



## 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.*

**Southwest Counties:** Adams, Brown, Butler, Clermont, Clinton, Hamilton, Highland and Warren.

## Diagnostic Imaging Centers for Mammograms by County

### Adams County

Adams County Regional Medical Center  
Imaging  
230 Medical Center Drive  
West Union, OH 45679  
(937) 386-3460  
Mon, Wed, Thurs, Fri 8 to 2 PM;  
Tues 8 to 7 PM

### Brown County

Brown County General Hospital  
425 Home Street  
Georgetown, OH 45121  
(937) 378-7575 (Central Scheduling)  
Mon - Fri 9:30 to 4 PM; Sat 9:30 to 2 PM

### Butler County

McCullough Hyde Memorial Hospital  
Imaging  
110 North Poplar Street  
Oxford, OH 45056  
(513) 524-5555 (Central Scheduling)  
Mon, Wed, Thurs, Fri 8 to 3:30 PM;  
Tues 8 to 5 PM; Sat 8 to 12:30 PM

Mercy Hospital Fairfield Imaging  
3000 Mack Road  
Fairfield, OH 45014  
(513) 956-3729 (Press Option 2 for Patient  
and then Option 1 for Central Scheduling)  
Mon, Wed, Fri 7:40 to 2:30 PM;  
Tues, Thurs 7:40 AM to 7 PM

### Clermont County

Mercy Hospital Clermont Imaging  
3000 Hospital Drive  
Batavia, OH 45103  
(513) 956-3729 (Press Option 2 for Patient  
and then Option 1 for Central Scheduling)  
Mon - Fri 7:30 to 3:30 PM  
Mon, Tues, Thurs, Fri 7:30 to 3 PM;  
Wed 7:30 to 5 PM

### Clinton County

Clinton Memorial Hospital Imaging  
610 West Main Street  
Wilmington, OH 45177  
(937) 382-9595 (Central Scheduling)  
Mon - Fri 7:30 to 3:30 PM

### Hamilton County

Bethesda North Hospital Imaging  
10500 Montgomery Road  
Cincinnati, OH 45242  
(513) 569-6602 (Central Scheduling)  
Mon - Fri 7:20 to 5 PM; Sat 7:30 to 2:40 PM

Deaconess Hospital Imaging Services  
311 Straight Street  
Cincinnati, OH 45219  
(513) 569-2500 (Central Scheduling)  
Mon, Tues, Wed 7:30 to 3:00 PM;  
Thurs 7:30 to 11 AM

Good Samaritan Hospital Imaging  
375 Dixmyth Avenue  
Cincinnati, OH 45220  
(513) 569-6602 (Central Scheduling)  
Mon - Fri 8 to 3:40 PM; Sat 8 to 2:40 PM

Mercy Hospital Anderson  
7500 State Road  
Cincinnati, OH 45255  
(513) 956-3729 (Press Option 2 for Patient  
and then Option 1 for Central Scheduling)  
Mon, Tues, Wed, Fri 7:30 to 4:30 PM; Thurs  
7:30 AM to 8:30 PM; Sat 8 to Noon

### Highland County

Highland District Hospital Mammography  
1275 North High  
Hillsboro, OH 45133  
(937) 393-6266  
Mon, Wed, Thurs 8:30 to 4 PM;  
Tues, Fri 8 to 4 PM

**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.