

# 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



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