

SPECIALIST

NEWSLETTER



PARA LEER
THE SPECIALIST
EN ESPAÑOL
ESCANEE
EL CODIGO QR

Issue
07

14pg WHAT IS THE BRCA GENE?

EDITION HIGHLIGHTS

6 Our Approach To Breast Cancer
Read how your team at NYCBS will conquer your breast cancer.

26 How to Do A Breast Self-Exam
How to perform self exams and detect abnormalities sooner.

44 Breast Cancer Myth VS Fact
Discover the difference between the facts and fictions about breast cancer.

NYCANCER.C



CONTENTS

2024 Breast Cancer AWARENESS

A MESSAGE FROM THE CEO

- 06 Our Approach to Breast Cancer
- 09 Tailoring Treatment Plans to Individuals
- 10 Self-Care Habits for Those Battling Breast Cancer
- 12 What to Wear for a Breast Ultrasound & How Does It Work?
- 14 What is The BRCA Gene?
- 16 Why It's Important To Know If You Have Dense Breasts
- 18 Breast Cancer Awareness, PET Scan (Positron Emission Tomography)
- 19 Emotional Stress With Breast Cancer
- 20 Mammography
- 23 The Evolution of Mammograms: From 2D to 3D
- 24 Why You Should Schedule Your Mammogram

Continued After A Message From The CEO



A Message from the

CEO

My Friends,

October marks Breast Cancer Awareness Month, a time when we come together to raise awareness, honor survivors, and reflect on the incredible strides being made in breast health. This Pink Edition is jam-packed with everything you need to know about breast health, from prevention to treatment, and valuable tips on how to feel your best.

Inside, you'll find insightful articles on self-exams, self-care habits, and the latest advancements in breast imaging. We'll take a deep dive into how mammography has evolved, from traditional 2D imaging to today's cutting-edge 3D technology, which offers more accurate and earlier detection.

We'll also cover coping strategies for patients and families, highlighting the strength and courage shown by those affected by breast cancer. For those navigating metastatic breast cancer, we have dedicated content to provide support and information tailored to your journey.

This month, I encourage everyone to schedule their annual mammogram and take proactive steps in maintaining their breast health. Whether it's joining us for a local Breast Cancer Walk, wearing pink to show your support, or spreading awareness in your community, every small action contributes to the fight against breast cancer.

Thank you.

Warm regards,

Dr. V

BREAST CANCER RENEWALS ALWAYS

2024 Breast Cancer AWARENESS

- 26 How to Do A Breast Self-Exam
- 28 Male Breast Cancer Awareness, Breast Cancer Does Not Discriminate
- 29 The Importance of Breast Cancer Screening: Early Detection & Different Breast Imaging Modalities
- 30 Surviving And Thriving After Breast Cancer
- 32 The Importance of Further Breast Cancer Screenings for Women
- 34 Breast Cancer Prevention and Early Detection
- 36 New York Breast Health Opens New Breast Imaging Location in North Massapequa
- 38 DigniCap
- 40 Living With Hope
- 42 Breaking Down the Stigma: Raising Awareness and Understanding of Metastatic Breast Cancer
- 44 Breast Cancer Myth VS. Fact
- 46 Types of Exercises for Breast Cancer Patients
- 48 Not All Patients Are Happy in October
- 51 Join NYCBS in the Fight Against Breast Cancer: Walk with Us!

Our Approach to Breast Cancer

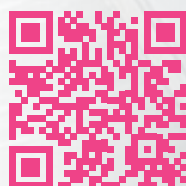
At NYCBS, we understand that a breast cancer diagnosis can be overwhelming, which is why we offer a comprehensive range of treatments and support services to help you and your loved ones navigate this journey. From cutting-edge technology and advanced treatment options to a supportive and compassionate care team, we are here to help.

Our team of specialists specializes in breast cancer treatment and uses the latest advances in medical technology to provide a personalized approach to care. From minimally invasive surgery options to chemotherapy and radiation therapy, we work together to develop a comprehensive treatment plan that meets your specific needs.

When Melissa Kishegyi discovers a novel that prompts her to get a breast screening, she embarks on a new chapter in her own story. After reading about signs associated with inflammatory breast cancer in the book, Melissa decides to see her obstetrician for a screening and is eventually diagnosed with stage III inflammatory breast cancer. Despite undergoing chemotherapy, a double mastectomy, radiation, and reconstruction, Melissa is faced with a second diagnosis of a brain tumor. However, she perseveres through it all and credits her success to the individualized care that she received. Melissa's experience with breast cancer fuels her interest in advocacy and support for breast cancer patients, and she urges everyone to live in the present and make a difference in the fight against cancer.

If you or a loved one has been diagnosed with breast cancer, know that you are not alone. The team at New York Cancer and Blood Specialists is here to support you every step of the way.

Contact us today to schedule an appointment and learn more about how we can help.



**SCAN FOR
MELISSA'S
STORY**



Tailoring Treatment Plans to Individuals

Our strategy to provide the highest standard of patient care focuses on tailoring treatment plans to individual needs by ensuring easy access to a vast network of physicians, providers, and facilities across New York. With hundreds of physicians and surgeons available, including primary care doctors and specialists in cancer care, surgery, urology, robotic procedures, and various forms of radiology, we prioritize proximity and convenience for our patients. By locating our services throughout these regions, we aim to make it straightforward for individuals to receive the specialized care they require without undue travel or delays.

Additionally, our commitment to personalized care extends to specialized infusion services delivered through a network of infusion centers. These centers are equipped to manage a wide range of infusion needs, from treatments for conditions such as Crohn's disease, multiple sclerosis, and iron or vitamin deficiencies, to chemotherapy, hormonal therapies, IV antibiotics, and hydration for chronic illnesses. By offering comprehensive infusion options within our accessible network, we ensure patients receive these crucial treatments in a comfortable and convenient environment, tailored to their specific medical requirements.

The initial phase in tailoring personalized medical care starts with ensuring no immediate life-threatening issues are present. In the case that such a critical condition is discovered, our extensive network of regional hospitals comes into play. We maintain close relationships and privileges with these facilities, ensuring they are well-informed about our patients' needs for inpatient services.

For screening services like lung, breast, prostate, and colorectal cancer, we begin with a thorough risk assessment, helping us determine whether someone falls into categories of average, intermediate, or high risk for these cancers. Depending on the risk level identified, we customize our approach to screening, which may involve utilizing advanced techniques such as specialized CT scans, MRI scans, or sophisticated genetic testing, and other blood tests. This personalized approach ensures that each individual receives screening specifically suited to their unique medical needs and potential risks.

When patients first meet with their primary care physician, we systematically record their medical history, detailing symptoms from all organ systems. A comprehensive clinical examination follows, comparing findings with the patient's reported history. We prioritize areas where the patient may not be experiencing optimal health and delve deeper if there are indications of potential issues beyond normal health parameters. This personalized approach recognizes the uniqueness of each patient, ensuring that diagnostic investigations are tailored to their specific needs and circumstances.

Following and during investigations to address medical concerns, we ensure continuous follow-up through our advanced scheduling and call center facility. This sophisticated system manages over a million patient communications, seamlessly integrating with medical and scheduling records. It's designed to accommodate our patients' unique lives and schedules of our patients, minimizing the risk of missed appointments or unfulfilled rescheduling. This proactive approach not only supports the individuality of each patient but also safeguards the quality of their medical care, ensuring they receive timely and personalized attention throughout their treatment journey.

Our level of tailoring to the patient's unique self is unprecedented.

Photo by FreePik

Self-Care Habits for Those Battling Breast Cancer

Facing breast cancer is challenging both physically and mentally. Prioritizing self-care during treatment supports your health and helps you navigate this journey with resilience.

Prioritize Rest

Getting enough rest is crucial during treatment. Quality sleep aids healing, strengthens your immune system, and enhances your mood and energy levels. Consider a calming bedtime routine, like reading or meditating, to improve sleep quality.

Nourish Your Body

A balanced diet fuels your body, supports your immune system, and helps manage treatment side effects. Incorporate fruits, vegetables, whole grains, and lean proteins to stay strong. A dietitian specializing in cancer care can help tailor a plan to your needs.

Express Through Journaling

Journaling provides an outlet for processing emotions and relieving stress. Writing down your thoughts can help you manage the emotional challenges of treatment, track progress, and recognize personal growth.

Cherish Time with Loved Ones

Spending time with family and friends offers comfort and strength. Whether sharing a meal or simply being together, these moments remind you that you're not alone and provide the encouragement to face each day with hope.

Stay Active in Your Own Way

Maintaining physical activity during treatment boosts both physical and mental health. Gentle activities like yoga, walking, or stretching can reduce fatigue and improve mood. Consult your healthcare team to create a safe exercise plan that suits you.



What to Wear for a Breast Ultrasound & How Does It Work?

When it comes to medical imaging, understanding what to expect can ease a lot of the anxiety associated with the process. A breast ultrasound is a common and painless procedure used to examine breast tissue. Knowing what to wear and how the procedure works can make your experience smoother and more comfortable.

What is a Breast Ultrasound?

A breast ultrasound is an important tool that helps your doctor assess your breast health. It uses high-frequency sound waves to create pictures of the inside of your breasts. This imaging is helpful in finding and assessing various breast health issues, including cysts, tumors, and other abnormalities. This type of imaging is often recommended when potential issues are detected during your mammogram or when changes are felt on a physical breast exam. Getting a breast ultrasound when your doctor recommends it is crucial for maintaining your health.

How Does a Breast Ultrasound Work?

During a breast ultrasound, a device called a transducer emits sound waves that penetrate the breast tissue. These sound waves bounce back to the transducer, which converts them into real-time images displayed on a monitor. The procedure typically lasts between 5 to 45 minutes and is painless, though you might feel some pressure from the transducer.

What to Wear for a Breast Ultrasound

Choosing the right clothing can make the process more comfortable and efficient. Here are some tips on what to wear for your breast ultrasound appointment:

- Wear a two-piece outfit so you can easily remove your top. This allows you to undress from the waist up without having to take off your entire outfit.
- Opt for loose-fitting, comfortable clothing. Avoid tight tops or dresses that can be difficult to remove.

01

When you arrive for your breast ultrasound, you will be asked to undress from the waist up and put on a medical gown. You will then lie on your back on an examination table, possibly with your arm raised above your head to fully expose the breast area. When looking at the outer areas of the breast, the technologist may ask you to slightly adjust onto your hip during evaluation. The technician will apply a warm, water-based gel to your breast to help the transducer make secure contact with your skin and improve the transmission of sound waves. The transducer will be moved over your breast, capturing images from various angles.

The Importance of Breast Cancer Screening

Breast cancer is a serious health concern that impacts millions of women. Breast cancer screening is necessary to detect the issue as early as possible. Early intervention is key when it comes to a breast cancer diagnosis. A mammogram is the most effective tool for detecting breast cancer. In many cases, you don't need additional testing beyond regular mammograms. However, women who have dense breasts or suspicious masses during their mammogram may need a breast ultrasound. A breast ultrasound can provide your doctor with more data to help you make informed decisions about your health.

If you have any concerns or questions about your upcoming breast ultrasound, don't hesitate to reach out to your healthcare provider for more information. Contact us if you are due for a mammogram!



WHAT IS THE BRCA Gene?

What is the BRCA Gene?

Early detection is vital for the best treatment possible when it comes to breast cancer. While at-home breast exams and routine mammograms (based on age) are more widely known, genetic testing for those with a high-family risk can also be considered.

If you already have a high rate of breast cancer in your family, you may have heard of the BRCA gene (often called the Breast Cancer Gene) but might not know the role it plays in your risk of developing breast cancer.

What is BRCA?

When breast cancer is inherited, it's often associated with an abnormal gene. Known as the BRCA gene and is identified as BRCA1 and BRCA2, these genes themselves do not cause breast cancer and are present in all humans. When working properly, the genes can help prevent breast cancer by helping repair DNA breaks (which often lead to cancer or tumor growth).

What do BRCA Mutations Predict?

When an abnormal change or mutation is present (inherited from the mother or the father's side), there will be a much higher chance of developing not only breast cancer but ovarian cancer, too. The percentage that carries this mutation is small, but when present, it does impact your cancer odds and can be passed down to your offspring.

Knowing Your BRCA Mutation Risks

Not only does having a mutation of both the BRCA1 and BRCA2 genes increase your chance of getting cancer, but it can also increase your chances of an early diagnosis and may have a higher-than-average chance of developing other cancers. For some, it might mean a more aggressive form of cancer, too. Though the mutation can seem to bring alarming risks, it can be tested for, and just a small percentage of those diagnosed with cancer have these mutated genes.

Breast Cancer FACTS

Breast cancer is the second leading cause of cancer death in women. (Only lung cancer kills more women each year.) The chance that a woman will die from breast cancer is about 1 in 39 (about 2.5%). Breast cancer death rates have been decreasing steadily since 1989, for an overall decline of 43% through 2020.



Why it's important to know if you have Dense Breasts

Knowledge is a powerful tool when it comes to your health, and knowing whether you have dense breasts is a crucial piece of the puzzle. It can influence how you approach breast cancer screening and early detection, ultimately impacting your overall breast health outcomes.



Breast density refers to the composition of your breast tissue as seen on a mammogram. It is determined by the ratio of fibrous and glandular tissue to fatty tissue. Essentially, breasts can be categorized into four density levels based on how much of these different types of tissues are present:

Almost entirely fatty: This category indicates that the breasts have a higher proportion of fatty tissue and a lower proportion of dense tissue.

Some areas of scattered density: This indicates that there are some regions of increased density scattered throughout the breast.

Evenly dense: This means that the breast tissue has a fairly uniform density throughout.

Extremely dense: In this category, the breasts have a high proportion of dense fibrous and glandular tissue.

Dense breasts are associated with a slightly higher risk of developing breast cancer. The increased density can make it more difficult to detect potential abnormalities like tumors and calcifications on mammograms. It's important to note that breast density is just one of several factors that contribute to breast cancer risk.

The dense tissue in the breast can mask the presence of tumors and other anomalies, making them harder to detect through routine screening methods like mammograms. This can delay the diagnosis and treatment of breast cancer, potentially leading to more advanced stages of the disease.

Knowing your breast density can help your healthcare provider tailor your breast cancer screening approach. Women with dense breasts might benefit from additional imaging methods, such as ultrasound or magnetic resonance imaging (MRI), which can be more effective at detecting abnormalities in dense tissue.

If you are over the age of 40 and undergoing regular mammograms, it's crucial to inquire about your breast density. Don't be afraid to ask your healthcare provider directly whether you have dense breasts or not. This information is vital for making informed decisions about your screening regimen.

Remember that breast density isn't solely determined by age or genetics. Women of any age and background can have dense breasts. Factors such as hormonal status (e.g., pregnancy, breastfeeding), body weight, and hormone replacement therapy can all influence breast density.

As we raise awareness about the significance of breast density, let's join together on World Dense Breast Day to promote early detection, informed decisions, and improved breast health for all.

Breast Cancer Awareness, PET Scan

(Positron Emission Tomography)

Breast cancer is the most common cancer in American women. Currently, the average risk of a woman in the United States developing breast cancer is about 12%. This means there is a 1 in 8 chance she will develop breast cancer.

Breast cancer is also the second leading cause of cancer death in women. The chance that a woman will die from breast cancer is about 1 in 38 (about 2.6%). Men may also develop breast cancer, but is much less likely than women.

Breast Cancer Awareness: PET Scan Can Help with Early Detection

Early detection is the key, as it is best treatable in the beginning. Mammography has helped reduce breast cancer mortality in the U.S. by nearly 40% since 1990. Mammograms can also prevent the need for extensive treatment of advanced cancers and improve chances of breast conservation.

New York Cancer & Blood Specialists offers the latest in breast cancer detection with our Positron Emission Tomography (PET) scanner. PET represents the latest innovation in nuclear medicine, merging cutting-edge medical science with comprehensive computer technology. While X-rays, MRI's, CT's, and mammograms are limited to visualizing actual damage to the body's anatomical structure, PET focuses on the body's metabolic process, allowing for the detection of disease long before any damage occurs.

With a single session, PET can help facilitate cancer treatment of the lungs, prostate, breast, colon, head and neck, pancreas, esophagus and ovaries.



Emotional Stress With Breast Cancer



No matter the form, type, or stage, hearing the word cancer can be scary. A cancer diagnosis is never easy. Even breast cancer treatment can lead to distress, especially when the proper support is not available. It's important to know you are never alone and that it's ok to feel distressed.

Understanding It's An Adjustment

Whether you're going through a week of treatment, surgery, or experience cancer for a second or third time, the process will always be an adjustment. Isolation can be common, but making gradual changes or being open with those around you can help ease that feeling of loneliness.

Telling Those You Love

One step that can feel challenging to many diagnosed with breast cancer is when to tell those they love the most or how they will let their employer know. You might fear how they will treat you or how they will react. However, you decide to tell those you love, or who you decide to tell, that it's a brave choice and that it's best to start with basic facts, diagnosis, and your treatment plan so that conversation and questions can progress on a natural level. Just remember there is no right or wrong on who you tell and when.

Finding Common Ground

It's never a bad idea to find those who have had similar experiences. Many survivors are willing to share their feelings, journey, and time which helps bring that sense of community to those who need it. Your care team can help set you up with support groups.

Knowing Your Resources For Help

No matter what your stage of breast cancer is, there are always resources available to help you. Reach out to your care team so you can get the proper resources you need.

Mammography

Our state-of-the-art treatment center combines diagnostic imaging, cancer support services, and women's health, all under one roof.

NY Breast Imaging is dedicated to breast health, including preventing, detecting, and treating breast cancer. We offer the most comprehensive breast imaging services with advanced 3D mammography, breast ultrasound, and breast MRI equipment.

Our board-certified radiologists are leaders in the field of breast imaging, working closely with a multidisciplinary team of specialists to provide the highest quality and most personalized care possible.

Our Services

Breast Biopsy - A breast biopsy is a procedure to remove a sample of breast tissue for testing, which is sent for testing to provide a diagnosis.

Breast MRI - Magnetic resonance imaging (MRI) of the breast uses radio waves to produce detailed pictures of the structures within the breast. MRIs screen women at high risk for breast cancer, evaluate the extent of cancer following diagnosis or further evaluate abnormalities seen on mammography.

Breast Ultrasound - Uses sound waves and their echoes to make computer pictures of the inside of the breast

3D Mammography - Mammograms are low-dose x-rays that can help find breast cancer. Our services include digital screening and diagnostic mammography. This state-of-art-technology will ensure that you receive the most effective imaging possible.



Learn more about
mammography here.

Our Physicians



Dr. Corinne E. Tobin is a board-certified and fellowship-trained breast imager with over 25 years of experience in the field.



Dr. Tiffany M. Newman is a board-certified breast radiologist specializing in all aspects of women's imaging, thyroid biopsy procedures.



Dr. Krystal Airola is a board-certified fellowship-trained radiologist with experience in breast imaging. She has devoted her training and career to serving patients and aims to provide personalized, quality care.



Dr. Tiffany M. Newman is a board-certified Breast Imager, specializing in Breast Imaging and Pediatric Radiology.



Dr. Stacey Gandhi is a board-certified breast imaging radiologist and serves as Breast Imaging Director.



Dr. Kristine Pysarenko is a fellowship-trained breast imager with experience in all aspects of breast imaging.



Dr. Julian Safir is a board-certified radiologist with over 27 years of experience. Dr. Safir received his Doctor of Medicine from the University Of Maryland.

The Evolution of Mammograms:

From 2D to 3D

Annual mammograms are a basis of women's health, particularly for those aged 40 and older. These screenings are significant in the early detection of breast cancer, greatly enhancing the chances of successful treatment and survival. Over time, mammogram technology has advanced considerably, with the transition from 2D to 3D imaging representing a major leap forward in women's health.

A mammogram is a specialized X-ray examination designed to detect cancer, tumors, or other abnormalities in the breast. Historically, mammograms have been performed using 2D imaging, which provided a flat, two-dimensional view of the breast tissue. While 2D mammograms were a significant advancement in their time, technology has since progressed to offer more detailed and accurate imaging.

In the early days, 2D mammograms were the standard method for breast cancer screening. They involve capturing X-ray images of the breast from two angles: the top and the sides. This technique offered a basic yet effective means of detecting potential abnormalities by providing a detailed view of breast tissue. However, 2D mammograms have limitations, particularly in visualizing the full extent of breast tissue and detecting issues in dense tissue.

The advent of 3D mammography marked a significant advancement in breast imaging technology. Unlike traditional 2D mammograms, 3D mammograms—also known as digital breast tomosynthesis—capture multiple low-dose X-ray images of the breast from various angles. These images are then reconstructed into a detailed, slice-by-slice view of the breast tissue.

This modern technique allows for a more comprehensive examination, enhancing the detection and analysis of potential abnormalities. The ability to view breast tissue in three dimensions helps overcome the limitations of dense tissue, which can sometimes obscure issues in 2D images. As a result, 3D mammograms improve the likelihood of early detection and are becoming the new standard in breast cancer screening.

While 3D mammograms offer numerous benefits, including greater accuracy and fewer false positives, they may not always be covered by insurance unless there is a family history or increased risk of breast cancer. However, their increasing availability and effectiveness make them a valuable tool in modern breast cancer detection.

To schedule an appointment or learn more about the latest advancements in mammography, call (833) 269-4624.

Why

You Should Schedule Your Mammogram



Did you know you don't need a referral or prescription from your doctor to get a mammogram? It's true! Women over 40 who are not experiencing symptoms can take the initiative to schedule their annual mammogram.

Why is this important? Annual mammograms are the best tool for early detection of breast cancer, and most cancers detected by mammography have no symptoms.

Recently, the United States Preventive Services Task Force (USPSTF) issued new recommendations for breast cancer screening. These recommendations lowered the age at which women should start screening from 50 to 40 years old. They also recommend screening mammograms every other year from ages 40 to 74.

Why are these recommendations important? It's important to understand that there isn't a consensus on screening guidelines, as different organizations weigh the benefits of screening against potential harms like false positives and overtreatment. These differences highlight the unique perspectives and approaches of each organization. While the USPSTF's recommended

age change to 40 is significant progress toward a consensus, some experts believe annual screening is critically important. Annual screening improves the chance of a cure, reduces the need for extensive treatments, and ultimately enhances the quality of life for women diagnosed with breast cancer.

If you are in your 40s and haven't started screening, it's essential to have a conversation with your doctor about your personal risk for breast cancer and determine an ideal screening schedule during your next appointment. On the other hand, if you're under 40, it's recommended to have a breast cancer risk assessment by age 25. This assessment, especially for Black women and women of Ashkenazi Jewish ancestry, helps identify individuals with a higher risk for the disease and may warrant earlier screening.

Ultimately, stay informed about the latest screening recommendations, consult your healthcare provider, and be proactive in monitoring your breast health. Pay attention to any changes in your breasts and report any suspicious findings to your doctor. By taking control of your health and being proactive about screenings, you empower yourself with knowledge and increase the chances of early detection, which can save lives.

Remember, your health is a priority, and scheduling your mammogram can make a significant difference in detecting breast cancer early.

How to Do A Breast Self-Exam

A breast self-exam allows you to detect changes in your breasts from home. When you regularly check your breasts and become familiar with how they look and feel, you're better able to notice when changes occur.

Breast self-exams don't replace the need for mammograms and definitely aren't as effective at screening for breast cancer, but they may help you notice breast changes that you can report to your doctor. According to the Mayo Clinic, breast self-exams aren't the most dependable way to detect breast cancer, but may help women detect lumps and other changes.

Here's how to do a breast self-exam (both visually and manually) and what you'll want to look out for:

Visual exam in front of a mirror

Without wearing a shirt or bra and with your arms at your sides, take a close look at both of your breasts in the mirror. Keep an eye out for:

- **Changes to the shape, size, or symmetry of your breasts**
- **Swelling**
- **Dimpling or puckering of the skin**
- **Changes to your nipples, such as the skin turning red, sore, scaly, or flaky**
- **Inverted nipples (this means the nipple is pushed inwards)**
- **Discharge from either of your nipples**
- **Lump near your underarms**

Next, raise your arms above your head and visually inspect for those same changes. Last, place your hands on your hips, flex your chest muscles, and look for the same changes.



Manual exam

Two of the most common ways to do a manual exam are either in the shower or while lying down on a flat surface.

Lying down

Using your right hand to check your left breast and your left hand to check your right breast. Keep your fingers flat and together, use a firm but gentle touch to press down with the pads of your three middle fingers and move them in a circular motion or up and down. You'll want to make sure to cover all areas of your breast, your underarms, and anywhere in between.

As you do so, use varying amounts of pressure on each spot—light pressure to check the breast tissue closest to the skin, firm pressure for the area closest to your ribs and chest, and medium pressure for the breast tissue in between. It's also important to squeeze your nipples, checking for discharge and lumps.

While standing or sitting

Many women prefer to do this type of self-exam from the shower because water on the skin makes it a bit easier. You'll want to follow the same approach as outlined above for someone who is lying down. Be sure to cover all areas of your breasts and underarms.

When to do a breast self-exam?

Breast self-exams are most helpful when done routinely, so aim for once a month or so. For women who menstruate, the best time to do a breast self-exam is the week in your cycle after you stop menstruating. Fluctuating hormone levels throughout your cycle can cause changes to the breast tissue, and the week after you're bleeding tends to be when the breasts are less tender. If you're not menstruating, any day throughout the month is okay.

What to do if you find a lump?

If you notice a lump or some other change during a breast self-exam, try your best not to panic. Changes in your breasts don't necessarily mean you have cancer—sometimes breast lumps exist simply because of hormonal changes or other harmless conditions. But you should make an appointment with your doctor so they can take a closer look and send you for any additional screenings and imaging tests needed to determine what's going on.

If you have any questions about how to do a breast self-exam, your doctor can demonstrate the proper technique for you. If your vision is impaired, you may want to ask a friend or family member for help.

Male Breast Cancer Awareness, Breast Cancer Does Not Discriminate

October is widely known as breast cancer awareness month. But, something not widely known about breast cancer is that men can also get breast cancer.

While men developing breast cancer is rarer than women, it is not unheard of. The risk of being diagnosed with breast cancer as a man is about 1 in 1,000, but that risk still exists. Breast cancer does not discriminate.

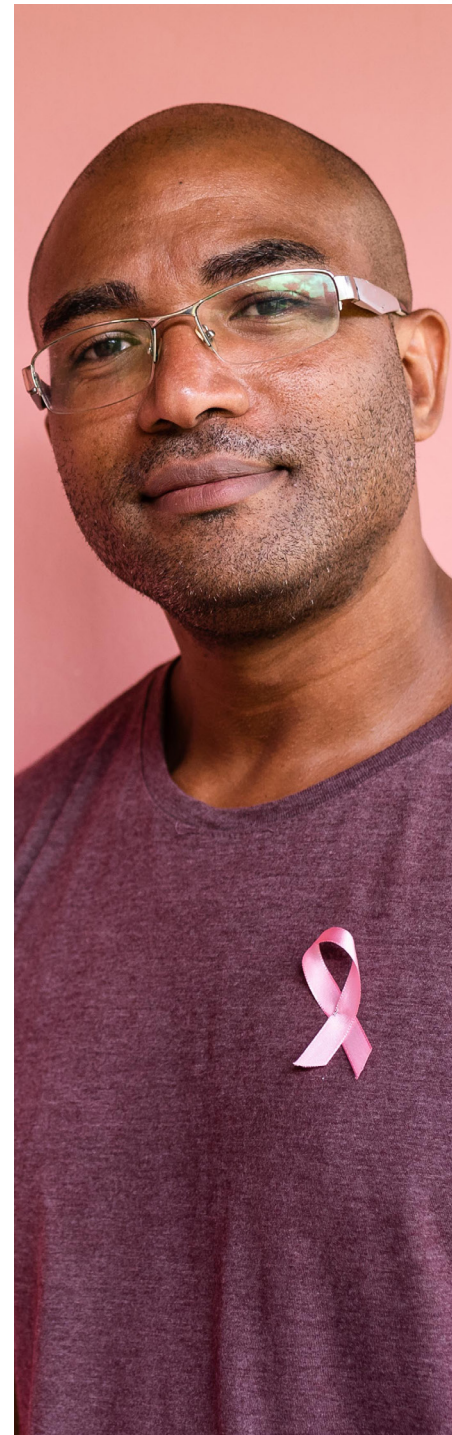
Most of the symptoms for a man who is diagnosed with breast cancer are the same for women who are diagnosed. Some of these symptoms include a painless lump or thickening in the breast tissue, changes to the skin covering the breast, such as dimpling, puckering, redness or scaling, changes to the nipple, such as redness or scaling, or a nipple that begins to turn inward and discharge from the nipple.

While there is no apparent cause for male breast cancer, some men may be at a higher risk. Some factors that make you more susceptible are old age, exposure to estrogen, a family history of breast cancer, liver disease, obesity, testicle disease, and Klinefelter's syndrome.

When it comes to having a family history of breast cancer, one specific gene that results in a higher risk is the BRCA gene. The BRCA gene increases a man's chances of being diagnosed with breast cancer by about eight times greater than average.

Men are more often diagnosed with breast cancer at a more advanced stage due to a lack of awareness and information surrounding male breast cancer. Therefore, men need to know what normal male breast tissue feels and looks like on themselves.

Even though breast cancer in men is rare, it still happens. So especially if you are a man with the BRCA gene, it is important to complete regular screenings and maintain a healthy lifestyle.



The Importance of Breast Cancer Screening: Early Detection & Different Breast Imaging Modalities

Regular breast screenings are so important due to the severity and commonality of breast cancer. One in eight women will be diagnosed with breast cancer, and one in thirty-nine women will die from breast cancer. Most doctors recommend starting breast screening at forty; this first step is called a mammogram.

A mammogram is a form of breast compression in which a doctor will compress your breast and perform an x-ray, looking at the breast tissue. It usually takes a few weeks to thirty days to receive your mammogram results.

While most women feel like having a mammogram can be uncomfortable, it is also essential for early detection. If your mammogram returns normal, it is still important to continue with regular mammograms. However, if your results come back abnormal, you may be referred to a breast specialist. This does not always mean cancer.

When referred to a breast specialist, they will perform another type of breast imaging: a breast ultrasound. This technique uses sound waves to see images of breast tissue. The information gathered from this imaging can help radiologists determine how suspicious the findings in your breast are.

When diagnosed with breast cancer, doctors may use even more types of breast imaging, including an MRI. This provides the most detailed image of the breast, including 3-D imaging, which is used in planning and evaluating the breast.

While many women are diagnosed with breast cancer after symptoms appear, many women are also diagnosed when experiencing little to no symptoms. This is why scheduling regular breast screenings is important, regardless of the risk. When breast cancer is detected early and is still localized, the five-year survival rate is 99%, and early detection and regular screenings can save your life!

SURVIVING AND THRIVING

AFTER BREAST CANCER

At New York Cancer & Blood Specialists (NYCBS), we understand the impact breast cancer can have on a woman's life, including her dreams of fertility and family planning. For many women, motherhood is an essential part of their life journey, and a breast cancer diagnosis can disrupt these deeply meaningful aspirations. Among women with hormone receptor-positive breast cancer, concerns about becoming pregnant and thereby increasing the risk of breast cancer recurrence can greatly affect decisions about family planning.

The POSITIVE (Pregnancy Outcome and Safety of Interrupting Therapy for Women with Endocrine Responsive Breast Cancer) trial, published in the New England Journal, focuses on important quality-of-life issues that affect women who are survivors of breast cancer. The trial specifically centered around women aged 42 or younger, who had been diagnosed with Stage I-III cancer, received endocrine therapy (tamoxifen or aromatase inhibitor) for a minimum of 18 months after surgery, undergone fertility preservation or not, and had no clinical evidence of disease recurrence.



Dr. Yelda Nouri



“Not only can women conquer their disease, but they can thrive and succeed in all aspects of their personal life,” said Dr. Yelda Nouri, an oncologist and breast specialist at New York Cancer & Blood Specialists (NYCBS).

The POSITIVE trial concluded that temporary interruption of endocrine therapy to attempt pregnancy did not lead to an increased risk of breast cancer recurrence compared to an external control group.

Dr. Nouri advises, "While longer follow-up is needed, this is certainly a positively motivating step in the right direction for many women!"

NYCBS is committed to providing comprehensive care and support to our patients. Our team of breast specialists offers a wide range of services, including surgical and medical oncology, advanced breast imaging, genetic testing, nutritional guidance, psychosocial support, and survivorship services. straws or medications.

To schedule an appointment or learn more about our breast cancer and screening services, please call 1-833-CANCER9. For more information, visit nycancer.com

The Importance of Further Breast Cancer Screenings for Women



Dr. Corinne Tobin

Breast Cancer Awareness Month helps women prioritize their annual mammograms for early breast cancer detection. The American College of Radiology recommends that women at average risk start scheduling yearly mammograms at age 40. Additionally, women at greater risk should be aware that further screening beyond mammography may be needed, and should begin screening between 25 and 30 depending on their individual risk.

It is important for those with certain risk factors including genetic predispositions, strong family history, dense breasts, and prior chest radiation exposure to inquire about obtaining additional breast screening.

“Women should empower themselves to be in control of their own health care, and know what questions to ask their physicians” said Dr. Corinne Tobin, Chief of Breast Imaging at New York Breast Health. She continued, “They should, with their physicians, go through their medical profiles and see if they are a candidate for supplemental breast cancer screening.” These supplemental breast screening modalities include breast MRI and breast ultrasound.



Dr. Yelda Nouri

The two types of risk assessment tools most often used to determine if a woman is a candidate for supplemental breast imaging are the Gail Model and the Tyrer Cuzick Model. These tools ask women crucial questions including family history, reproductive history, breast biopsy history, etc., with the Tyrer Cuzick Model additionally asking for history of genetic mutations and second degree relatives who have breast cancer. While these assessment tools are available online, it is recommended that patients complete these with their provider who is most familiar with their health history.

“These tests would typically be done with a patient’s doctor,” said Dr. Yelda Nouri, medical oncologist and hematologist at New York Cancer & Blood Specialists (NYCBS). She continued, “It’s important for these doctors to know that these tools are available which can help bring awareness to the patients.” Currently, the only

general recommended guidelines for women are to do a breast self-exam and an annual digital mammography beginning at age 40.

Dr. Nouri notes a few different specific risk factors to be mindful of which may indicate the need for screening for a woman before age 40: Those who have a lifetime risk of 20% or greater due to family history, genetic predisposition including BRCA 1 and BRCA 2 genes or PAL B2, patients with a known diagnosis of Atypical lobular hyperplasia (ALH), prior radiation therapy, and a five-year risk of invasive breast cancer based on the Gail Model.

To make an appointment at NYCBS, please call 1-833-CANCER-9.

Breast Cancer

Prevention and Early Detection



October is Breast Cancer Awareness Month. It is a time to sport your pink ribbons in support of all those who have fought, are fighting, or have lost their battle to breast cancer. However, though the most significant risk of breast cancer is female, it is not genderless cancer, and men are at risk too. When it comes to breast cancer, here's everything everyone should know to help aid in early prevention:

When Should Screening Start?

It's estimated that women who get regular breast cancer screenings increase their chance of survival by around 47 percent. Yet, breast cancer is still the second leading cause of cancer death among women in the United States. When to screen will depend on your age and family history. The average year to start a yearly mammogram is between 40 and 44 and will decrease as you age.

Factors That Increase Your Need For Screening

Average risk is defined as those who have no symptoms, no history of breast cancer (personally or in your family history), or those who have no history of mantle radiation. However, if you have any of the above, you may be at an above-average risk for breast cancer. Some other reasons that can increase your risk include:

- History of atypical hyperplasia
- History of lobular carcinoma in situ

Genetic predisposition such as a BRCA mutation

Depending on your risk factors, mammograms might begin earlier than 40 years of age, while others might require breast MRIS or ultrasound if dense breast tissue is present. For those who have a strong family history of this disease, genetic testing may help you better understand your risk factors; high-risk patients may start mammograms as early as 25 years of age. However, no matter your genetic makeup, at-home checks should occur monthly about 3 to 5 days after your period — but are not limited to just women.

The Importance of At Home Checks for All

Before screenings even begin, it's important to do monthly at-home checks. Though this is often educated and pushed to females, men should often do them as well. Beyond feeling for lumps and or any changes, you'll also want to look for signs of fluid coming from the nipples, changes in the skin such as dimpling or pucker, redness, rash, or swelling.

Men should often check by placing their fingers flat against the breast to push firmly in a small, clockwise circle, starting at the outermost top edge and working towards the nipple, and ideally looking for any lumps, bumps, or changes in the skin. Finally, check both nipples for discharge or change of appearance.

If anything feels off or different, contact your doctor for a more detailed examination.

New York Breast Health

Opens New Breast Imaging Location in North Massapequa



New York Breast Health is proud to announce the grand opening of its newest state-of-the-art breast imaging center, located at 1061 North Broadway, First Floor, North Massapequa, NY 11758. The site will offer cutting-edge mammography and ultrasound services, providing everyone with access to the latest technology in breast care.

“We are proud to bring this important facility to the Massapequa community,” said Jeff Vacirca, MD, CEO of New York Breast Health. “Our mission has always been to provide the highest level of care to women, and with this new center, we’re making advanced breast imaging more accessible than ever before. Early detection is critical, and this location will ensure that women in the area have the best possible resources to protect their breast health.”



The North Massapequa location will feature advanced 3D mammography, which offers clearer, more detailed images, improving early detection of breast cancer. Additionally, breast ultrasound will be available to complement mammography, especially for women with dense breast tissue, allowing for more comprehensive breast health evaluations.

“We’re committed to offering state of the art imaging technology and a staff of highly skilled breast imaging specialists as we strive toward our goal of early breast cancer detection. Our focus is always on providing personalized care and supporting women through every step of their breast health journey,” said Dr. Corinne Tobin, board-certified and fellowship-trained breast imager.

This Massapequa location is an important expansion for NYBH, aligning with its mission to provide compassionate, patient-centered care with the latest medical advancements. With a convenient location and expert providers, the new facility is a valuable resource for the community.

To schedule an appointment, call (833) 269-4624.



DigniCap

What is Scalp Cooling?

Hair loss is a prevalent and worrisome side effect of chemotherapy. Scalp cooling is a clinically proven way to minimize chemotherapy-induced alopecia and help patients retain hair during treatment. By lowering a patient's temperature, less blood flows to the scalp. Consequently, less chemotherapy is able to reach the hair cells. The cells that do not receive a full dose of chemotherapy are more likely to survive treatment.

How does it work?

There are two reactions that occur when the scalp is cooled. As the blood flow is reduced, vasoconstriction occurs. This limits the amount of chemotherapy agents that can reach the hair follicles. The second reaction that occurs is reduced metabolism. The low scalp temperature decelerates cellular activity. These reactions working in tandem limit the amount of chemotherapy that can access the hair follicles.

DigniCap Scalp Cooling System

The DigniCap is run by a computerized cooling unit. This unit is managed via a touch screen display. A coolant continuously circulates through the channels in the caps. What sets DigniCap apart from other cooling systems, are the patented sensors that continuously regulate the scalp temperature throughout the treatment.

The software is designed to detect temperature deviations and makes adjustments based on sensor feedback. The gentle cool-down from room temperature to the target temperature provides a comfortable experience for the patient. In addition to continuous direct contact for cooling, there are four different cap sizes for a perfect fit. The cap is easily removable for bathroom breaks and has a built in sensor that prevents it from going under 32 degrees Fahrenheit.

Research

Many academic journals have published that the DigniCap Scalp Cooling System is a risk-free and successful way to prevent hair loss in chemotherapy patients with solid tumors. Out of a study testing 226 chemotherapy patients with solid tumors, 65% did not lose a significant amount of hair.

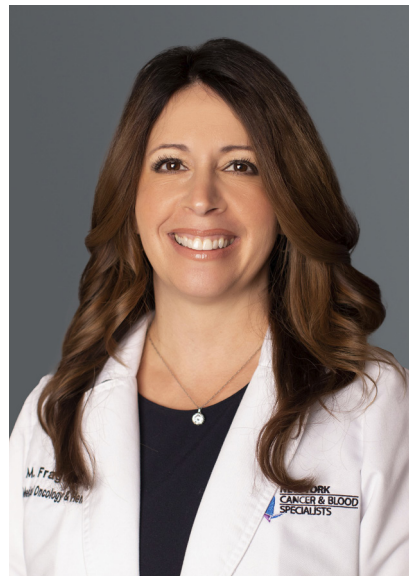


The DigniCap intercepted hair loss in 66% of breast cancer patients. On the other hand, all the patients in the control group experienced a considerable amount of hair loss. The treatment was received well and no scalp metastases were noted.

Many patients wish to know if there is a high correlation between DigniCap users and metastases in the scalp. Metastasis is when cancer spreads from the primary location to a secondary location on the body. A 2017 study published that breast cancer patients using the DigniCap were not less or more likely to develop metastases compared to the chemotherapy patients who were not using scalp cooling methods.

LIVING WITH HOPE

By MaryAnn Fragola, DNP, ANPc, ACHPN
Clinical Director of Supportive and Palliative Care



Patients with metastatic breast cancer and their families have complex needs. Because the overall survival of metastatic breast cancer patients is often prolonged, palliative care should be introduced at the time of diagnosis and is an integral part of overall cancer care. These patients typically undergo multiple lines of therapy, which can diminish their overall quality of life. Using a team approach to care and focusing on early symptom management is integral for optimizing their quality of life.

Management of metastatic disease depends on specific patient symptoms, including the location of the metastases, the burden of disease, previous treatments, and underlying comorbidities. Pain,

shortness of breath, cough, diarrhea, loss of appetite, fatigue, insomnia, and neuropathy are some physical symptoms that metastatic breast cancer patients may experience. Psychosocial issues, including anxiety, depression, nervousness, and spiritual distress, are also common.

In addition to psychological syndromes, existential issues are important to recognize. For patients with advanced cancer, these may include concerns related to hopelessness, meaninglessness, disappointment, guilt, death anxiety, and personal identity disturbances. Existential distress is defined as the psychological turmoil individuals may experience in the face of imminent death, which threatens individuals on a physical, personal, relational, spiritual, or religious

level. In patients, existential distress has been shown to lead to increased levels of depression, hopelessness, and desire for hastened death.

In the setting of advanced cancer, having hope remains important. As a palliative provider, I often attempt to focus on hope- patients hope for time, hope for treatment tolerance, hope to maximize the quality of their life, hope for strength for their caregivers and family, hope that as one approaches the end of one's days that there is a feeling of acceptance and not fear, and hope for a peaceful and dignified death without suffering. Hope can be a powerful protector and allow patients with advanced diseases to continue tolerating disease-modifying therapies. It is an essential component of our well-being, and even small moments of hopeful mindfulness can be impactful to patients and change the focus of their day. Some studies have even suggested that increased levels of hope can benefit patients in coping with their diagnosis, help with pain and symptom management, and may even impact survival.

The metastatic breast cancer patients I encounter are so grateful for the many treatment options, the team involvement and the overall support they receive. In speaking about hope, I explain that the mind frame of "living with metastatic breast cancer" needs to replace some of the fear associated with their cancer diagnosis because they are doing just that! They are living day by day, exuding strength some of us could never imagine because they are strong and determined. As a palliative provider, I am so grateful to be able to be part of their journey and I am often reminded that we, too, should have moments of "hope" in our daily lives.

Breaking Down the Stigma: Raising Awareness and Understanding of Metastatic Breast Cancer

Metastatic breast cancer (MBC), also known as stage IV breast cancer, is a complex and often misunderstood condition that affects individuals diagnosed with breast cancer and subsequently experience the spread of cancer cells to other parts of the body. At NY Breast Health, we recognize the importance of raising awareness and promoting a deeper understanding of MBC.

Understanding Metastatic Breast Cancer:

Metastatic breast cancer occurs when breast cancer cells spread beyond the breast tissue and into other organs, such as the bones, lungs, liver, or brain. It is essential to recognize that MBC is not a separate type of breast cancer but a stage of the disease. Despite advances in treatment, MBC remains incurable, and the focus shifts to managing the disease and maintaining quality of life.

One of the biggest challenges faced by individuals with metastatic breast cancer is the pervasive misconceptions surrounding the condition. MBC requires long-term, ongoing treatment and support. Raising awareness about the chronic nature of the disease can help dispel these misconceptions and foster greater understanding and empathy.



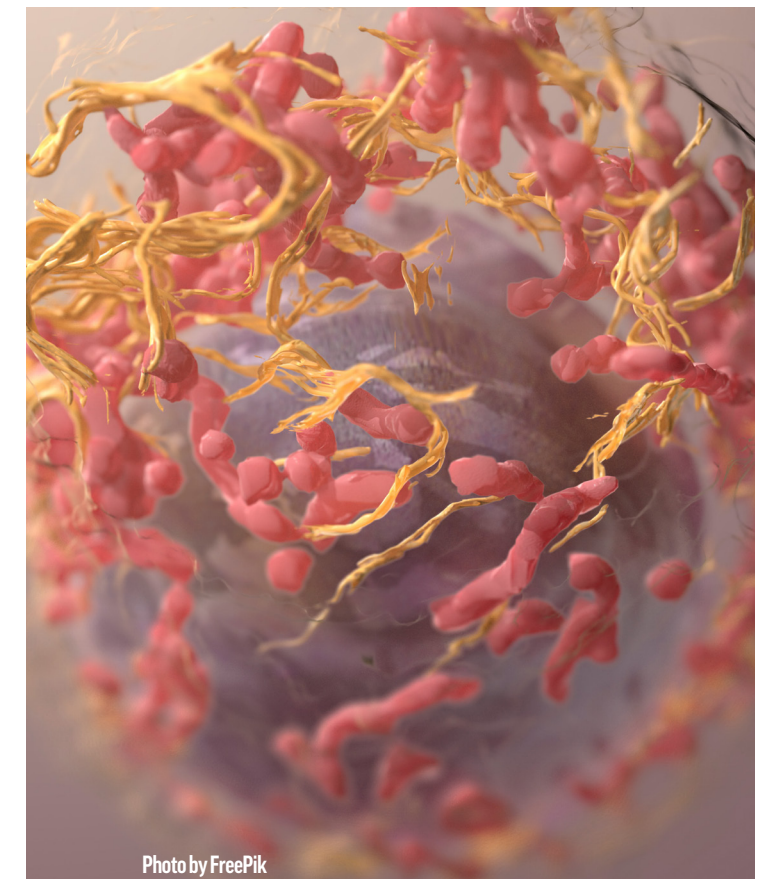
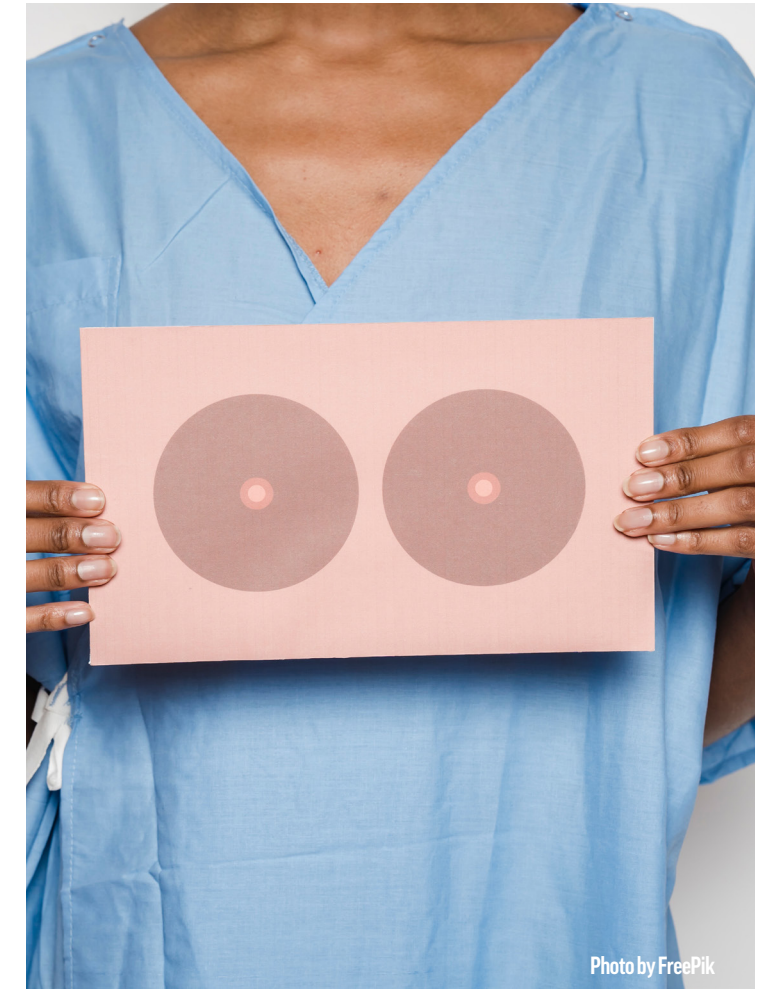
MBC can be isolating, and individuals living with this condition often feel marginalized or stigmatized. It is crucial to break the silence and create spaces for open conversations about metastatic breast cancer. By encouraging dialogue and providing platforms for sharing experiences, we can empower individuals to speak up, find support networks, and challenge the stigma associated with the disease.

Support and empathy play a vital role in the lives of individuals with metastatic breast cancer. Friends, family, healthcare professionals, and the broader community must acknowledge the unique challenges those living with the disease face. Offering emotional support, understanding, and providing resources for practical assistance can significantly impact the well-being and quality of life of individuals with metastatic breast cancer.

Advocacy and Research:

Advocacy and research are instrumental in advancing the understanding and treatment of metastatic breast cancer. Supporting organizations dedicated to metastatic breast cancer research and participating in advocacy efforts can help drive progress, raise funds, and improve outcomes for individuals living with the disease.

At **NY Breast Health**, we stand committed to providing comprehensive care, support, and education to individuals with metastatic breast cancer. Together, let us foster a compassionate and inclusive environment where individuals with metastatic breast cancer feel seen, heard, and supported throughout their journey.



Breast Cancer

Myth VS. Fact

Here are some of the most common myths about breast cancer and the truth behind them:

1 MYTH: If you exercise regularly, eat a healthy diet and limit alcohol, you don't have to worry about ever getting breast cancer.

FACT: While these behaviors can help lower your breast cancer risk, they, unfortunately, can't eliminate it.

While there is evidence that healthy habits can lower your risk of getting breast and other cancers, exercising, eating right, and limiting alcohol consumption can't guarantee you'll never get diagnosed. There are many cases of people who have lived healthy lifestyles and still end up with the disease. It's still important to take care of your health in order to lower your chances for other risks, but it is also just as essential to perform self-breast exams, get regular screenings and pay close attention to any unusual changes in or around your breasts.

2 MYTH: I can't get breast cancer if no one in my family has ever had it.

FACT: Most people diagnosed with breast cancer have no known family history.

Many believe that breast cancer is inherited, but only about 5-10% are believed to have been hereditary. Therefore, the vast majority of breast cancer diagnoses have no link to family history. Unfortunately, in most cases, doctors can't determine the exact reason why cancer has developed, and the most significant risk factor is simply being a woman and growing older.

3 FACT: Wearing bras too frequently is a risk factor for breast cancer.

FACT: There is no evidence that there is a link between breast cancer and bra wearing.

The internet and media have fueled a theory that wearing a bra, especially one with an underwire, could restrict lymph fluid flow out of the breast and cause problems within the breast tissues. A 2014 study conducted with about 1,500 women with breast cancer found no link between the disease and bra-wearing.

4

MYTH: Carrying your cell phone in your bra frequently can cause breast cancer.

FACT: While cellphones' safety is still being studied, there has been no found link between cellphones and breast cancer.

There have been publicly raised concerns over how cell phones affect our health, including how carrying your cell phone in your bra can lead you to develop breast cancer. There is no research to defend this theory. However, research is still being done to determine the effects of radiofrequency radiation given off by cellphones on the body and if it's a credible risk factor for developing cancer.

5

MYTH: Getting mammograms annually guarantees that your breast cancer will be spotted early.

FACT: While mammograms are the best early detection tool, it doesn't always find breast cancer at an early stage.

It's easy to put breast cancer out of your mind after a mammogram comes back clean; however, a mammogram isn't foolproof. False negatives, meaning the images look cancer-free when cancer is present, is always a possibility. It is also possible that breast cancer can grow quickly within just a year, and it may be detected at a later stage when you get your annual mammogram. This is why regular self-exams are crucial to early detection.

6

MYTH: Only middle-aged and older women develop breast cancer.

FACT: Young women and men at any age can also develop breast cancer.

While older women are the most common demographic to develop breast cancer, women and men of all ages can develop this disease. Even some doctors would be quick to rule out breast cancer if you are a man or young woman, making it even more important to pay close attention to any unusual changes in your breasts, no matter your age or gender.

The experts at New York Cancer and Blood Specialists are here to help you through your cancer journey, from diagnosis to survivorship. We are committed to providing our patients with a personalized path through treatment and unmatched support the entire time you are with us. Visit our website or give us a call at (855) 528-7322 to learn more.

Types of Exercises for Breast Cancer Patients

Breast cancer is a life-changing diagnosis that can take a significant toll on a person's physical and emotional health. While undergoing treatment, it's important for breast cancer patients to maintain a healthy lifestyle, including regular exercise. Exercise can help reduce the risk of cancer recurrence, improve cardiovascular health, increase energy levels, and reduce anxiety and depression.

Finding the right workout routine can be challenging for breast cancer patients. Some may experience physical limitations due to treatment side effects, while others may have limited time and energy to devote to exercise. But once you find the right exercise routine for you it can help improve your quality of life.

Although exercise can be pushed down to the bottom of your to-do list after being diagnosed with breast cancer, it is actually one of the most crucial things you can do to maintain good health. This is because exercise has been shown to enhance overall health and wellness, improve mood, reduce fatigue, and increase stamina.

While exercise offers many benefits for individuals with breast cancer, it is most important to exercise safely. Make sure that you are listening to your body and allowing your body to rest when you need to. When you are going through treatment for breast cancer it can make you feel very tired or unwell. If this is how you're feeling at the moment, don't worry about how much exercise you do because even a small amount of activity will have benefits.

The best types of exercise to do are aerobic and resistance. Aerobic exercise helps strengthen the heart and lungs, while resistance training strengthens the muscles. When combined, these exercises can effectively help individuals diagnosed with cancer to maintain their overall health and well-being.

Examples of aerobic exercise:

- Walking
- Jogging or running
- Bicycling
- Swimming
- Using a treadmill

Examples of resistance training:

- Sit ups
- Squats
- Push ups
- Leg raises
- Planks

When starting an exercise program, it's important for breast cancer patients to work with a healthcare provider or a certified fitness professional to ensure that the exercise program is safe and appropriate for their individual needs and abilities. It's also important to start slowly and gradually increase the intensity and duration of exercise as tolerated.

Even getting ten minutes of exercise a day can help your body. If it may seem like the last thing you want to do, prioritizing your body and exercise can help you in many ways. Exercise can be a valuable tool for breast cancer patients during and after treatment. By incorporating a variety of exercises into their workout routine, breast cancer patients can improve their physical and emotional health and enhance their overall quality of life.

Not All Patients Are Happy in October

MaryAnn Fragola, DNP, Chief of Wellness Services

I know how disheartening that sounds, simply think about someone who may have had breast cancer, actively has breast cancer, or has a family member/loved one who is battling the disease and now be reminded all month every day of this. It may bring sadness, anger, and anxiety about their path or it may be a trigger to specific moments of illness. We bring awareness to breast cancer month for very important reasons. However, not everyone may respond how we may expect and it's essential as staff and providers to be aware of this.

While it is important to recognize the meaning as we look to some of our patient population, it is also important to be aware of the many emotions. They may even feel mixed emotions from one day to the next, all in the goal of supporting them.

An Article in The New York Times stated that "For some, Breast Cancer Awareness Month is a moment to celebrate empowerment, but for others it can be a re-traumatizing experience," "Many may recall the traumatic moment of learning their diagnosis or the treatment they endured, how scary or uncertain that time was." (<https://www.nytimes.com/2021/10/15/well/live/breast-cancer-awareness-month-anxiety.html>). It is ok to feel however you feel and we need to validate patients in what they are experiencing.



Often, I spend time dedicated to holding space and allowing patients a safe space to be honest in what they are holding onto at that moment. In doing so you open the forum to feeling lighter, moving on and promoting coping mechanisms hopefully leading to feeling better overall. Improvement in quality of life holds many disciplines; physical, mental and emotional components all play an element in quality of life. Someone recently said to me I'm angry - I should be cured. I was only stage 2 and now I have progressed to stage 4 and I'm angry- how do we respond to that? We do not always have the right words but we can validate and support and just be present in that moment.

Now to focus on the positive, some of the goals of Breast cancer month may include:

- Promoting screening and prevention of the disease
- Supporting people diagnosed with breast cancer, including those with metastatic breast cancer
- Educating people about breast cancer risk factors
- Encouraging routine breast cancer screening starting at age 40 or earlier, depending on personal breast cancer risk
- Continued fundraising for breast cancer research
- Promote resources and support groups

Let's also note that although breast cancer is much more common in women, breast cancer affects men, too and this is an important population to bring awareness to. Realize you're not alone if you are feeling distress this month and reach out to our many wellness providers to help continue the focus on early detection and awareness but also on the difficult and vast emotions our community may feel and know we will be there as the strength they need.





ADVANCED MAMMOGRAPHY

NOW AVAILABLE IN MASSAPEQUA



One of Long Island's first fellowship-trained breast imagers



Dr. Corinne Tobin,
Long Island's first
fellowship-trained breast
imager, brings over 25
years of expertise to **New
York Breast Health.**

She leads a team of
skilled, compassionate
technologists to ensure
your patients receive the
highest standard of care.

**At New York Breast Health, patient care is
our number one priority. We provide:**

- **Personalized scheduling**
Wait time for exams is less than a week.
- **Comparison with prior breast images**
We gather and review all patient imaging history.
- **Pre-authorizations done by our staff**
No added hassle for your office.
- **All insurances accepted.**

Empower your patients with state-of-the-art mammography, early
detection, and a smooth, comforting experience.

SERVING LONG ISLAND WITH OUR NEW MASSAPEQUA LOCATION!

 **1061 North Broadway, First Floor**
North Massapequa, NY 11758

Join NYCBS in the Fight Against Breast Cancer: Walk with Us!

With Breast Cancer Awareness Month approaching, New York Cancer & Blood Specialists (NYCBS) is excited to participate once again in this year's American Cancer Society (ACS) Making Strides Against Breast Cancer Walks. These incredible events inspire hope for those affected by breast cancer and raise vital funds to find a cure.

Participants from all walks of life—including patients, providers, volunteers, and caregivers—come together, decked out in pink, to achieve one common goal: to end breast cancer.



NYCBS will proudly participate in three ACS walks this year:

Making Strides of Eastern Long Island

Date: Saturday, October 5, 2024 (Rain Date: October 6th)

Location: Grangebel Park - Peconic Ave, Riverhead, NY

Time: Check-in at 9:00 AM, Walk starts at 10:00 AM



Making Strides of Long Island

Date: Sunday, October 20, 2024

Location: Jones Beach State Park - Field 5

Time: Rolling Start from 7:00 AM to 10:30 AM

Volunteer to help at the NYCBS Booth Here



Making Strides of Brooklyn

Date: Sunday, October 27, 2024

Location: Coney Island Boardwalk and Maimonides Park

Time: Walk starts at 8:00 AM, ends at 11:30 AM

Volunteer to help at the NYCBS Booth Here

Get Involved with NYCBS:

Volunteer: We're looking for volunteers to hand out pink NYCBS swag to ACS participants. Volunteers will receive pink NYCBS-branded attire, beanies, and gloves. If you'd like to volunteer, please complete the designated form for that walk above.

Participate: Join Team NYCBS as we march in the fight against breast cancer! If you'd like to walk with us, please complete the corresponding form for that walk above. Once you sign up, you'll receive an email with details as far as what time to meet. As a reminder, friends and family are permitted to participate in the walk as well!

For more information, please reach out to Alyssa Kehr, Events & Sponsorship Coordinator, at akehr@nycancer.com.

We look forward to seeing you there and making strides together!

OUR PATIENTS & THEIR FAMILIES

Our patients and their families tell the story of conquering cancer like no other. They help us connect, inspire, and empower. If you know a patient or have a family member who would like to make an impact and share their experience with us, please have them contact marketing@nycancer.com



Scan to Donate to the
New York Cancer Foundation

