

# Breast Health Services for Hillsborough County Women



## Project TOUCH

Project TOUCH (Together as One Unified to Champion Health care access) is a community breast health services program serving uninsured and low-income women ages 40-49. Women outside this age range may be assisted if they meet additional program criteria. For an application and program eligibility requirements, which include permanent residency in Hillsborough County and an income below 200% of the poverty level, call (813) 356-7117.

## Florida Breast and Cervical Cancer Early Detection Program

The Early Detection Program is a federally funded breast and cervical cancer screening program serving uninsured and low-income women ages 50-64. For additional information and program criteria, call (813) 307-8015, ext. 3502.

### Breast Services Programs for Uninsured/Low-income Hillsborough County Residents

#### Federally Qualified Community Health Centers

Suncoast Community Health Centers..... (813) 349-7566  
Tampa Family Health Clinics..... (813) 397-5300

#### Community Clinics

Brandon Outreach Clinic..... (813) 654-1388  
CMA (Centro Medicas las Americas) .....(813) 933-2300 ext. 0  
Judeo Christian Clinic ..... (813) 870-0395  
Meditech Medical Center..... (813) 915-9000  
Red Crescent Clinic..... (813) 246-5009  
St. Joseph's Community Care..... (813) 886-8899

#### Hospitals (Susan G. Komen grant recipients)

Moffitt Cancer Center..... (813) 745-6769  
St. Joseph's Women's Hospital -  
Project TOUCH..... (813) 356-7117



Visit [EmbraceYourHealth.com](http://EmbraceYourHealth.com)

### Breast Services Programs for Uninsured/Low-income Women of Tampa Bay, Outside Hillsborough County

#### Pinellas County

Pinellas County Mammography Voucher Program (727) 820-4117  
Florida Department of Health - Pinellas County.....(727) 524-4410  
Bayfront Family Health ..... (727) 893-6116  
Clearwater Free Clinic ..... (727) 447-3041  
La Clinica Guadalupeana ..... (727) 461-7730  
Turley Women's Center..... (727) 467-2550  
Willa Carson Health Resource Center..... (727) 467-9411

#### Pasco County

Florida Breast and Cervical Cancer Early Detection Program/  
Healthy Women Today .....(727) 861-5661 ext. 1016

#### Polk County

Think Pink/We Care of Polk County  
(for ages 40-49) ..... (863) 646-3436  
Florida Breast and Cervical Cancer Early Detection Program  
(for ages 50 -64) .....(813) 307-8015, ext. 3502

#### Manatee County

We Care Manatee Breast Program .....(941) 755-3952 ext. 2  
Florida Department of Health - Manatee County (941) 748-0747, ext. 1333

#### Sarasota County

Sarasota Memorial Hospital..... (941) 917-7642  
Florida Department of Health - Sarasota County ..... (941) 861-2900  
Florida Breast and Cervical Cancer Early Detection Program  
(for ages 50-64) .....(941) 748-0747, ext. 1333  
Community Health Worker Breast Health  
Awareness Program..... (941) 361-6602



St. Joseph's Hospital  
St. Joseph's Women's Hospital  
St. Joseph's Hospital-North  
South Florida Baptist Hospital

[BayCare.org](http://BayCare.org)

# Breast Health Information



## Know Your Risk

- Talk to your family members to learn your family health history.
- Talk to your doctor about your personal risk of breast cancer.

## Get Screened

- Ask your doctor which screening tests are right for you if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a breast exam by a health care provider at least every three years starting at age 20, and every year starting at age 40.

## Do Self-Exams; Know What Is Normal for You

See your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in breast size or shape
- 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

## Make Healthy Lifestyle Choices

- Maintain a healthy weight
- Exercise
- Limit alcohol intake

## American Cancer Society Guidelines for the Early Detection of Breast Cancer

The American Cancer Society recommends these screening guidelines for most adults:

- Yearly mammograms are recommended starting at age 40 and continuing as long as the woman is in good health.
- Clinical breast exam (CBE) approximately every three years for women in their 20s and 30s and every year for women age 40 and over.
- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.

The American Cancer Society recommends that some women – because of their family history, a genetic tendency, or certain other factors – be screened with MRI in addition to mammograms. (The number of women who fall into this category is small: less than 2 percent of all the women in the U.S.) Talk with your doctor about your history and whether you should have additional tests at an earlier age. For more information, call the American Cancer Society at (800) ACS-2345 and ask for the document “Breast Cancer: Early Detection,” or go online to [Cancer.org/BreastCancer](http://Cancer.org/BreastCancer).



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