

Have you scheduled your mammogram yet?

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health.

3) When you think about it – what feels more empowering, avoidance or being proactive? Ultimately, we all “pay” emotionally when we avoid things that make us uncomfortable but grow when we face things head on.

4) We often equate cancer with a death sentence. The fact is that finding cancer early can be a lifesaver. The risks and discomforts of mammograms are minor compared to their life saving benefits. The same goes with cancer treatments. This is based on research and facts.

5) Finally, you’re not alone in your ambivalence, procrastination, and/or concerns. Even

those of us working in healthcare can experience the same feelings. As such, we’ve created a free community of support to help you take the steps needed to get your mammogram safely regardless of insurance status, financial constraints, having a primary care provider, transportation barriers, or knowing where to go.

A word about Health Equity

If you are a woman of color, it is especially important to go for regular screening since African American women are at greater risk of being diagnosed at later stages of disease. In addition, there is a national trend showing African American and Hispanic women being diagnosed with



The Bronx Oncology Living Daily (BOLD) program is committed to providing support for men and women facing a range of cancers.

breast cancer at younger ages – so screening is more imperative than ever.

Here in the Bronx, our Montefiore breast team has observed this trend and towards its mission to help eliminate health disparities in our neigh-

borhoods, urges everyone to be proactive with your healthcare.

To learn more, contact the BOLD Screening Navigation Program: cancersupport@einsteinmed.org; (718) 430-3613; www.einsteinmed.org/cancercenter/support

Last, but not least, don’t forget that every year, we have a free breast cancer screening event. This year, the event will take place on Saturday, October 9 from 9 am to 1 pm. To sign up, please call 718-405-8076 today.

Morris Heights Health goes Pink

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shock. The results from my biopsy, revealed that I had Lobular Carcinoma in Situ (LCIS)”.

LCIS is an area of abnormal cell growth that increases an individual’s risk of developing invasive breast cancer later in life. “I received a second biopsy that revealed that the LCIS did not spread. In November 2016, I had a lumpectomy. The margins were tested, and no traces of cancer were found. I was

related. The physical scar healed, but the emotional journey was just beginning.

According to the Centers for Disease Control and Prevention (CDC), breast cancer is the second most common cancer among women in the U.S. Early detection is key in the treatment of breast cancer. The American Cancer Society recommends that women aged 45 and older should receive routine breast cancer screenings. The

United States Preventive Services Task Force (USPSTF) recommends that women between the ages of 40-74 are at average risk for breast cancer and should receive a mammogram every two years. While women between the ages of 40-44 should consult with their physician on when to start and how often to get a mammogram. Morris Heights Health Center offers a wide range of women’s health services that include screening

and health counseling for breast cancer, cervical cancer, colorectal cancer, HIV, and sexually transmitted infections, routine GYN care, prenatal and postpartum care and more.

Amid this ongoing pandemic it’s important to continue to stay up to date with routine health screenings. A delay in health screenings can make a significant difference between detecting the disease early and treating it from detecting

it in the later stages.

To learn more about the services offered at MHHC’s Women’s Health Clinic and to discuss scheduling your next mammogram appointment today, scan the QR code below:

