

Breast Health Services for Pinellas County Women



The Mammography Voucher Program

The Mammography Voucher Program is a community breast health services program serving uninsured and low-income women ages 40–49. Women ages 30–39 may be assisted if they meet additional program criteria. For program eligibility requirements and the application, call (727) 820-4117.

Florida Breast and Cervical Cancer Early Detection Program

The Early Detection Program is a federally funded breast and cervical services program serving uninsured and low-income women ages 50–64. For additional information and program criteria, call (727) 824-6917.

Pinellas Clinics for Uninsured/Low-income Pinellas Residents

Community Health Centers

Clearwater.....	(727) 461-1439
Johnny Ruth Clarke.....	(727) 821-6701
Largo.....	(727) 587-7729
Pinellas Park.....	(727) 544-2284
Tarpon Springs.....	(727) 944-3828

Community Clinics

Bayfront Family Health.....	(727) 893-6116
Clearwater Free Clinic.....	(727) 447-3041
La Clinica Guadalupana.....	(727) 461-7730
Turley Women's Center.....	(727) 467-2550
Willa Carson Health Resource Center.....	(727) 467-9411

Pinellas County Health Departments

Clearwater.....	(727) 469-5800
Largo.....	(727) 588-4040
Mid-County.....	(727) 524-4410
Pinellas Park.....	(727) 547-7780
St. Petersburg.....	(727) 824-6900
Tarpon Springs.....	(727) 942-5457

Breast Services Programs for Uninsured/Low-income Women Living Outside Pinellas County

Hillsborough County

Moffitt Cancer Center.....	(813) 745-6769
St. Joseph's Women's Hospital–Project Touch.....	(813) 356-7117
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
Manatee County Health Department....	(941) 748-0747, ext. 1333

Pasco County

Florida Breast and Cervical Cancer Early Detection Program/Healthy Women Today (ages 50–64) ..	(727) 861-5661, ext. 1016
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Polk County

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

Sarasota County

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



Mease Countryside Hospital
Mease Dunedin Hospital
Morton Plant Hospital
Morton Plant North Bay Hospital
St. Anthony's Hospital

Breast Health Information



Know Your Risk

- Talk to your family members to learn about 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.

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 the size or shape of your 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

Make Healthy Lifestyle Choices

- Maintain a healthy weight.
- Add exercise into your routine.
- 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 for as long as a 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.



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