

BREAST HEALTH RESOURCES FOR GALVESTON COUNTY

In 2016, Galveston County Coalitions in Action began to work together to decrease breast cancer deaths with support from Susan G. Komen® Houston.

Income and/or other eligibility requirements may apply; please call facility for more information.

Para más información sobre los requisitos para obtener servicios, por favor llame a los números indicados.

For Certified Mammography Facilities, go to www.fda.gov and type "Mammography Facilities" in the search bar, or call 1-800-422-6237.

AMERICAN CANCER SOCIETY

www.cancer.org 1-800-227-2345

2500 Fondren Road, Suite 100
Houston, TX 77063

Offers free programs and services to help people with cancer and their loved ones understand cancer, manage their lives through treatment and recovery, and find the emotional support they need.

1-800-227-2345

Sharifa Trotman

713-706-5651 sharifa.trotman@cancer.org

BOAT PEOPLE SOS-HOUSTON (BPSOS)

www.bpsos.org

11360 Bellaire Blvd. Suite 910

Houston, TX 77072

Assists women in getting mammograms through case management, information and referral services, monthly outreach and education, and provides support groups. Jessica Hua
832-300-5553 jessica.hua@bpsos.org

BREAST AND CERVICAL CANCER SERVICES (BCCS)

www.healthytexaswomen.org

Supports free breast and cervical cancer services including screening, diagnostics, treatment of cervical dysplasia, and helping patients apply for Medicaid for Breast and Cervical Cancer (MBCC). Eligible women may locate BCCS providers across Texas using the "Find a Doctor" feature online.

BCCSProgram@hhsc.state.tx.us

***BCCS locations are starred on this sheet**

BREAST HEALTH COLLABORATIVE OF TEXAS

www.bhctexas.org

2990 Richmond Ave. Suite 310

Houston, TX 77098

Provides educational programming, advocates for breast health legislation, and offers patient navigation.

Gretchen Walton

713-777-3200 development@bhctexas.org

GALVESTON COUNTY HEALTH DISTRICT*

www.gchd.org

9850-B Emmett F. Lowry Expressway

Texas City, TX 77591

Provides mammograms, diagnostic evaluation, and patient navigation services through D'Feet Breast Cancer and BCCS programs.

San Juanita Jimenez

409-938-2327 sjimenez@gchd.org

COASTAL HEALTH & WELLNESS*

www.coastalhw.org

9850-C Emmett F. Lowry Expressway

Texas City, TX 77591

Provides primary care for all ages that include: medical, dental, pre-natal, and counseling services, regardless of the ability to pay (insured or uninsured).

Michelle Peacock

409-978-4216 mpeacock@gchd.org

D'FEET BREAST CANCER, INC.

www.dfeetbreastcancer.com

PO Box 3935

Galveston, Texas 77552

Offers free screening mammograms, community outreach, an annual family event in October, and breast health education programs in county high schools, colleges, and organizations.

Cheryl Kelly-Webster

409-771-5574 cckrn63@gmail.com

GALVESTON COUNTY GULF COAST BLACK NURSES ASSOCIATION

Provides health education, health fairs, nursing scholarships, tutoring nursing students, and provides funding for mammograms.

Wendy Langham

409-739-3479 wlangham56@aol.com

Pat Jones, Co-Chair

Galveston County Coalitions in Action

409-739-5502

patj1019@gmail.com

RECONSTRUCTION OF A SURVIVOR

www.roasurvivor.org

2617C W. Holcombe Blvd. #224

Houston, TX 77025

Provides support groups and financial assistance. Support group sessions addressing the physical, emotional, and spiritual well-being of breast cancer patients in League City - 3rd Tuesdays monthly and Texas City- 4th

Thursdays monthly, 6:30 PM

Wanda Johnson

713-504-3649 wanda@roasurvivor.org

ST. VINCENT'S HOUSE

www.stvhope.org

2817 Post Office St.

Galveston, TX 77550

Offers transportation services, health clinic, emergency assistance, direct aid, case management, food pantry, prescription assistance, monthly clothing fair, and mental health services.

Angela Hill

409-763-8521 ahill@stvhope.org

SUSAN G. KOMEN® HOUSTON

www.komen-houston.org

602 Sawyer St.

Houston, TX 77007

Supports community education, screening and treatment through the Community Grants Program; provides education materials, representation at health fairs and speakers on breast health.

Ginny Kirklin

713-783-9188 gkirklin@komen-houston.org

THE ROSE*

www.therose.org

12700 N. Featherwood

Houston, TX 77034

Provides screening, diagnostic, and biopsy programs; Mobile department for screening mammograms in 34 Texas counties.

Ada Garcia

281-464-5136 mobileteam@the-rose.org

UNIVERSITY OF TEXAS MEDICAL BRANCH (UTMB)*

www.utmb.edu

301 University Blvd. Galveston, Texas 77555

Provides breast cancer screening, diagnostic, and patient navigation services to financially eligible uninsured women residing in the Komen service area.

Coordinators: Shayna Bell & Sheryl Hall

409-747-2031 shabell@utmb.edu

409-772-0891 sdhall@utmb.edu Navigation:

Elizabeth Hernandez

409-747-2036 eliherna@utmb.edu

STAY ON TOP OF YOUR HEALTH

Breast Cancer is one of the most common cancers in women.
Early detection and effective treatment for breast cancer have been shown to improve survival.

KNOW YOUR RISK

- ◆ **Talk to both sides of your family** to learn about your family health history
- ◆ **Talk to a doctor** about your risk of breast cancer

KNOW WHAT IS NORMAL FOR YOU

- ◆ **See a doctor** if you notice any breast changes:
 - Lump, hard knot or thickening inside the breast or underarm area
 - Swelling, warmth, redness or darkening of the breast
 - Change in the size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly sore or rash on the nipple
 - Pulling in of the nipple or other parts of the breast
 - Nipple discharge that starts suddenly
 - New pain in one spot that doesn't go away

GET SCREENED

- ◆ **Talk with your doctor** about which screening tests are right for you if you are at a higher risk. Screening tests are used to find breast cancer before it causes any warning signs or symptoms. Screening tests can find breast cancer early, when the chances of survival are highest.
 - **Clinical Breast Exam:** A physical exam done by a health care provider as part of your regular medical check-up. We recommend women get a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
 - **Mammography:** A screening tool that uses X-rays to create images of the breast. It is the most effective screening tool used to find breast cancer today. We recommend women get a mammogram every year starting at age 40 if you are at average risk.
 - **Breast MRI:** A tool that uses magnetic fields to create images of the breast. It is used in breast cancer screening for some women at higher risk. It is also sometimes used as a follow-up test after an abnormal finding or for staging breast cancer.

IF YOU FIND A LUMP

- ◆ **If you feel a lump in your breast** do not panic. Most lumps are not breast cancer, but something less serious. Some lumps will go away on their own. In younger women, lumps are often related to menstrual periods and will go away by the end of the cycle. However, if you find a lump (or any change in your breast or underarm area), it's best to see your health care provider to be sure it is not breast cancer. If you do not have a health care provider, one of the best ways to find a good one is to get a referral from a trusted family member or friend. If that's not an option, call Coastal Health & Wellness, Galveston County Health District, St. Vincent's House, or UTMB.

FOLLOW-UP AFTER AN ABNORMAL FINDING ON A SCREENING TEST

- ◆ **Follow-up** after an abnormal finding on a screening test may include diagnostic mammography, breast MRI, and/or breast ultrasound. If screening finds something abnormal, don't delay getting follow-up tests. If breast cancer is found,

HELP-LINE RESOURCES

Susan G. Komen®
1-877-GO-KOMEN (1-877-465-6636)
www.komen.org

National Cancer Institute's Cancer Information Service
1-800-4-CANCER (1-800-422-6237)
www.cancer.gov

American Cancer Society
1-800-ACS-2345 (1-800-227-2345)
www.cancer.org

SOURCES

<http://ww5.komen.org/BreastCancer/WhatToDofYouFindaLump.html>
<http://ww5.komen.org/breastcancer/earlydetectionampscreening.html>



602 SAWYER, SUITE 201. HOUSTON, TEXAS 77007
PHONE: 713-783-9188 WWW.KOMEN-HOUSTON.ORG FAX: 713-783-9187