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.

**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

**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
Provides educational programming, advocates for breast health legislation, and offers patient navigation.
Gretchen Walton
713-777-3200 development@bhctexas.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 cdkm63@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

**GALVESTON COUNTY GULF COAST PARTNERS IN PINK**
For information about supporting or becoming involved with the Coalition, please contact:
Stephanie Doyle, Co-Chair
409-771-0107 or stephsundoyle@msn.com
Pat Jones, Co-Chair
409-739-5502 or patj1019@gmail.com

**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.
Maria Ypez
409-938-2270 mypez@gchd.org

**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.

**PRACTICE PROVIDERS**

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  - Houston, TX 77063

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**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
409-747-2036 shabel@utmb.edu
409-772-0891 sdhall@utmb.edu

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

**FOR MORE INFORMATION, CALL 1-800-227-2345.**
Para más información sobre los requisitos para obtener servicios, por favor llame a los números indicados.

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

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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,