).



Your emotional health is as important as your physical health. If you have felt “down,” sad or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.

GUIDELINES BY AGE FEMALES



AGE	RECOMMENDATIONS
 <p data-bbox="200 643 285 678">20's</p>	<ul data-bbox="423 250 916 591" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 4-6 years• Cervical Cancer Screening (Pap test): Begin at age 21 with Pap test then continue every 3 years.
 <p data-bbox="200 1162 285 1198">30's</p>	<ul data-bbox="423 725 937 1110" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 4-6 years• Cervical Cancer Screening (Pap and HPV test): Pap test every 3 years, HPV test every 5 years OR both tests / co-test every 5 years.

Source: U.S. Preventive Services Task Force

GUIDELINES BY AGE FEMALES



AGE	RECOMMENDATIONS
 <p data-bbox="210 808 295 847">40's</p>	<ul data-bbox="437 282 937 812" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 4-6 years• Breast Cancer Screening (Mammogram): Beginning at age 40 then continue every other year• Cervical Cancer Screening (Pap and HPV test): Pap test every 3 years, HPV test every 5 years OR both tests / co-test every 5 years• Colorectal Cancer Screening: Begin at age 45. Colonoscopy every 10 years, stool-based test (FIT or FOBT) every year.
 <p data-bbox="210 1490 295 1529">50's</p>	<ul data-bbox="437 893 937 1490" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 1-2 years• Breast Cancer Screening (Mammogram): Every other year• Cervical Cancer Screening (Pap and HPV test): Pap test every 3 years, HPV test every 5 years OR both tests / co-test every 5 years• Colorectal Cancer Screening: Colonoscopy every 10 years, stool-based test (FIT or FOBT) every year.• Lung Cancer Screening for Current and Former Smokers with heavy smoking history: Begin at age 50 and then annually.

GUIDELINES BY AGE FEMALES



AGE	RECOMMENDATIONS
 <p data-bbox="206 808 291 849">60's</p>	<ul style="list-style-type: none"> • Blood Pressure Screening: Every year • Cholesterol Screening: Every 1-2 years • Breast Cancer Screening (Mammogram): Every other year • Cervical Cancer Screening (Pap and HPV test): Pap test every 3 years, HPV test every 5 years OR both tests / co-test every 5 years. At age 65, talk with your doctor whether to continue screening. • Colorectal Cancer Screening: Colonoscopy every 10 years, stool-based test (FIT or FOBT) every year. • Lung Cancer Screening for Current and Former Smokers with heavy smoking history: Every year
 <p data-bbox="206 1458 291 1498">70's</p>	<ul style="list-style-type: none"> • Blood Pressure Screening: Every year • Cholesterol Screening: Every 1-2 years • Breast Cancer Screening (Mammogram): Every other year. At age 75, talk with your doctor whether to continue screening. • Colorectal Cancer Screening: Colonoscopy every 10 years, stool-based test (FIT or FOBT) every year. At age 75, talk with your doctor whether to continue screening. • Lung Cancer Screening for Current or Former Smokers with heavy smoking history: Every year until age 80. After age 80, talk to your doctor whether to continue screening.

Source: U.S. Preventive Services Task Force

GUIDELINES BY AGE MALES



AGE	RECOMMENDATIONS
 <p data-bbox="208 743 291 784">20's</p>	<ul data-bbox="437 464 919 610" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 4-6 years
 <p data-bbox="208 1279 291 1320">30's</p>	<ul data-bbox="437 997 919 1143" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 4-6 years

Source: U.S. Preventive Services Task Force

GUIDELINES BY AGE MALES



AGE	RECOMMENDATIONS
 <p data-bbox="210 683 298 724">40's</p>	<ul data-bbox="444 337 929 643" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 4-6 years• Colorectal Cancer Screening: Begin at age 45. Colonoscopy every 10 years, stool-based test (FIT or FOBT) every year.
 <p data-bbox="210 1336 298 1377">50's</p>	<ul data-bbox="444 768 929 1338" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 1-2 years• Colorectal Cancer Screening: Colonoscopy every 10 years, stool-based test (FIT or FOBT) every year.• Lung Cancer Screening for Current or Former Smokers with heavy smoking history: Begin at age 50 and then annually.• Prostate Cancer Screening: Begin at age 55 after talking to your doctor about benefits of screening and then annually.

Source: U.S. Preventive Services Task Force

GUIDELINES BY AGE MALES



AGE	RECOMMENDATIONS
 <p data-bbox="210 841 295 881">60's</p>	<ul data-bbox="444 272 934 808" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 1-2 years• Colorectal Cancer Screening: Colonoscopy every 10 years, stool-based test (FIT or FOBT) every year.• Lung Cancer Screening for Current or Former Smokers with heavy smoking history: Every year• Prostate Cancer Screening: Talk to your doctor about benefits of continued annual screening through age 69.
 <p data-bbox="210 1495 295 1536">70's</p>	<ul data-bbox="444 925 934 1495" style="list-style-type: none">• Blood Pressure Screening: Every year• Cholesterol Screening: Every 1-2 years• Colorectal Cancer Screening: Colonoscopy every 10 years, stool-based test (FIT or FOBT) every year. At age 75, talk with your doctor whether to continue screening.• Lung Cancer Screening for Current or Former Smokers with heavy smoking history: Every year until age 80. After age 80, talk with your doctor whether to continue screening.

CANCER ON GUAM



Guam's families have been affected by cancer one way or another. The top 11 Adult Cancers in Guam counted by incidence rates from the years of 2007 – 2021 are as follows:

- 1 Lung & Bronchus
- 2 Breast (female only)
- 3 Prostate (male only)
- 4 Colon & Rectum
- 5 Liver
- 6 Uterus
- 7 Leukemia
- 8 Thyroid
- 9 Tobacco-related Oral Cavity & Pharynx
- 10 Stomach
- 11 Cervical Cancer, invasive

****6 male breast cancer cases were reported but were not counted for this table.**

58% of Guam's adult cancers are tobacco-related and 41% of these cancers have an evidence-based screening test. Those tests include mammography to screen for breast cancer, Pap smear to screen for cervical cancer, PSA and rectal exam to screen for prostate cancer, and blood stool testing or colonoscopy to screen for colorectal cancer. 17% of cancers could be diagnosed in earlier stages if the patient sees the doctor early enough and if the doctor does a thorough history and physical examination.

RISK REDUCTION & PREVENTION OF THE MOST COMMON CANCERS

BREAST CANCER

RISK FACTORS

- PHYSICALLY INACTIVE
- UNHEALTHY WEIGHT
- ALCOHOL
- RADIATION THERAPY
- INCREASING AGE
- GENETIC MUTATIONS
- HAVING DENSE BREASTS
- FAMILY HISTORY OF BREAST CANCER

HOW TO LOWER YOUR RISK

- MAINTAIN A HEALTHY WEIGHT
- BE PHYSICALLY ACTIVE
- LIMIT ALCOHOL INTAKE
- BREASTFEED YOUR CHILDREN, IF POSSIBLE
- IF YOU HAVE A FAMILY HISTORY OF BREAST CANCER, TALK TO YOUR DOCTOR ABOUT OTHER WAYS YOU CAN LOWER YOUR RISK

Source: Centers for Disease Control and Prevention

CERVICAL CANCER

RISK FACTORS

- HUMAN PAPILLOMAVIRUS (HPV)
- HAVING HUMAN IMMUNODEFICIENCY VIRUS (HIV)
- TOBACCO SMOKING

HOW TO LOWER YOUR RISK

- GET THE HPV VACCINE
- GET REGULARLY SCREENED
- DON'T SMOKE
- USE CONDOMS DURING SEX

Source: Centers for Disease Control and Prevention

COLORECTAL CANCER

RISK FACTORS

- PHYSICALLY INACTIVE
- UNHEALTHY DIET
- UNHEALTHY WEIGHT
- ALCOHOL
- TOBACCO
- FAMILY HISTORY OF COLORECTAL CANCER
- INFLAMMATORY BOWEL DISEASE

HOW TO LOWER YOUR RISK

- GET REGULARLY SCREENED
- EAT A HEALTHY DIET
- BE PHYSICALLY ACTIVE
- MAINTAIN A HEALTHY WEIGHT
- LIMIT ALCOHOL INTAKE
- AVOID TOBACCO PRODUCTS

RISK REDUCTION & PREVENTION OF THE MOST COMMON CANCERS

LUNG CANCER

RISK FACTORS

- CIGARETTE SMOKING
- SECONDHAND SMOKE
- RADON EXPOSURE
- AIR POLLUTION
- EXPOSURE TO HARMFUL SUBSTANCES IN THE WORKPLACE, SUCH AS ASBESTOS, ARSENIC, & DIESEL EXHAUST
- FAMILY HISTORY OF LUNG CANCER
- RADIATION THERAPY

HOW TO LOWER YOUR RISK

- DON'T SMOKE
- AVOID SECONDHAND SMOKE
- GET YOUR HOME TESTED FOR RADON
- BE CAREFUL AT WORK

Source: Centers for Disease Control and Prevention

PROSTATE CANCER

RISK FACTORS

- INCREASING AGE
- FAMILY HISTORY OF PROSTATE CANCER
- BEING OF AFRICAN AMERICAN DESCENT
- UNHEALTHY WEIGHT

HOW TO LOWER YOUR RISK

- MAINTAIN A HEALTHY WEIGHT
- BE PHYSICALLY ACTIVE
- EAT A HEALTHY DIET

Source: Centers for Disease Control and Prevention & American Cancer Society

RISK REDUCTION & PREVENTION OF OTHER TYPES OF CANCERS

HEAD & NECK CANCERS

RISK FACTORS

- TOBACCO PRODUCTS
- ALCOHOL
- HUMAN PAPILLOMAVIRUS (HPV)
- OVEREXPOSURE OF UV RAYS
- OCCUPATIONAL EXPOSURE TO CERTAIN SUBSTANCES & CHEMICALS
- INFECTION WITH THE EPSTEIN-BARR VIRUS
- RADIATION TREATMENTS

HOW TO LOWER YOUR RISK

- DON'T SMOKE
- DON'T USE SMOKELESS TOBACCO PRODUCTS
- LIMIT ALCOHOL INTAKE
- TALK TO YOUR DOCTOR ABOUT THE HPV VACCINE
- AVOID TANNING
- WEAR LIPBALM THAT CONTAINS SUNSCREEN
- VISIT THE DENTIST REGULARLY

Source: Centers for Disease Control and Prevention

LIVER CANCER

RISK FACTORS

- CHRONIC INFECTION WITH HEPATITIS B VIRUS (HBC) & HEPATITIS C VIRUS (HCV)
- ALCOHOL
- TOBACCO USE
- UNHEALTHY WEIGHT

HOW TO LOWER YOUR RISK

- GET THE HBV VACCINE
- GET TESTED FOR HBV & HCV
- LIMIT ALCOHOL INTAKE
- STAY AWAY FROM TOBACCO PRODUCTS
- GET TO & MAINTAIN A HEALTHY WEIGHT

Source: American Cancer Society

SKIN CANCER

RISK FACTORS

- TOO MUCH EXPOSURE TO ULTRAVIOLET (UV) RAYS FROM THE SUN, TANNING BEDS, AND SUNLAMPS

HOW TO LOWER YOUR RISK

- STAY IN THE SHADE
- WEAR CLOTHING THAT COVERS YOUR ARMS & LEGS
- WEAR SUNGLASSES
- USE SUNSCREEN WITH AN SPF OF 15 OR HIGHER

Are there vaccines that prevent cancer?

There are vaccines that can prevent healthy people from getting certain cancers caused by viruses. Like vaccines for the chicken pox or the flu, these vaccines protect the body from these viruses. This type of vaccine will only work if a person gets the vaccine before they are infected with the virus.

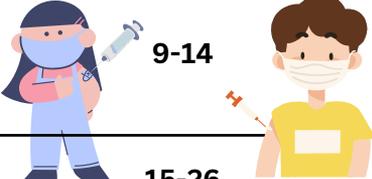
There are 2 types of vaccines that prevent cancer approved by the U.S. Food and Drug Administration (FDA):

- HPV vaccine. The vaccine protects against the human papillomavirus (HPV). If the virus stays in the body for a long time, it can cause some types of cancer. The FDA has approved HPV vaccines to prevent:
 - Cervical, vaginal, and vulvar cancers
 - Anal cancer
 - Genital warts
 - HPV can also cause other cancers the FDA has not approved the vaccine for, such as oral cancer.
- Hepatitis B vaccine. This vaccine protects against the hepatitis B virus (HBV). This virus can cause liver cancer.

The hepatitis B vaccine is recommended for all infants, all children or adolescents younger than 19 years of age who have not been vaccinated, all adults age 19 through 59 years, and adults age 60 years or older with risk factors for hepatitis B infection.

Source: CDC and American Society of Clinical Oncologist (ASCO)

HPV VACCINATION GUIDELINES BY AGE

AGE	RECOMMENDATIONS
 <p data-bbox="285 337 345 365">9-14</p>	<ul data-bbox="553 337 920 365" style="list-style-type: none"> • HPV Vaccine 2 Doses
<p data-bbox="276 467 351 495">15-26</p>	<ul data-bbox="553 467 920 495" style="list-style-type: none"> • HPV Vaccine 3 Doses

We must vaccinate our children against HPV!

The HPV vaccine is most effective when children are vaccinated BEFORE they are exposed to the virus. All girls and boys who are **11 or 12 years old** should receive the HPV vaccine when they get their other routine vaccinations, but children can get it as young as 9 years old.

For teens and young adults who did not get the HPV Vaccine when they were younger, it is recommended through age **26**, and they should receive the vaccine as soon as possible. For children **14 years** of age and younger, **two doses** are required. For teens **15 years** of age and older, **three doses** are recommended.

HPV vaccination is approved by the FDA for adults up to age 45 based on health care provider recommendation.

MY CHART



Regular screening increases the chances of detecting certain cancers early.

Routine Screening	Date of Screening Test	Result of Test	Next Screening Test Date
Breast Cancer Screening			
Mammogram			
Cervical Cancer Screening			
Pap Test			
HPV Test			
Colorectal Cancer Screening			
Colonoscopy			
Stool-Based Test (FIT)			
Other (Sigmoidoscopy)			
Lung Cancer Screening			
Low Dose CT Scan			
Prostate Cancer Screening			
Prostate Specific Antigen (PSA) Blood Test			
Wellness Check			
Annual Physical Exam			
Medicare Wellness Check			

Screening Log

Test	Last test (mo/yr)	Results	Next Test Due (mo/yr)	Questions for the Doctor
Pap Smear				
Mammogram				
Vision				
Dentist				
Foot Care				
Prostate				
Testicular				
Colonoscopy				
Diabetes				
Sexually Transmitted Infections (STIS)				
Human Immunodeficiency Virus (HIV)				
Tuberculosis				
Hepatitis A				

USEFUL CONTACTS

Cancer Information and Resources

Ayuda Foundation

About: The Guam Cancer Assistance Program helps cancer patients and their escorts with the cost of air travel to and from their place of treatment. This program is made possible by a grant from the Guam Cancer Trust Fund. The program is administered by Ayuda Foundation's Wings for Life, an initiative dedicated to alleviating the financial burden of medical travel for Guam patients.

Contact info: 671-473-3003

Physical address: 181 E. Marine Corps Drive, Carl Rose Building, Suite 207, Hagatna, Guam 96910

American Cancer Society: Guam Field Office

About: If you're looking for cancer information and resources in Guam, you've come to the right place. From our local fundraising events to our cancer support programs, you'll find everything you need to fuel the fight against cancer and get patient support – right here in our community.

Contact info: 671-477-9451/ 1-800-227-2345

Physical address: 250 Route 4/ Chalan Canton Tasi, Suite 204, Hagatna, GU 96910

Edward M. Calvo Cancer Foundation

About: The Foundation's mission is to provide financial grants to those battling cancer in Guam. Living with cancer can take a physical, financial, and emotional toll on an individual and we aim to help alleviate some of these burdens.

Contact info: 671-472-6223

Physical address: 138 Martyr Street, Hagatna, Guam 96910

Island Cancer Center

About: Island Cancer Center brings comprehensive cancer treatment to Guam and neighboring islands with advanced technology and an experienced and caring medical provider.

Contact info: 671-646-3363, islandcancercenter.com

Physical address: Guam Medical Plaza, 633 Gov Carlos Camacho Rd., Suite G-1, Tamuning, Guam 96913

Cancer Information and Resources

Cancer Center of Guam

About: We were the first cancer center on Island to provide quality and professional care to patients on Guam and throughout CNMI including Saipan, Rota and Tinian. We are patient care oriented to provide quality state-of-the-art provider for awareness, prevention, education, support, treatment and resource provision for patients with blood and malignant disorders.

Contact info: 671-647-4656

Physical address: Guam Medical Plaza, 633 Gov Carlos G Camacho Rd, Suite B5, Tamuning, 96913, Guam

FHP Cancer Center

About: As a leader in the medical community, the FHP Cancer Care Center is Guam's first cancer center embodied in multiple medical care services such as Urgent Care, Adult Medicine, Women's Care, Pediatrics, Radiology, Dental, Occupational Health, Laboratory and Pharmacy all within a single campus. Other services include a Vision Center and Home Health.

Contact info: 671-646-5825, takecareasia.com

Physical address: 548 South Marine Corps Dr, Tamuning, 96913, Guam

Guam Regional Medical City

About: Our services encompass a wide range of diagnostic, therapeutic, and supportive modalities, including state-of-the-art chemotherapy, targeted therapies, immunotherapy, and hormone therapy. Our commitment extends beyond treatment, as we prioritize ongoing monitoring, survivorship care, and support services to enhance the overall well-being of our patients. With a focus on evidence-based medicine and a patient-centered approach, our medical oncology department strives to deliver the highest quality of care in the fight against cancer.

Contact info: 671-645-5500, grmc.gu

Physical address: 133 Route 3, Dededo Guam 96929

Cancer Screening Assistance Programs for Uninsured or Underinsured Individuals

Guam Cancer Care

About: Guam Cancer Care provides FREE professional support services to any Guam resident adversely affected by cancer. Our programs include patient navigation and advocacy, screening, partial funding, counseling, support groups, education, and transportation coordination.

Contact info: 671-969-2223

Physical address: 341 S. Marine Corps Drive, RK Plaza Suite 102, Tamuning, Guam 96913

Todu Guam Foundation

About: ‘Hinemlo’ Para i Famalao’an ([Healing for Women](#)) is your partner in navigating women’s health. We aim to provide education and access to preventive women’s healthcare. Call them to schedule your pap smear and cervical cancer HPV vaccination appointments.

Contact info: 671-649-TODU (8638)

Physical address: 125 Tun Jesus Crisostomo Street, Tamuning, Guam 96913

Breast Cancer Screening - Mammography Facilities

Guam FHP Health Center

Contact info: 671-646-5824, Ext. 8124

Physical address: 548 S Marine Corps Dr, Tamuning, Guam 96913

Guam Radiology Consultants

Contact info: 671-649-1001

Physical address: Guam Medical Plaza, 633 Governor Carlos Camacho Road. Tamuning, Guam 96913

Guam Seventh-day Adventist Clinic

Contact info: 671-646-8881

Physical address: 388 Ypao Road Tamuning, Guam 96913

Breast Cancer Screening - Mammography Facilities

MDX Imaging Center

Contact info: 671-648-6360

Physical address: 643 Chalan San Antonio, Ste. 109, Tamuning, Guam 96913

U.S. Naval Hospital Guam

Contact info: 671-344-9706

Physical address: Farenholt Avenue, Building 50, Agana Heights, Guam 96910

Colorectal Cancer Screening - Colonoscopy

Guam Radiology Consultants

Contact info: 671-649-1001

Physical address: Guam Medical Plaza, 633 Governor Carlos Camacho Road, Tamuning, Guam 96913

Guam Regional Medical City

Contact info: 671-645-5500

Physical address: 133 Route 3, Dededo, Guam 96929

Guam Seventh-day Adventist Clinic

Contact info: 671-646-8881

Physical address: 388 Ypao Road Tamuning, Guam 96913

Guam Specialist Group

Contact info: 671-647-4542 or 671-648-0061

Physical address: Sunflower Villa 280 Pale San Vitores Rd., Tamuning, Guam 96913

Guam Surgical Group

Contact info: 671-649-7588

Physical address: GITC Bldg., Ste. 211, 590 S. Marine Corps. Dr., Tamuning, Guam 96913

Colorectal Cancer Screening - Colonoscopy

Island Surgical Center

Contact info: 671-646-0443

Physical address: 171 Farenholt Ave., Tamuning, Guam 96913

Lung Cancer Screening Facilities

Guam FHP Health Center

Contact info: 671-646-5824, Ext. 8124

Physical address: 548 S Marine Corps Dr, Tamuning, Guam 96913

Guam Radiology Consultants

Contact info: 671-649-1001

Physical address: Guam Medical Plaza, 633 Governor Carlos Camacho Road. Tamuning, Guam 96913

Guam Regional Medical City

Contact info: 671-645-5500

Physical address: 133 Route 3, Dededo, Guam 96929

****Check with your clinic and primary provider if they offer any of these services.**

Hospitals

Guam Memorial Hospital

Contact info: 671-647-2555

Physical address: 850 Gov Carlos G Camacho Rd, Tamuning, 96913, Guam

Guam Regional Medical City

Contact info: 671-645-5500

Physical address: 133 Route 3, Dededo Guam 96929

U.S. Naval Hospital

Contact info: 671-344-9340/9222 / for appointment: 671-344-9222

Physical address: Bldg #50, Farenholt Ave, Agana Heights, 96910, Guam

Referral Offices

The Guam Medical Referral Assistance Office

Contact info: 671-473-1153/4/5

Physical address: Ricardo J. Bordallo Complex, Adelup, West Wing area after Community Affairs

Philippine Medical Referral Office

Contact info: 671-637-5433

Physical address: 428 Chalan San Antonio, Tamuning, 96913, Guam

The Medical City Referral Office

Contact info: 671-988-8627

Physical address: Ran-Care Building at 767 South Marine Corps Drive, Tamuning, 96913, Guam

Good Samaritan Clinic

Contact info: 671-646-2984

Physical address: 416 Chalan San Antonio, Tamuning, 96913, Guam

Insurance Companies

NetCare

Contact info: 671-472-3610

Physical address: 424 West O' Brien Drive, Julale Center, Suite 200
Hagatna, Guam 96910

SelectCare

Contact info: 671-477-9808

Physical address: 115 Chalan Santo Papa Juan Pablo Dos, Hagåtña,
96932, Guam

Staywell

Contact info: 671-477-5091

Physical address: 520 Route 8 Maite, GU 96910

TakeCare

Contact info: 671-646-6956

Physical address: 219 S Marine Corps Drive, Suite 200, Tamuning, Guam,
96913

Tricare

Contact info: 1-888-777-8343

National Cancer Resources

National Cancer Institute

Website: cancer.gov

Centers for Disease Control and Prevention

Website: cdc.gov/cancer/

American Cancer Society

Website: cancer.org

Government of Guam

Department of Integrated Services for Individuals with Disabilities

About: The Department of Integrated Services for Individuals with Disabilities (DISID) was established under Guam P.L. 24 -16 in March 26, 1997 as the designated single point of entry agency that provides, promotes and ensures a full continuum of lifelong programs and services that allows for independence, productivity and inclusion of people with disabilities into the community.

Contact info: 671-475-4624/4646

Physical address: 138 East Marine Corps Drive J&G Commercial Plaza, Suite C101, Hagatna, Guam 96910

Guam Behavioral Health and Wellness Center

About: GBHWC's role as the single state entity is to provide mental health services to the population of Guam either as a direct provider of services or contract services out and have a regulatory role.

Contact info: 671-647-5440

Physical address: 790 Gov. Carlos G. Camacho Road, Tamuning, Guam 96913

Department of Public Health and Social Services

Guam Medicaid and Medically Indigent Program (MIP)

About: Local and federal health care programs to assist low-income individuals and families who are uninsured or have inadequate insurance coverage. Medicaid is a joint federal and state program that helps with medical costs for some people with limited income and resources. Medicaid also offers benefits not normally covered by Medicare, like nursing home care and personal care services. The Medically Indigent Program (MIP) is a 100% locally funded program established by P.L. 17-83 in October 1983 to provide financial assistance with health care cost to individuals who meet the necessary income, resource, and residency requirements.

How to apply for Medicaid or MIP benefits?

Please visit or call the Bureau of Economic Security (BES) offices located at any of the following Department of Public Health & Social Service facilities below Monday to Friday, 8:00am to 5:00pm. Closed on the weekends and GovGuam Holidays.

Northern Public Health (Dededo)

Telephone Number: (671) 635-7429 / 7439 / 7484 / 7488 & (671) 635-7396

Districts Covered: Dededo, Harmon, Tumon, Tamuning, and Yigo

Central Public Health (Tamuning), 2nd Floor, RANCARE Building

Telephone Number: (671) 300-8853 / 8867

Districts Covered: Agana Heights, Hågat (formerly Agat), Asan, Barrigada, Chalan Pago, Hagåtña, Maina, Mangilao, Mongmong-Toto-Maite, Ordot, Piti, Santa Rita and Sinajana

Southern Public Health (Inalåhan)

Telephone Number: (671) 828-7524 / 7534 / 7537 / 7539 / 7542

Districts Covered: Yona, Inalåhan (formerly Inarajan), Malessa (formerly Merizo), Talo'fo'fo (formerly Talofofo), and Humåtak (formerly Umatac)

Department of Public Health and Social Services, Guam Medicare Assistance Program (MAP), Division of Senior Citizens

About: The Guam MAP provides unbiased help to Medicare beneficiaries, their families, and caregivers. Whether you are new to Medicare, reviewing Medicare plan options, or have questions on how to use your Medicare, Guam MAP can help.

Contact info: 671-969-9393 or 671-735-7415 or 671-735-7421

Physical address: 130 University Drive, Suite 8, University Castle Mall Building, Mangilao, Guam 96913

Department of Public Health and Social Services

Guam Breast and Cervical Cancer Early Detection Program

About: Guam's Breast & Cervical Cancer Early Detection Program (GBCCEDP) is a program for eligible women who are ages 21 – 64 years of age. Women who do not have health insurance or who have insurance, but their insurance does not cover breast and cervical cancer screening may be eligible for the program. It is a 100% federally funded program that provides free screening including Pap test, Pelvic Exam, Mammogram, and Clinical Breast Exam.

Contact info: 671-777-1184

Physical address: 194 Hernan Cortez Avenue, Terlaje Professional Building, 2nd floor, Hagatna, Guam 96910

Email address: elizabeth.guerrero@dphss.guam.gov or
rachel.ramirez@dphss.guam.gov

Guam Comprehensive Cancer and Control Program

About: The Guam CCC Program is operated by the Department of Public Health and Social Services, and uses an “integrated and coordinated approach to reduce cancer incidence, morbidity, and mortality through prevention, early detection, treatment, rehabilitation, and palliation.”

Contact info: cancercontrol@dphss.guam.gov/cancercontrol
louisa.borja@dphss.guam.gov

Physical address: 194 Hernan Cortez Avenue, Hagatna, GU 96910

Community Health Centers

About: The Northern and Southern Region Community Health Centers provide primary healthcare, acute outpatient care, and preventive services to the community. Family practitioners, pediatricians, internists, nurse practitioners, and other health professionals provide a full range of essential primary care services. The target population for the Guam Community Health Centers consists of the low income, uninsured, and medically underserved population.

Northern Region Community Health Center

Contact info: 671-635-7400 (Main number) or 671-635-7452 (Women's Health)

Physical address: 520 Santa Monica Avenue, Dededo, Guam 96929

Southern Region Community Health Center

Contact info: 671-825-7604, 671-828-7518, 671-828-7510

Physical address: 162 As Apman Dr., Inalåhan, Guam 96917

Cancer Data and Research Partners

Guam Cancer Registry

About: Data collected by GCR can reveal patterns and trends in cancer incidence and mortality and provide a baseline against which to judge progress of cancer-control efforts over time.

Contact info: 671-735-2988/0129

Physical address: Dean's Circle #27, 303 University Drive, Mangilao, Guam 96913-1800

University of Guam Cancer Research Center, Community Outreach Core

About: The work of the PIPCHE's Community Outreach Core (COC) directly addresses the disproportionately high rates of cancer incidence and mortality found among Pacific Island Populations (PIP) in Hawai'i and Guam. Using community-engaged approaches, the Community Outreach Core works to support, enhance, and disseminate the PIPCHE's research to better understand the determinants of cancer in this group.

Contact info: 671-735-3036

Physical address: 303 University Drive, UOG Dean's Circle, House #7, Mangilao, Guam 96913

American Cancer Society: Guam Field Office

About: If you're looking for cancer information and resources in Guam, you've come to the right place. From our local fundraising events to our cancer support programs, you'll find everything you need to fuel the fight against cancer and get patient support – right here in our community.

Contact info: 671-477-9451/ 1-800-227-2345

Physical address: 250 Route 4, Suite 204, Hagatna, GU 96910

Pacific Regional Center Cancer Registry

About: In response to the lack of systematic and accurate collection of cancer data in the region, the U.S. Affiliated Pacific Island (USAPI) Pacific Regional Central Cancer Registry (PRCCR) was conceived and initiated through the Cancer Council of the Pacific Islands (CCPI) in 2003.

Website: pacificcancer.org

Other Cancer Organizations

Guam Cancer Trust Fund

About: The Guam Cancer Trust Fund allows non-profit and charitable organizations, hospitals, clinics, educational institutions, local health departments to provide services for the prevention, diagnosis, treatment, other services related to treatment of cancer in addition to education and outreach.

Contact info: 671-735-2672, guamcancertrustfund.com

Physical address: Dean's Circle #7, 303 University Drive, Mangilao, Guam 96913-1800

Guam Comprehensive Cancer Control Coalition

About: The cancer coalition is a diverse group of public and private stakeholders and individuals whose collaborative efforts are aimed at reducing the burden of cancer and addressing gaps in cancer services. These efforts are focused on cancer prevention, early detection, treatment, survivorship and quality of life for cancer survivors.

Contact info: cancercontrol@dphss.guam.gov/cancercontrol.louisa.borja@dphss.guam.gov

Physical address: 194 Hernan Cortez Avenue, Hagatna, GU 96910

Breast Friends Forever

About: Breast Friends Forever's mission is to act as a social network for breast cancer survivors, provide information on resources available for those fighting breast cancer, especially what resources are available if seeking off-island treatment, and assist and support other organizations who help others, with their outreach or fundraising efforts.

Contact info: Mae Blas (671-8623) and Rose Clark (1-747-400-9425)

Smoking Cessation



The Tobacco Free Guam Quitline is FREE and available 24 hours a day, seven days a week at **1-800-QUIT NOW (1-800-784-8669)** to help people quit. Online chat is available at www.quitnow.net/guam.

Individuals with hearing or speech disabilities may call for **TTY, at 711**.

Rally Coach Youth Support Program is available for youth aged **13-17** and is designed to help youth quit using tobacco and/or vape. Youth can enroll over the phone or online.

A four-week supply of nicotine replacement therapy aids, such as the nicotine gum or patch are available FREE of charge for eligible callers, 18 years and older.

This free service has been available since 2007.

Suicide and Crisis Hotline

People can call or **text 988 or chat 988lifeline.org** for themselves or if they are worried about a loved one who may need crisis support. 988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained Lifeline specialist who can help.

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ORGANIZATIONS

American Cancer Society (Guam Office)
Department of Public Health and Social Services (DPHSS)
Diagnostic Laboratory Services, Inc. (DLS)
FHP Health Center
Guam Breast and Cervical Cancer Early Detection Program, DPHSS
Guam Cancer Care
Guam Comprehensive Cancer Control Program, DPHSS
Guam Seventh Day Adventist Clinic
Moylan’s Netcare Life and Healthcare Insurance
University of Guam Cancer Research Center, Community Outreach Core

DISCLAIMER

The Guam Comprehensive Cancer Control Coalition makes the Guam Health and Cancer Screening Passport available as a guide only and accepts no responsibility for the accuracy of the completed information as screening guidelines tend to change periodically.

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