

Resources to Help Diagnose and Support those with Breast Cancer

Mammograms at most hospitals cost more than \$200 without insurance. Here are some resources for free or lower-cost options. Some have age and income requirements.

- **Libby's Legacy**
1718 S. Orange Ave.
407-898-1991
Connects women with free mammograms when they fill out the application at Libbyslegacy.org. Requires a prescription or referral from a doctor or clinic.
- **Department of Health's Florida Breast and Cervical Cancer Early Detection Program**
Women ages 50 to 64 who don't have health insurance can get a pap smear, breast exam, and mammogram through the county health departments. The services are free for women who meet certain poverty guidelines. See www.doh.state.fl.us/Family/bcc for more info. To schedule an appointment, call the nearest county's health department: Osceola and Orange counties: 407-343-2068. Seminole, Lake, and Orange counties: 407-665-3185. Volusia county: 1-800-226-6110.
- **Drew Medical**
Locations in Ocoee, Oviedo, Kissimmee, Winter Park, Waterford Lakes, Downtown-Kaley and Altamonte Springs. Mammograms are \$80, whether they are screening or diagnostic (more in-depth). Patients need a prescription. See www.drewmedical.com or call 407-788-2888.
- **Emery Medical Solutions**
2151 E. Semoran Blvd.
407-628-9100
Screening mammograms are \$80 and diagnostic are \$100.
- **Hispanic Health Initiatives**
201 Live Oaks Blvd., Casselberry
407-339-2001
Connects women 40-49 without health insurance to free or low-cost mammography services.
- **Altamonte Support Group**
Florida Hospital Family Resource Center at 601 E. Altamonte Drive. Support, education, and special understanding for women who have had breast cancer; meets on the second Tuesday of each month from 6 to 7:30 pm
407-303-5999
- **Breast Cancer Survivorship Clinic**
A clinic at M.D. Anderson for women who are five or more years out of their diagnosis. Patients meet with a physician's assistant for follow-up care.
321-8-HEALTH or 321-843-2584
- **Compassionate Hearts and Hands Breast Cancer Outreach**
An outreach that serves breast cancer survivors and their families by delivering home-cooked meals, helping with household chores, and donating wigs.
Compassionatehandsandhearts.org or 407-864-6458
- **Harriet's Place**
A store in M.D. Anderson where women can purchase hats, wigs, and scarves.
321-8-HEALTH or 321-843-2584
- **M.D. Anderson Breast Cancer Support Group**
For anyone currently or previously diagnosed with breast cancer and their partners/spouses. Meets the second Thursday of each month at 6pm at M.D. Anderson in the second floor conference room.
321-841-6087
- **Ribbon Riders**
A group of breast cancer survivors on bikes who raise money for breast cancer patients.
Contact info@ribbonriders.org or 407-796-PINK or visit ribbonriders.org

Women diagnosed with breast cancer, their families, and survivors can find support and assistance through these groups:

- **Sisters Network**
An African-American breast cancer survivor's network that hosts a Block Walk, handing out educational materials, on Oct. 30 at St. Mark AME Church.
407-962-0036 or sistersnetworkorlando.org
- **St. Luke's Care and Nurture Ministries Support Group**
St. Luke's United Methodist Church at 4851 S. Apopka-Vineland Road
Breast cancer support group meets the fourth Monday of the month at 7 pm
407-876-6728
- **Wellness Wednesdays**
Educational program for patients and their families to cope and manage the emotional and physical effects of cancer. All classes are at M.D. Anderson from noon to 1:30pm
- **Young Survival Coalition**
A group for young breast cancer survivors.
youngsurvival.org or 407-256-5455
- **FORCE (Facing Our Risk of Cancer Empowered)**
facingourrisk.org
For women at risk of developing hereditary breast and/or ovarian cancer. Includes information about finding medical and financial assistance and how to manage and live with hereditary risk factors. Toll-free helpline: 866-824-RISK (7475); email info@facingourrisk.org
- **HealingWell.com**
healingwell.com/breastcancer
Breast cancer resource center includes message forums and chat rooms, email, books, videos, newsletter, articles, news, information, and a resource directory.
- **KidsHealth for Kids: Breast Cancer Information**
kidshealth.org/kid/grownup/conditions/breast_cancer.html
Breast cancer information described in language that kids can comprehend.
- **National Cancer Institute**
cancer.gov/cancertopics/types/breast
Treatment, prevention, causes, clinical trials, cancer literature, research, screening and testing, and statistical information. Hotline for questions: 800-4-CANCER. Live Help online chat available.
- **Susan G. Komen for the Cure**
komen.org
Comprehensive information and links to your local affiliate office, including community-based education and screening and treatment programs.

How to Learn More about Breast Cancer:

Visit the following web sites to learn about breast cancer risk, prevention, diagnosis, treatment, survival, and where to find support.

- **American Cancer Society**
cancer.org/cancer/breastcancer
Breast cancer overview, detailed guide, treatment decision tool, news, research, and prevention. Includes local office locator link.
- **Breastcancer.org**
breastcancer.org/community
Discussion boards, blog, chat rooms, ask-the-expert online conferences, e-mail updates, booklets and brochures, recommended reading and links, medical expense tax deduction information.
- **Centers for Disease Control and Prevention (CDC) Breast Cancer and Mammography Information**
apps.nccs.cdc.gov/cancercontacts/nbccedp/contacts.asp
Includes locator link to places where you can get free or low-cost mammograms or Pap smears. You can also get the information by calling 888-842-6355 or email cancerinfo@cdc.gov