

# BREAST HEALTH RESOURCE GUIDE

SERVING THE MID-MISSOURI AFFILIATE AREA

Mid-Missouri Affiliate of Susan G. Komen for  
the Cure ®

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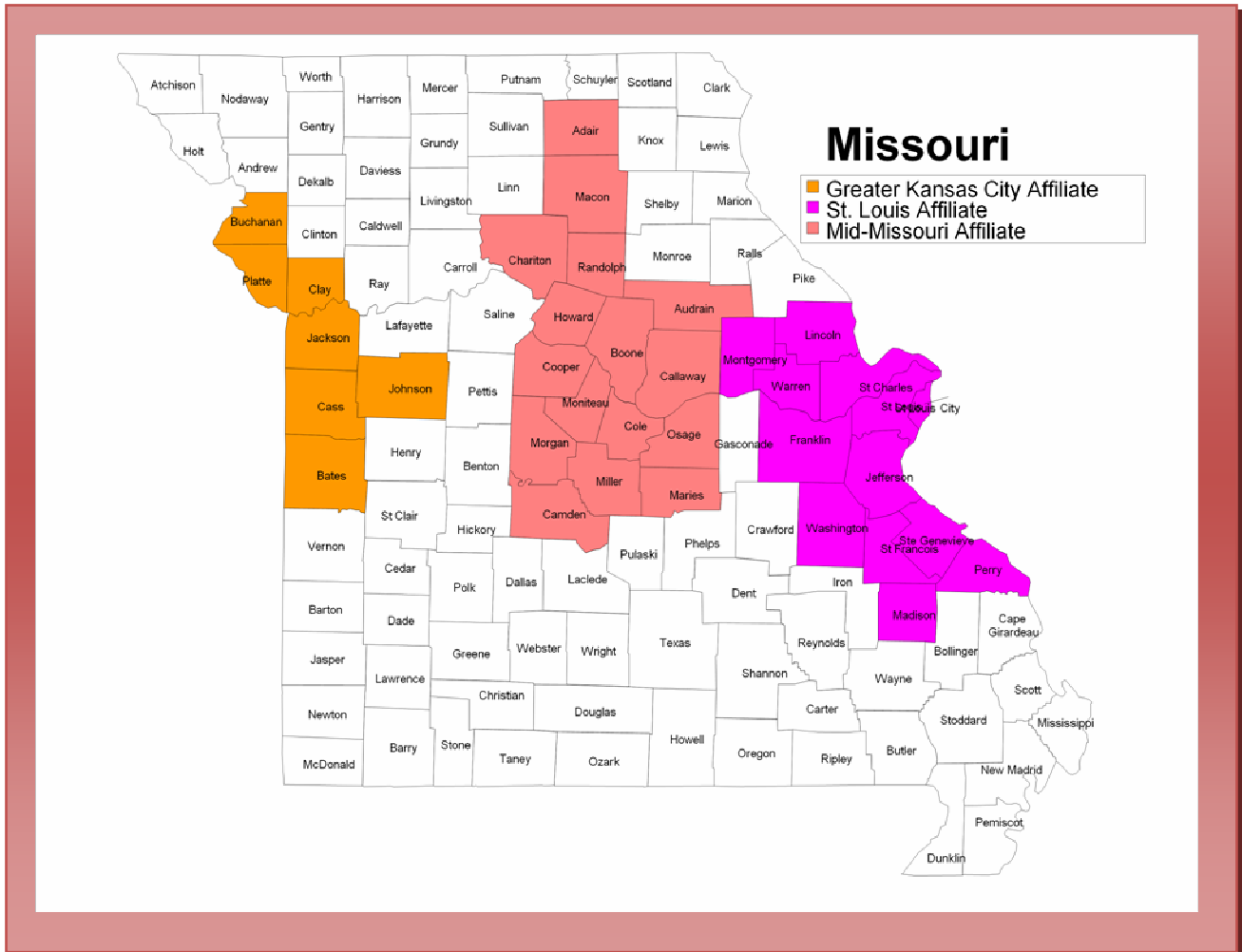
If you find any missing or incorrect information, please contact us.

Thank you.

## Table of Contents

Mid-Missouri Affiliate Area.....	3
Example County.....	5
COUNTY MAP.....	5
MEDICAL.....	5
POST-DIAGNOSIS.....	5
ORGANIZATIONS SERVING LOW INCOME.....	5
SOCIAL NETWORKS.....	5
INFORMATION SOURCES.....	5
Moniteau County.....	6
Resources.....	10
<input type="checkbox"/> Show Me Healthy Women Program.....	10
<input type="checkbox"/> Organizations.....	12
<input type="checkbox"/> STL/Kansas City Resources.....	13

# Missouri Affiliate Area

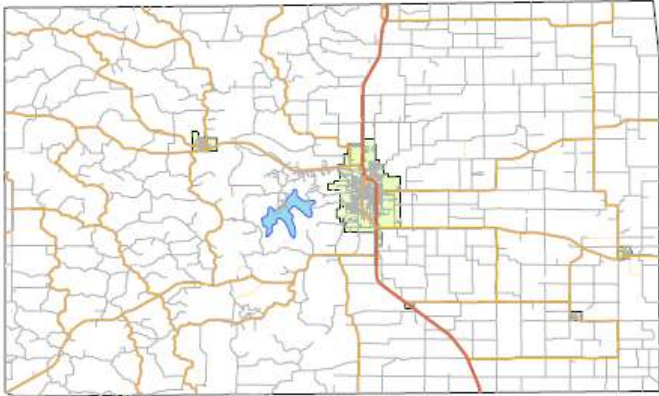


## Mid-Missouri Affiliate Area



# Example County

## COUNTY MAP



\*\*Map attributes will be listed beneath the map.

## MEDICAL

- Hospitals (Hospitals and Clinics in area)
- Federally Qualified Health Centers (FQHC)
- Mammography Centers
- Show Me Healthy Women Program Providers (SMHW)
- Cancer Centers

## POST-DIAGNOSIS

- Pharmacies
- Support Groups
- Accessories (Lymphedema garments, Wigs, Breast Prosthesis)
- Transportation (Public transportation)

## ORGANIZATIONS SERVING LOW INCOME

- Health Department

## SOCIAL NETWORKS

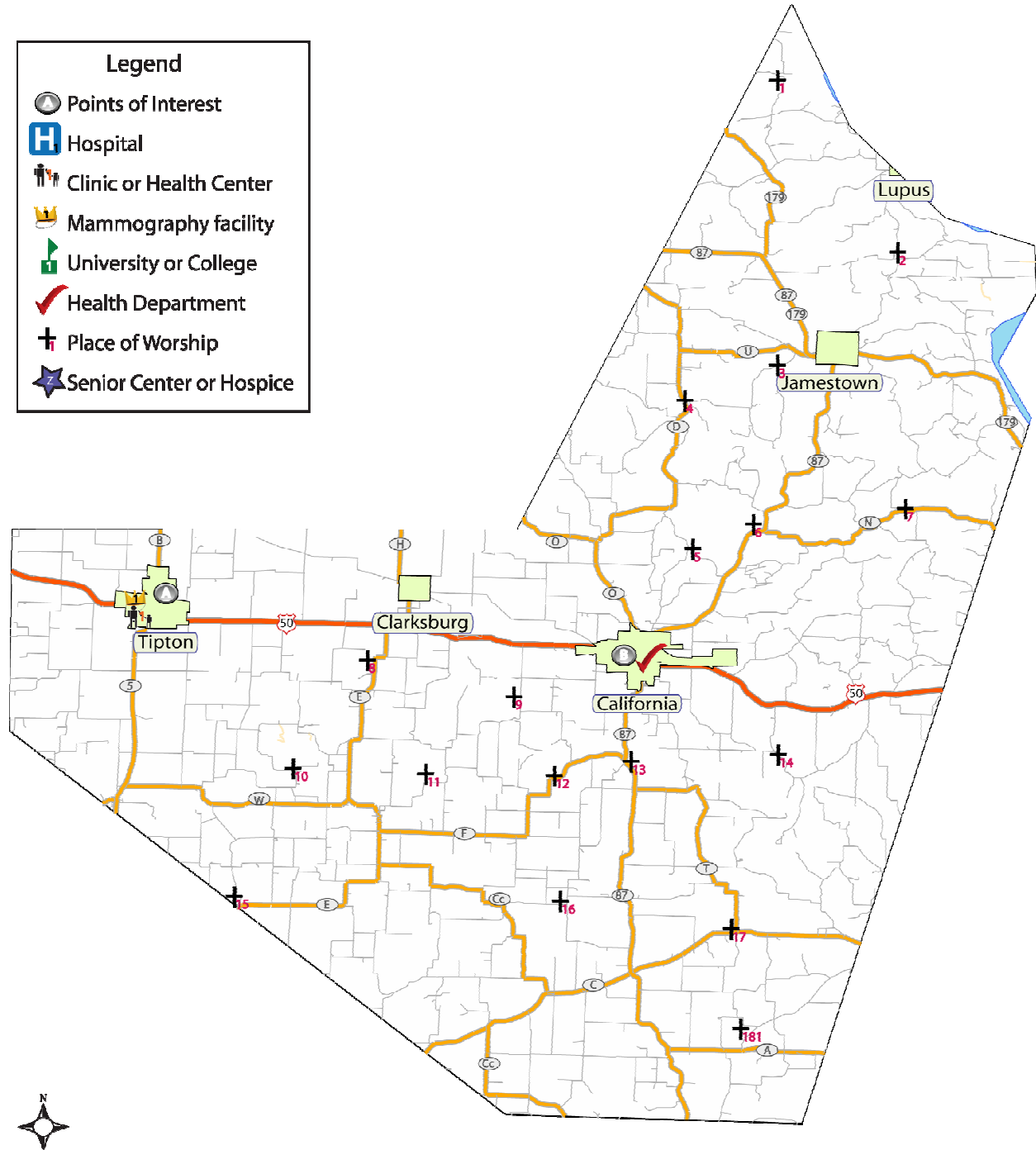
- Senior Centers
- Support Groups

## INFORMATION SOURCES

- American Cancer Society
- Libraries
- CIS (hotline)

# Moniteau County

## COUNTY MAP



## Moniteau County Extended Legend

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### Health Department

- 1 Moniteau County Health Center

### Mammography Center

- 1 St. Mary's Health Center

### Clinics or Health Centers

- 1 St. Mary's Health Center

### Points of Interest

- |                                |                      |
|--------------------------------|----------------------|
| A Price James Memorial Library | B Wood Place Library |
|--------------------------------|----------------------|

### Places of Worship

- |                       |                       |
|-----------------------|-----------------------|
| 1 Copp Chapel         | 2 Mount Zion Church   |
| 3 Moniteau Church     | 4 Union Church        |
| 5 Old Salem Church    | 6 New Salem Church    |
| 7 Shiloh Church       | 8 Mount Moriah Church |
| 9 Flag Spring Church  | 10 Green Grove Church |
| 11 Pilot Grove Church | 12 Community Chapel   |
| 13 Friendship Church  | 14 Salem Church       |
| 15 Bethel Church      | 16 Union Church       |
| 17 Corticelli Church  | 18 Rock Enon Church   |

## MEDICAL

- Hospitals

St. Mary's Health Center  
875 Hwy 5  
Tipton, MO 65081  
(660) 433-5541

- Federally Qualified Health Centers

- For the FQHC closest to your home, go to [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov) and enter your address.

- Mammography Centers

St. Mary's Health Center  
875 Hwy 5  
Tipton, MO 65081  
(660) 433-5541

- Show Me Healthy Women Program Providers (SMHW)

- Visit [www.dhss.mo.gov/BreastCervCancer/ProviderLists.html](http://www.dhss.mo.gov/BreastCervCancer/ProviderLists.html) for current providers
- For a description of the SMHW program, please see Appendix

- Cancer Centers  
None

#### POST-DIAGNOSIS

- Pharmacies

Bond Pharmacy INC  
703 W Buchanan St  
California, MO 65018  
(573) 7963145

St. Mary's Tipton Pharmacy  
875 Hwy 5 S  
Tipton, MO 65081  
(660) 433-5404

Lehman & Miller Hometown Pharmacy  
408 W Buchanan St  
California, MO 65018  
(573) 796-2225

Pamida Pharmacy  
1021 W Buchanan St, Suite 2  
California, MO 65018  
(573) 796-8002

- Support Groups  
None

- Accessories

- Look Good Feel Better Program by American Cancer Society

**Look Good Feel Better** is a free program. Trainers show participants how to rejuvenate their looks and participants receive a “tool kit” of products. Wigs, turbans, and scarves are available to try on and keep. For more information and locations near you call 1-800-395-LOOK or visit

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

None

- Transportation

- OATS, Inc. \*

Mid-MO Regional Office  
Jack Heusted, Regional Director  
2501 Maguire Blvd., Ste. 103  
Columbia, MO 65201  
(573) 449-3789  
jackh@oatstransit.org  
www.oatstransit.org

No fees, donations accepted

Eligibility: Age 60 or older, age 18-59 with a permanent disability, and the rural general public  
Services available: personalized door-to-door services, transportation provided on a scheduled basis, priority given to elderly and disabled.

Schedule for OATS services in Moniteau County below: To schedule a ride, call the contact number in your town or the regional office above.

#### **MONDAYS**

Moniteau County with Morgan County to Boonville

1st Monday each month

Moniteau County with Morgan County to Columbia

3rd Monday each month

#### **WEDNESDAYS**

Moniteau County with Morgan County to Jefferson City

#### **FRIDAYS**

Moniteau County to California

To schedule a ride on any of these routes, call the contact number in your town:

California	Jane Stinson	573-796-2128
	Velda Pardoe	573-796-2093
Tipton	Geneva Fischer	660-433-5859
	Alma Battles	660-433-2365
Jamestown	Anna Derendinger	660-849-2439

For questions on any Moniteau/Morgan combined trips, please call Margaret Dean at 573-374-5968

#### ORGANIZATIONS SERVING LOW INCOME

- Health Department  
Moniteau County Health Center  
401 S Francis St  
California, MO 65018  
(573) 796-3412

#### SOCIAL NETWORKS

- Senior Centers  
None
- Support Groups  
None

#### INFORMATION SOURCES

- American Cancer Society  
1 (800) 227-2345  
[www.cancer.org](http://www.cancer.org)  
Cancer Specialist available 24 hours everyday of the year to answer questions, explain what your diagnosis means, tell you about programs that are offered by your area American Cancer Society office, and give information about other organizations who offer relevant programs (including utility and transportation assistance).
  - Jefferson City Office  
2413 Hyde Park Rd  
Jefferson City, MO 65109  
(573) 635-4821
- Libraries

Price James Memorial Library 104 E Morgan St Tipton, MO 65081 (660) 433-5622	Wood Place Library 102 S East St California, MO 65018 (573) 796-2642
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- CIS (hotline)
  - Contact National Cancer Institute Cancer Information Service (CIS) at 1 (800) 422-6237

## RESOURCES

Possible Resources for receiving free or reduced cost are available all over the service area. Some of options available include:

### SHOW ME HEALTHY WOMEN PROGRAM

**Show Me Healthy Women** is a program designed to help cure and eliminate breast cancer. This is done through free to low cost breast and cervical cancer screening to those living in Missouri who meet the requirements of the program. If diagnosed through this program they maybe eligible for free treatment through Medicaid.

Services available depending on age and income include:

- Free Mammograms (Only those 50 years and older without Medicare Part B)
- Free Clinical Breast Exams (CBE)
- Free Pelvic Exams
- Free Pap Tests

Certain guideline restrictions:

- Must be over 35 years old
- Limited or no health coverage
- Not eligible for Medicaid or Medicare
- Income below the 200% federal poverty level. See chart below for annual income.

Size of household	SMHW Annual	SMHW monthly	SMHW weekly
1	\$21,660	\$1,805.00	\$416.54
2	\$29,140	\$2,428.33	\$560.38
3	\$36,620	\$3,051.67	\$704.23
4	\$44,100	\$3,675.00	\$848.08
5	\$51,580	\$4,298.33	\$991.92
6	\$59,060	\$4,921.67	\$1,135.77
7	\$66,540	\$5,545.00	\$1,279.62
8	\$74,020	\$6,168.33	\$1,423.46
<b>Each additional person, add:</b>	\$7,480	\$623.33	\$143.85

Source: *Federal Register*, January 23, 2009  
[aspe.hhs.gov/poverty/09poverty.shtml](http://aspe.hhs.gov/poverty/09poverty.shtml)

Annual is correct. Other amounts have been rounded up.

- If between the ages of 35-49 are eligible for:
  - Pelvic exam, Pap test and Clinical Breast Exam (CBE)
  - Diagnostic breast services if CBE results are suspicious for cancer.
  - Diagnostic cervical services if initial/follow-up Pap test was abnormal and was provided by a participating provider or through outside referrals with Pap test results of High Grade SIL or worse.
  - Not eligible for mammograms

- If between ages of 50-64 without Medicare Part B are eligible for:
  - Clinical Breast Exam
  - Mammogram
  - Pelvic exam
  - Pap Test
- Cervical cancer screenings for women who have had a hysterectomy:
  - Due to cervical cancer or dysphasia are eligible for Clinical Breast Exam, pelvic examination and Pap test.
  - Due to any reason other than cervical cancer or dysphasia are eligible for one Pap test and pelvic examination to determine the absence or presence of the cervix.
  - Due to conditions other than cervical cancer or dysphasia and the cervix is absent are eligible for a CBE.

There is **NO guarantee eligibility for free screening** services through Show Me Healthy Women provider. Contact the provider close to you to find out more about eligibility, making an appointment, and necessary documentation.

Providers of Show Me Healthy Women are always changing due to funds fluctuation, therefore it is a good idea to contact the provider to make an appointment and find out information prior to going in.

For providers near you:

- Alphabetical Listing: [www.dhss.mo.gov/BreastCervCancer/Providerlist.xls](http://www.dhss.mo.gov/BreastCervCancer/Providerlist.xls)
- Listing by county: [www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html](http://www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html)

Note: Non-U.S. citizens may receive screening but they will not be eligible for the cancer treatment through Medicaid.

For more information contact:

- National Cancer Institute Cancer Information Service (CIS) at 1-800-422-6237, press option “1”
- Bureau of Cancer and Chronic Disease Control: Show Me Healthy Women Program (SMHW)  
Missouri Department of Health and Senior Services  
PO Box 570, Jefferson City, MO 65102-0570 Telephone: 573-522-2845, Fax: 573-522-2899,  
Email: [info@dhss.mo.gov](mailto:info@dhss.mo.gov)

This information has been retrieved from [www.dhss.mo.gov/BreastCervCancer/Eligibility.html](http://www.dhss.mo.gov/BreastCervCancer/Eligibility.html) on October 14, 2009.

- **MedZou Clinic** is a student run medical clinic that provides free healthcare to the uninsured in Columbia.

The Clinic uses a combination of medical students and faculty (doctors, nurses and social workers) to provide quality health care for those that come to the clinic.

Central Missouri Community Action (CMCA) Building, 400 Wilkes Blvd, Columbia, MO 65201

Open on Thursdays from 6:00 PM - 9:00 PM

For more information contact:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• <b>Natalie Fieleke</b><br/><i>Senior Information Specialist</i><br/>School of Medicine - Communication &amp; Innovation<br/>Phone: 573-884-7541<br/>Fax: 573-884-4808<br/>Email: <a href="mailto:fileken@health.missouri.edu">fileken@health.missouri.edu</a></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Chris Gu</b><br/><i>Medical Student</i><br/>School of Medicine - Class of 2012<br/>Email: <a href="mailto:chris.gu@mizzou.edu">chris.gu@mizzou.edu</a></li> </ul> |
|---|---|

- **Ellis Fishcel Cancer Center** is a part of the University of Missouri Health System located in Columbia, Missouri. Each year they help thousands of people with their comprehensive cancer prevention, detection, and treatment services. Ellis Fischel works with all types of cancer. The Margaret Proctor Mulligan Breast Health and Resource Program focuses on breast health. The services provided by this program include screening and diagnostic mammograms, breast ultrasounds, lymphedema education and therapy, support groups, prosthetic and cosmetic support, a resource library and a second opinion breast cancer clinic.
  - For more information:
    - visit [www.muhealth.org/default\\_efcc.cfm?id=74](http://www.muhealth.org/default_efcc.cfm?id=74)
    - or contact:
      - For general questions regarding breast health or breast cancer, please contact Erin Spears, Nurse Clinician at (573) 884-7718.
      - Referrals and new patients: (573) 882-8454.
      - Existing patients: (573) 882-8445
      - To schedule a mammogram: (573) 882-8511
- **Mobile Mammography Van Service** is a 44 foot van that has an examination room and a mammography suite. Mammograms, clinical breast exams and breast health educational materials are all available. The van travels throughout our affiliate area for an upcoming schedule visit [www.muhealth.org/body\\_efcc.cfm?id=1432](http://www.muhealth.org/body_efcc.cfm?id=1432) with its home base at Ellis Fischel in Columbia, Missouri. If you are interested in bringing the cancer screening van to their community can make arrangements by calling (573) 882-8511 or 888-MAM-VAN1 (888-626-8261).

## ORGANIZATIONS

- **Missouri Cancer Associates** are located in Kirksville and Columbia, Missouri and offers comprehensive cancer care services include radiation therapy, diagnostic radiology, pharmacy services, and patient support services. For more information visit their website at [www.missouricancer.com](http://www.missouricancer.com) or call us at 573-875-7081 Monday through Friday, between 8:30 a.m. and 5:00 p.m. to make an appointment.
- **American Cancer Society** for the American Cancer Society office and services available in your community visit [www.cancer.org](http://www.cancer.org) or call 1-800-ACS-2345. The different offices can have a variety of services available. Some of the services include:
  - **Look Good Feel Better** is a free public program offered by the American Cancer society for individuals with cancer. Programs are held once a month at designated locations. Visit [www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org) to find a location near you. During the program individuals are put into small groups and lead by a trained cosmetologist though a 12 step process on how to rejuvenate your look, they also receives a “tool kit” which is product neutral that will be used in the 12 step process. Wigs, turbans, and scarves will be available at the end to try on and keep if wanted. \*It’s also a great time to ask how to tie a scarf or turban in order to get the correct style (paper instructions are also in the small booklet that outlines the 12 step process). For more information call 1-800-395-LOOK or Visit [www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org).

- **Reach to Recovery** is a program is designed to help both males and females cope with their breast cancer through face-to-face visits and phone conversations with Reach for Recovery volunteers. The volunteers are all survivors and have normal productive lives now; they offer to others their knowledge, understanding, and hope. For more information about the program or to find a program near you visit In My Community on the American cancer web site at [www.cancer.org](http://www.cancer.org) or call 1-800-227-2345.
- **Road to Recovery** is a program that provides transportation to and from treatment for individuals with cancer that do not have a ride or are unable to drive themselves. Call 1-800-ACS-2345 to find out if Road to Recovery is available in your community.
- **Tender Loving Care (TLC)** is a magazine/catalog that has helpful information with products for women with cancer or cancer treatment that causes hair loss including: wigs, breast prosthesis, lymphedema garments, hairpieces, breast forms, bras, hats, turbans, swimwear, and helpful accessories at the lowest possible prices. To request a copy of TLC, call 1-800-850-9445, or visit TLC online at [www.tlcdirect.org](http://www.tlcdirect.org).
- **I Can Cope** is a free educational program for individuals facing cancer –themselves or through a friend or family member. I Can Cope classes help disprove common cancer myths and give straightforward information. For more information about I Can Cope classes in your area, call 1-800-227-2345, or visit our web site, [www.cancer.org](http://www.cancer.org). Classes are also available online visit [www.cancer.org/onlineclasses](http://www.cancer.org/onlineclasses) to take the course online.
- **National Cancer Institution (NCI)** is primarily a research institution with information for the public, health professionals and patients both on cancer in general and the research/clinical trials that NCI has performed. For more information about cancer call 1-800-4-CANCER or visit [www.cancer.gov](http://www.cancer.gov)
- **Breast Cancer National Network of Strength** is a Some of the services offered to women include:
  - **YourShoes a 24/7** breast cancer support center staffed by breast cancer survivors who know first-hand what it is like to walk in the shoes of someone who is facing the disease. To contact a breast cancer survivor at the support center call 1-800-221-2141 or go to [www.networkofstrength.org/programs/yourshoes.php](http://www.networkofstrength.org/programs/yourshoes.php) and email now.
  - **Breast Cancer Survivor Match Program** gives you the opportunity to be paired with a peer counselor who had the same diagnosis, is the same age or has experienced similar challenges as you. For more information [www.networkofstrength.org/programs/match.php](http://www.networkofstrength.org/programs/match.php)
  - **Partner Match Program** provides support and education for people while they are supporting a wife, partner or other loved one through the disease. For more information go to [www.networkofstrength.org/programs/partnermatch.php](http://www.networkofstrength.org/programs/partnermatch.php)

## STL/ KANSAS CITY RESOURCES

- **Wigs**
  - Cancer Action at (913) 642-8885 direct the donation or three locations in the greater Kansas City area