

Get Healthy Queens!™



Regular Screening Prevents Colorectal Cancer

Colorectal Cancer is the second leading cause of cancer-related deaths in the U.S. Screening tests, like a colonoscopy, can save lives by detecting colorectal cancer early and by finding polyps which can be removed before they develop into cancer. Still, only 50 percent of men and women get screened as recommended.

Who should get screened? If you are 50 or older, or have a family history of colon cancer, see your physician for regular screening. Other risk factors for colorectal cancer include obesity, lack of exercise, smoking cigarettes and drinking alcoholic beverages.

The board-certified gastroenterologists at Mount Sinai Hospital of Queens are committed to the prevention and early detection of colorectal cancer. The Hospital offers a full range of colorectal screening tests in the comfort of our beautiful, state-of-the-art Endoscopy Suite. For more information or to schedule an appointment, call 718.932.0007.

If you are at risk for colon cancer, please join us Tuesday, March 25 at Crescent Tower for a free screening co-sponsored with Queens Breast Health Partnership. Call 1.800.Your.MDS to register today.

MARCH Health & Wellness Events

6 Thursday, 4:00 PM-5:00 PM

Making Sense Of MRSA

Vasa Chirag, MD
Refreshments will be served
Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Patient Resource Room, 1st Floor
25-10 30th Avenue, Long Island City

13 Thursday, 7:00 PM

**For Snorers:
Getting A Good Night's Sleep**

Surinder Malhotra, MD
Registration Required. Call 1-800-Your-MDS
Dutch Kills Civic Association
39-27 28th Street, Long Island City

19 Wednesday, 11:30 AM-1:00 PM

**How Chemotherapy & Radiation
Therapy Works**

George Varsos, MD
Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City

25 Tuesday, 7:00 PM

**Free Colon Cancer Screening:
Reduce Your Risk Of Colon Cancer**

Dinner will be served
Co-sponsored with
Queens Breast Health Partnership
Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City

26 Wednesday, 3:00 PM-6:00 PM

Breast Cancer Screening & Education

George Tsioulis, MD, PhD
Co-sponsored with
Queens Breast Health Partnership
with support from SHAREing & CAREing
By Appointment Only. Call 718-274-0365
No charge to eligible patients
Mount Sinai Queens Physician Associates
27-15 30th Avenue, Long Island City



The Mount Sinai
Hospital
of Queens

THE COMFORT OF COMMUNITY. THE CONFIDENCE OF MOUNT SINAI.