



What you can do to prevent breast cancer?

Living healthy is an important way to prevent breast cancer. But you're still at risk even if you do all the right things. That's why early detection is so important. When cancer is found and treated early, you have a better chance of healing. It is not surprising that cancer is one of the biggest health fears for women.

Consider these tips for early detection:

- It is important that you do breast self-exams and have a physician examine your breasts annually. Talk with your doctor if you notice any changes.
- Mammograms are the gold standard for detecting breast cancer and are recommended every year or two for women in their 40's and annually for women age 50 or older.
- Your OB-GYN can also guide you in talking about what lifestyle changes you can make to reduce your risk of developing cancer and alert you to the important warning signs you should watch for that can lead to the early detection of cancer.

Tips to help prevent breast cancer:

- **Develop healthy habits.** Limit alcohol. Eat low-fat foods and lots of fruits and vegetables. Try to stay close to the weight your doctor says is right for you. Exercise regularly.

- **Stop smoking.** When it comes to cancer, tobacco remains the single biggest risk. Smoking is responsible for at least a third of cancer deaths, according to the American Cancer Society.
- **Breastfeed.** If you plan to have a baby, breastfeeding can help lower the risk of breast cancer.

How to talk to your doctor:

Make sure you know your risk factors and follow the tips for early detection. Be sure to see your doctor right away if you notice:

- A lump or thickening on or near your breast
- A change in the size or shape of your breast
- Discharge from your nipple
- A change in the color or texture of the skin on or around your breast

Tell your doctor about your risk factors to find out if you should get mammograms more often.

Northwest Counties: Allen, Auglaize, Defiance, Fulton, Hancock, Hardin, Henry, Lucas, Mercer, Ottawa, Paulding, Putnam, Sandusky, Seneca, Van Wert, Williams, Wood, and Wyandot.

Diagnostic Imaging Centers for Mammograms by County

Allen County

Lima Memorial Hospital
Women's Health Center at
Medical Park
525 Eastown Road
Lima, OH 45807
(419) 998-4497 (Select Option 1)
Mon 7 to 7 PM; Tues 7 to 5 PM;
Wed - Thurs 7 to 6 PM; Fri 7 to
4:30 PM; 1st Sat of month 8 to Noon

St. Rita's Medical Center
730 West Market Street
Lima, OH 45801
(419) 226-9056 (Central Scheduling)
Mon, Wed, Thurs, Fri 7 to 4 PM;
Tues 7 to 6 PM

Auglaize County

Joint Township District Hospital
Women's Imaging Center
200 St. Clair Street
St. Mary's, OH 45885
(419) 394-9599 (Central Scheduling)
Mon 1 PM to 2:45 PM; Tues,
Wed, Thurs 7 to 6:45 PM; Fri 7 to
2:25 PM; Sat 7:15 to 2:45 PM

Defiance County

Community Memorial Hospital
Imaging
208 North Columbus
Hicksville, OH 43526
(419) 542-5582
Mon and Fri Only 8 to 5 PM

Mercy Hospital of Defiance
1404 East Second Street
Defiance, OH 43512
(419) 783-3239
Mon - Fri 7:30 to 4 PM

Fulton County

Fulton County Health Center
725 South Shoop Avenue
Wauseon, OH 43567
(419) 330-2651 (Select Option 1)
Mon - Fri 9 to 4 PM

Hancock County

Blanchard Valley Regional
Health Center
1900 South Main Street
Findlay, OH 45840
(419) 423-5323 (Central Scheduling)
Mon - Thurs 7 to 6:45 PM;
Fri 7 to 5:45 PM

Hardin County

Hardin Memorial Hospital
921 East Franklin Street
Kenton, OH 43326
(419) 675-8181
Mon 1:30 to 5:30 PM;
Wed - Fri 8 to 3 PM

Henry County

Medical Imaging Services
Henry County Hospital
1600 East Riverview Avenue
Napoleon, OH 43545
(419) 591-3830
Mon - Fri 8 to 4 PM; every
other Monday 8 to 6:00 PM

Lucas County

Mercy St. Anne Hospital
3404 West Sylvania
Toledo, OH 43623
(419) 407-1770 (Select Option 2)
Mon, Thurs, Fri 7:30 to 4:30
PM; Tues - Wed 7:30 to 5:30
PM; Sat 8 to 2 PM

Mercy St. Vincent Hospital
Mercy Women's Care
2213 Cherry Street
Toledo, OH 43608
(419) 251-3993 (Option 2)
Mon - Wed 8 to 5 PM; Thurs -
Fri 8 to 3 PM; Sat 8 to Noon

University of Toledo
Medical Center
3000 Arlington Avenue
Toledo, OH 43699
(419) 383-3936
Mon - Fri 8 to 3:20 PM

Mercer County

Mercer County Community
Hospital Imaging
800 West Main Street
Coldwater, OH 45828
(419) 678-5111
Mon - Fri 8 to 3PM; Sat 8 to 3
PM (varies which Sat)

Ottawa County

See Lucas, Sandusky or Wood
County for locations nearest
Ottawa County.

Paulding County

Paulding County Memorial

Hospital
Radiology Department
1035 West Wayne Street
Paulding, OH 45879
(419) 399-1131
Mon - Fri 8 to 3 PM; Sat 8 to 3 PM
(varies which Sat)

Putnam County

See Allen or Hancock County for
locations nearest Putnam County.

Sandusky County

Memorial Hospital Imaging Services
715 South Taft Avenue
Fremont, OH 43420
(419) 334-6605
Mon - Fri 8 to 5 PM; Sat 8 to Noon

Seneca County

Mercy Tiffin Hospital
45 St. Lawrence Drive
Tiffin, OH 44883
(419) 455-7870 (Central Scheduling)
Mon - Fri 7:30 to 4:30 PM;
Tues - Fri 7 PM to 8 PM

Van Wert County

Van Wert County Hospital
Imaging Services
1250 South Washington Street
Van Wert, OH 45891
(419) 238-8642 (Central Scheduling)
Mon - Wed 7:30 to 4 PM; Thurs 10 to
5:30 PM; Fri 6:30 AM to 3 PM

Williams County

See Defiance or Fulton County for
locations nearest Williams County.

Wood County

Wood County Hospital Radiology
950 West Wooster
Bowling Green, OH 43402
(419) 354-8960
Mon 8 to 3 PM; Tues 8 to 7 PM; Wed -
Thurs 8 to 5 PM; Fri 8 to Noon; Sat 8 to
Noon

Wyandot County

Wyandot Memorial Hospital
Radiology
885 North Sandusky Avenue
Upper Sandusky, OH 43351
(419) 294- 4991 (Extension 2243)
Mon - Fri 8 to 4 PM;
Will schedule till 6 PM if needed

Transportation Services, no way to get to one of these centers... Buckeye offers up to 15 round-trip visits (30 one-way trips) per member per 12 month period to covered healthcare/dental (**mammogram**) appointments, WIC appointments, and redetermination appointments with your CDJFS caseworker. Members can call TMS directly 48 hours (2 business days) in advance at 1-866-531-0615 to schedule transportation except for urgent appointments. Urgent appointments will be verified with the provider before transportation is scheduled. Please have your providers name, address and phone number along with the appointment date and time before calling to schedule transportation.