

*Susan G.*

**Komen**

FOR THE

**cure**<sup>®</sup>

**GREATER**

**AMARILLO**



# BREAST HEALTH RESOURCE GUIDE

The greatest risk factors for breast cancer  
are being female and growing older.

Greater Amarillo Affiliate

P.O. Box 50610

Amarillo, Texas 79159

Helpline 1 877 GO KOMEN

[www.komenamarillo.org](http://www.komenamarillo.org)

## **Our Vision**

A world without breast cancer.

## **Our Promise**

To save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.

## **About Susan G. Komen for the Cure**

About Susan G. Komen for the Cure® Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures. Thanks to events like the Komen Race for the Cure® and the Susan G. Komen 3-Day for the Cure®, we have invested more than \$1.9 billion to fulfill our promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world. For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit [komen.org](http://komen.org) or call 1-877 GO KOMEN.

## **Making a Local Impact**

The Greater Amarillo Affiliate of Susan G. Komen for the Cure®—along with those who generously support us with their talent, time and resources—is working to better the lives of those facing breast cancer in our community. We join more than 100,000 breast cancer survivors and activists around the globe as part of the world's largest and most progressive grassroots network fighting breast cancer. Since 2004, through events like the Komen Greater Amarillo Race for the Cure, we have invested over \$1,000,000.00 in local breast health and breast cancer awareness projects in the 26 counties of the Texas Panhandle. Up to 75 percent of net proceeds generated by the Komen Greater Amarillo Affiliate stay in the Panhandle. The remaining income goes to the national Susan G. Komen for the Cure Grants Program for energizing science to find the cures.

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## Screening

<b>Claude Medical Clinic</b> .....	806-226-5611
201 S. Park • Claude, TX 79109	
<b>Childress Regional Medical Center</b> .....	940-937-6371
www.Childresshospital.com • PO Box 1030 • Childress TX 79201	
<b>Pampa Regional Medical Center</b> .....	806-663-5509
www.prmctx.com • 1 Medical Plaza • Pampa, TX 79065	
Golden Plains Community Hospital.....	806-273-1220
www.goldenplains.org • 200 South McGee • Borger, TX 79007	
<b>Family Medical Center of Hansford County</b> .....	806-659-5896
702 South Roland • Spearman, TX 79061	
<b>Moore County Hospital District</b> .....	806-935-7171
www.mchd.net • 224 East 2nd St • Dumas, TX 79029	
<b>Perryton Health Center/ Ochiltree General Hospital</b> .....	806-435-7224
www.ochiltreehospital.com • 3101 Garrett Dr. • Perryton, TX 79070	
<b>Texas Panhandle Family Planning Health Clinic</b> .....	806-372-8746
www.familyplanninghealthcenters.org • 1501 S. Taylor • Amarillo, TX 79101	
<b>Harrington Breast Center</b> .....	806-356-1905
www.Harringtoncc.org • 1310 Wallace Blvd. • Amarillo, TX 79106	
<b>Women's Healthcare Associates</b> .....	806-355-6330
www.whaonline.net • 1301 S. Coulter, suite 300 • Amarillo, TX 79106	
<b>The Harrington Breast Center</b> .....	806-356-1905
www.secure.harringtoncc.org • 1310 Wallace Blvd • Amarillo, TX 79106	
<b>Texas Diagnostic Imaging Center</b> .....	806-358-1010
1000 Coulter • Amarillo, TX 79106	
<b>Woman's Imaging Center</b> .....	806-457-2059
www.nwtexashealthcare.com • 1501 South Coulter Rd • Amarillo, TX 79106	
<b>Texas Breast Specialists</b> .....	806-457-2060
www.texasoncology.com • 1000 Coulter, Suite 100 • Amarillo, TX 79106	
<b>Coulter Imaging, LLC</b> .....	806-358-7149
1900 S. Coulter, Suite N • Amarillo, TX 79106	
<b>Amarillo Family Physicians Clinic, PA</b> .....	806-354-1703
www.amarillofp.com • Suite 100, 1215 S. Coulter • Amarillo, TX 79106	
<b>Amarillo Diagnostic Center</b> .....	806-358-0228
www.adcpa.com • 6700 West Ninth • Amarillo, TX 79106	
<b>The Women's Imaging Center at Northwest Texas Healthcare System</b>	
806-351-6266 • www.nwtexashealthcare.com	
1501 S Coulter St • Amarillo, TX 79107	

## Treatment

<b>Harrington Breast Center</b> .....	806-356-1905
www.Harringtoncc.org • 1310 Wallace Blvd • Amarillo, TX 79106	
<b>Texas Oncology</b> .....	806-358-8654
www.texasoncology.com • 1000 Coulter • Amarillo, TX 79106	

## Local Education

<b>Susan G Komen for the Cure Greater Amarillo Affiliate</b> .....	806-354-9706
<a href="http://www.Komenamarillo.org">www.Komenamarillo.org</a> • PO Box 50610 • Amarillo, TX 79159	
<b>The Don and Sybil Harrington Cancer Center</b> .....	806-356-1905
<a href="http://www.Harringtoncc.org">www.Harringtoncc.org</a> • 1500 Wallace Blvd • Amarillo, TX 79106	
<b>Harrington Breast Center</b> .....	806-356-1905
<a href="http://www.secure.harringtoncc.org">www.secure.harringtoncc.org</a> • 1310 Wallace Blvd • Amarillo, TX 79106	
<b>Amarillo Area Breast Health Coalition</b> .....	806-331-4710
<a href="http://www.aabhc.org">www.aabhc.org</a> • 301 S. Polk St., Suite 740 • Amarillo, TX 79101	
<b>Texas Oncology</b> .....	806-457-2060
<a href="http://www.texasoncology.com">www.texasoncology.com</a> • 1000 Coulter, Suite 100 • Amarillo, TX 79106	
<b>American Cancer Society</b> .....	806-353-4306
<a href="http://www.cancer.org">www.cancer.org</a> • 3915 Bell St • Amarillo, TX 79109	

## Texas Education and Support

<b>M.D. Anderson Cancer Center</b> .....	877-MDA-6789
<a href="http://www.mdanderson.org">www.mdanderson.org</a>	
<b>Texas Cancer Data Center</b> .....	713-792-2277
<a href="http://www.txcancer.org">www.txcancer.org</a>	
<b>Texas Department of State Health Services</b>	
<a href="http://www.dshs.state.tx.us">www.dshs.state.tx.us</a>	
<b>Texas Department of Health</b> .....	888-963-7111
<a href="http://www.tdh.state.tx.us">www.tdh.state.tx.us</a>	

## National Education and Support

<b>National Breast Cancer Foundation</b>	
<a href="http://www.nationalbreastcancer.org">www.nationalbreastcancer.org</a>	
<b>Breast Cancer Research Foundation</b> .....	866-FIND-A-CURE
<a href="http://www.bcrfcure.org">www.bcrfcure.org</a>	
<b>Centers for Disease Control and Prevention<sup>†</sup></b> .....	800-232-4636
<a href="http://www.cdc.gov">www.cdc.gov</a>	
<b>Women's Cancer Network</b> .....	312-644-6610
<a href="http://www.wcn.org">www.wcn.org</a>	
<b>Young Survival Coalition</b> .....	212-916-7667
<a href="http://www.youngsurvival.org">www.youngsurvival.org</a>	
<b>American Cancer Society</b> .....	800-227-2345
<a href="http://www.cancer.org">www.cancer.org</a>	
<b>Susan G. Komen for the Cure</b> .....	877-465-6636
<a href="http://www.komen.org">www.komen.org</a>	
<b>National Cancer Institute</b> .....	800-4Cancer
<a href="http://www.Cancer.gov">www.Cancer.gov</a>	
<b>Cancer Treatment Centers of America</b> .....	800-268-0768
<a href="http://www.cancercenter.com">www.cancercenter.com</a>	
<b>Breast Cancer Support</b>	
<a href="http://www.Bcsupport.org">www.Bcsupport.org</a>	

# National Education and Support cont.

## Network of Strength

[www.networkofstrength.org](http://www.networkofstrength.org)

## Medicine World

[www.medicineworld.org](http://www.medicineworld.org)

## U.S. Department of Health & Human Services

[www.hhs.gov](http://www.hhs.gov)

## Mobile Mammograms

**Harrington Breast Center** ..... 806-356-1905  
[www.Harringtoncc.org](http://www.Harringtoncc.org) • 1310 Wallace Blvd • Amarillo, TX 79106  
Contact the Breast Center for the outreach and mobile mammography schedule in your county.

## Support Transportation

**American Cancer Society/Road to Recovery** ..... 877-227-1618  
[www.cancer.org](http://www.cancer.org) • 3915 Bell St • Amarillo, TX 79109

**Panhandle Community Serices- Panhandle Transit** ..... 806-372-2531  
[www.panhandletransit.com](http://www.panhandletransit.com) • 1309 W. 8th Amarillo, TX 79120

**Medicaid Transportation** ..... 877-633-8747  
<http://hrsa.dshs.wa.gov/transportation>

**Jan Werner Transit** ..... 806-374-5516  
3108 S Filmore • Amarillo, TX 79110

## Housing

**Ronald McDonald House of Amarillo** ..... 806-358-8177  
[www.rmhofamarillo.org](http://www.rmhofamarillo.org) • 1501 Streit • Amarillo, TX 79106

**Fort Amarillo RV Resort** ..... 806-331-1700  
[www.fortrvparks.com](http://www.fortrvparks.com) • 10101 Amarillo Boulevard West • Amarillo, TX 79124

**Sundown RV Resort** ..... 806-359-0921  
[www.sundownrvresort.com](http://www.sundownrvresort.com) • 10801 West Interstate 40 • Amarillo, TX 79124

**Circle of Friends Apartments** ..... 806-356-1905  
[www.harringtoncc.org](http://www.harringtoncc.org) • Amarillo, TX

**Medical Center League House** ..... 806-358-3759  
[www.amarillomclh.org](http://www.amarillomclh.org) • 7000 Amarillo Blvd West • Amarillo, TX 79106

**American Cancer Society** ..... 806- 353-4306  
[www.cancer.org](http://www.cancer.org) • 3915 Bell St • Amarillo, TX 79109

## Local Support Groups

- The Don and Sybil Harrington Cancer Center** .....359-4673 ext. 235  
www.Harringtoncc.org • 1500 Wallace Blvd • Amarillo, TX 79106  
Art, Pathways, Legacies Mentoring Program, Women in Touch, Dialogue,  
Chemotherapy Class, and Radiation Therapy Class
- Pampa Area Cancer Support Group** .....806- 663-5566  
www.prmctx.com • 100 W 30th Ave • Pampa, TX 79065  
Pampa Regional Medical Center Cafeteria • 4th Tuesday 6:00 PM
- Texas Oncology: Dudes 'n Divas** .....806-457-2052  
Jennifer.campos@usoncology.com • 1000 s. Coulter • Amarillo, TX 79106  
2nd Tuesday of every Month 6:00-7:00 PM

## Mastectomy Products

- Survivor Gals**.....806-236-3554  
www.survivorgals.com • 7203 I-40 West, Suite A • Amarillo, TX
- Support Hose Plus** .....806-359-4078  
supporthoseplus.com • 2300 S. Bell, Suite 2 • Amarillo, TX 79106
- Advanced Limb and Brace** .....806-351-1775?  
1900 S Coulter St # E • Amarillo, TX 79106
- The Woman's Personal Health Resource Inc.**.....877-463-1343  
www.womanspersonalhealth.com
- Classique**  
<http://www.classique1.com>
- American Breast Care**  
<http://www.americanbreastcare.com>
- Breast Forms**.....800-734-1886  
www.Breastform.com
- Tender Loving Care**.....800-850-9445  
www.tlcdirect.org

## Wigs

- The Wig Experts**  
<http://www.wigs.com>
- Best Wig Outlet**  
www.bestoutlet.com
- Hairpieces for Women**  
www.headcovers.com
- Merle Norman Cosmetics**.....806-352-1022  
www.merlenorman.com • 3440 Bell St. #106 • Amarillo, TX 79109
- Kool Katz** .....806-383-0242  
3510 NE 24th Ave # B • Amarillo, TX 79107
- American Cancer Society** .....877-227-1618  
www.cancer.org • 3915 Bell St • Amarillo, TX 79109
- Survivor Gals**.....806-236-3554  
7203 I-40 West, Suite A • Amarillo, TX
- Hair Club for Men & Women**.....806-353-4247  
6900 West Interstae 40 • Amarillo, TX 79106

## Financial Assistance

<b>The Don and Sybil Harrington Cancer Center</b> .....	806-356-1905
<a href="http://www.Harringtoncc.org">www.Harringtoncc.org</a> • 1500 Wallace Blvd • Amarillo, TX 79106	
<b>Cancer Care</b> .....	800-813-4673
<a href="http://www.cancercare.org">www.cancercare.org</a>	
<b>Medicaid Hotline</b> .....	800-422-6237
<a href="http://www.cms.hhs.gov">www.cms.hhs.gov</a>	
<b>Medicare Hotline</b> .....	800-633-4227
<a href="http://www.the-medicare.com">www.the-medicare.com</a>	
<b>Patient's Advocate Foundation's Co-Pay Relief Program</b> .....	866-512-3861
<a href="http://www.patientadvocate.org">www.patientadvocate.org</a>	
<b>Health Well Foundation Financial Assistance</b> .....	800-675-8416
<a href="http://www.healthwellfoundation.org">www.healthwellfoundation.org</a>	
<b>Partnership for Prescription Assistance</b> .....	888-477-2669
<a href="http://www.pparx.org">www.pparx.org</a>	
<b>Health Care Gov</b> .....	
<a href="http://www.healthcare.gov">www.healthcare.gov</a>	

## Prescription Assistance for Drug Companies

<b>Bristol-Meyers Squibb Prescription Assistance</b> .....	212-546-4000
<a href="http://www.bms.com">www.bms.com</a>	
<b>Partnership for Prescription Assistance</b> .....	888-477-2669
<a href="http://www.pparx.org">www.pparx.org</a>	
<b>Pfizer Prescription Assistance</b> .....	212-733-2323
<a href="http://www.pfizer.com">www.pfizer.com</a>	
<b>American Cancer Society</b> .....	806-353-4306
<a href="http://www.cancer.org">www.cancer.org</a>	
<b>CancerCare Co-Payment Assistance Foundation</b> .....	866-552-6729
<a href="http://www.cancercarecopay.org">www.cancercarecopay.org</a>	
<b>Teva Pharmaceuticals Prescription Assistance</b> .....	877-254-1039
<a href="http://www.rxassist.org">www.rxassist.org</a>	
<b>Co-Pay Relief Program</b> .....	866-512-3861
<a href="http://www.copays.org">www.copays.org</a>	

# Hospitals

<b>Baptist St. Anthony's</b> .....	806-212-2000
www.bsahs.org • 1600 Wallace Blvd • Amarillo, TX 79106 • Potter	
<b>Northwest Texas Healthcare System</b> .....	806-354-1703
www.nwtexashealthcare.com • 1501 South Coulter Rd • Amarillo, TX 79106 Potter	
<b>Golden Plains Community Hospital</b> .....	806-273-1220
www.goldenplains.org • 200 South McGee • Borger, TX 79007 • Hutchinson	
<b>Hemphill County Hospital</b> .....	806-323-6422
www.hch.dst.us.us • 1020 S. 4th St. • Canadian, TX 79014 • Hemphill	
<b>Childress Regional Medical Center</b> .....	940-937-6371
www.childresshospital.com • PO Bxo 1030 • Childress, TX 79201 • Childress	
<b>Coon Memorial Hospital</b> .....	806-249-4571
www.dhchd.org • 1411 Denver Ave • Dalhart, TX 79022 • Hartley	
<b>Plains Memorial Hospital</b> .....	806-647-2191
www.Plainsmemorial.com • 310 W. Halsell St. • Dimmitt, TX 79027 • Castro	
<b>Moore County Hospital</b> .....	806-935-7171
www.mchd.net • 224 E. 2nd st. • Dumas, TX 79029 • Moore	
<b>Parmer County Community Hospital</b> .....	806-250-2754
www.pcchtx.com • 1307 Cleveland Ave • Friona, TX 79035 • Parmer	
<b>Hereford Regional Medical Hospital</b> .....	806-364-2141
www.herefordregional.com • 801 E. 3rd St. • Hereford, TX 79045 • Deaf Smith	
<b>Pampa Regional Medical Center</b> .....	806-665-3721
www.prmctx.com • 1 Medical Plz • Pampa, TX 79065 • Gray	
<b>Ochiltree General Hospital</b> .....	806-435-3606
www.ochiltreehospital.com • 3101 Garret Dr. • Perryton, TX 79070 • Ochiltree	
<b>Hansford County Hospital</b> .....	806-659-2535
www.hchd.net • 707 Roland St. • Spearman, TX 79081 • Hansford	
<b>Collingsworth General Hospital</b> .....	806-447-2521
1014 15th St. • Wellington, TX 79095 • Collingsworth	
<b>Parkview Hospital</b> .....	806-826-3201
www.parkviewhosp.org • 1000 Sweetwater St • Wheeler, TX 79096 • Wheeler	
<b>Shamrock General Hospital</b> .....	806-256-2114
1000 South Main • Shamrock, TX 79079 • Wheeler	
<b>Swisher Memorial Hospital</b> .....	806-995-3581
539 Se 2nd • Tulia, TX 79088 • Swisher	

# Susan G. Komen recommends that you

## 1. Know your risk

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

## 2. 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 clinical breast exam at least every 3 years starting at 20, and every year starting at 40

## 3. 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 the breast
  - Dimpling or puckering of the skin
  - Itchy, scaly sore or rash on the nipple
  - Pulling in of your nipple or other parts of the breast
  - Nipple discharge that starts suddenly
  - New pain in one spot that doesn't go away

## 4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake



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Amarillo, Texas 79159