



COMMUNITY CALENDAR OF EVENTS JANUARY 2012

18

HARLEM HEART HEALTHY EATING PROGRAM

Lecture: Saving Heart by Eating Right

Free blood pressure and cholesterol screening

SPEAKER: Icilma Fergus, MD

DATE: Wednesday, January 18

TIME: 5 - 7 pm

LOCATION: Adam Clayton Powell, Jr. State Office Building
163 West 125th Street
Art Gallery - 2nd Floor
To learn more, call 212-241-3271

19

COMMUNITY ROUNDTABLE

Lunch & Lecture: Adolescent Pregnancy, Parenting, and Prevention

SPEAKER: Andrea Rothenberg, MSW

DATE: Thursday, January 19

TIME: Noon - 2 pm

LOCATION: The Mount Sinai Medical Center
1468 Madison Avenue @ 100th Street
Annenberg Building, Board Room - 5th Floor
Lunch served. Registration required.
Call 212-659-9085

24

THE MOUNT SINAI COMMUNITY ADVISORY BOARD Community Advisory Board meeting Open to the public

DATE: Tuesday, January 24

TIME: 5:30 - 7 pm

LOCATION: The Mount Sinai Medical Center
1468 Madison Avenue @ 100th Street
Annenberg Building, Board Room - 5th Floor
Call 212-659-9094



Dubin Breast Center
OF THE TISCH CANCER INSTITUTE

COMMUNITY BREAST HEALTH EDUCATION and SCREENING PROGRAMS

DATE: Monday, January 9

TIME: Noon - 3 pm

LOCATION: Settlement Health
212 East 106th Street, between
2nd & 3rd Avenues - 3rd Floor

Patients must arrive by 1 pm

DATE: Monday, January 30

TIME: 11 am - 2 pm

LOCATION: Leonardo Covello Senior Center
312 East 109th Street, between
1st & 2nd Avenues

BREAST CANCER SUPPORT GROUPS

Join the Drop-in Cancer Support Group

DATE: Mondays, January 9, 23, 30

TIME: 5:30 - 7 pm

Join the Spanish-speaking Cancer Support Group

DATE: Thursdays, January 12, 26

TIME: 11 am - 1 pm

For bilingual patients

LOCATION: Breast Health Resource Program
16 East 98th Street, 1B (Bell #30)

YOGA AND YOU

Yoga for Breast Cancer Survivors

DATE: Wednesdays, January 4, 11, 18, 25

TIME: 6 - 7:15 pm

LOCATION: Call 212-987-3063 for location.

Registration is required for all breast cancer programs. For information, call 212-987-3063

COMMUNITY HEALTH FAIR

FRIDAY,
FEBRUARY 3
WEAR RED DAY

Join the
GO RED FOR WOMEN CAMPAIGN
at Mount Sinai

Complimentary blood pressure, cholesterol, and diabetes testing; nutrition and diet counseling; healthy eating demo and more

DATE: Friday, February 3

TIME: 10 am - 2 pm

LOCATION: The Mount Sinai Medical Center
1468 Madison Avenue @ 100 Street
Guggenheim Pavilion, Atrium
To learn more, call 212-659-9085.



Lung Cancer, the Number One Cancer Killer

HOW COMMON IS LUNG CANCER?

Lung cancer is the leading cause of cancer death in both men and women throughout the world. It accounts for more deaths than breast, colon, and prostate cancers combined. The American Cancer Society estimates that 156,940 deaths will have occurred from lung cancer in the United States in 2011. Lung cancer accounts for approximately 27 percent of all cancer deaths. Each year, approximately 13,500 New Yorkers are diagnosed with lung cancer and approximately 9,200 men and women in New York State die from it.

WHAT CAUSES LUNG CANCER?

According to the National Cancer Institute (NCI), the most significant cause of lung cancer is cigarette smoke. Roughly 85 percent of lung cancers are diagnosed in former or current smokers. For the 10-15 percent of lung cancers that are diagnosed in nonsmokers, there are a number of potential causes:

- heavy exposure to asbestos, radon, arsenic, and other carcinogens;
- genetic predisposition;
- heavy exposure to secondhand smoke;
- lung scarring from past illness.

WHAT ROLE DO CIGARETTES PLAY IN LUNG CANCER?

The more cigarettes you smoked per day and the earlier you started smoking, the greater your risk for lung cancer, according to the NCI. If you've quit smoking, your risk is lower than it would be if you had continued to smoke today, but it remains higher than if you had never smoked. If you want to minimize your risk of lung cancer, do not smoke. If you smoke, quit. If you don't smoke, don't start.

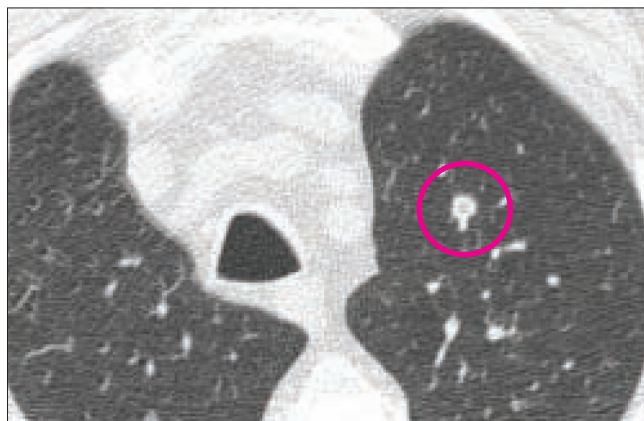
WHAT ARE LUNG CANCER SYMPTOMS?

The disease shows no symptoms until it has progressed to advanced stages when it is very difficult to treat. However, advances in imaging have made it possible to detect lung cancer early on, when treatment can be highly successful. Some symptoms may include:

- chest pain, coughing up blood;
- a persistent cough, wheezing, shortness of breath;
- recurring pneumonia or bronchitis;
- fatigue, loss of appetite, and/or weight loss.

Other symptoms that may occur, often in the late stages, include:

- bone fractures and pain;
- swelling - facial area;
- headaches;
- unexplained bleeding and clotting.



This lung CT scan revealed the presence of cancer.

WHY IS EARLY LUNG CANCER SCREENING IMPORTANT?

Early detection with a Computed Tomography (CT) Scan saves lives. A recent study by the NCI has underscored the long-term work of two Mount Sinai School of Medicine investigators who found that low-dose CT is valuable in scanning for early-stage lung cancer when it is most curable. The study supports more than 20 years of research by Claudia I. Henschke, MD, PhD, and David F. Yankelevitz, MD, both Professors of Radiology at Mount Sinai, who have determined the cure rate for early-stage lung cancer in patients receiving CT scans is approximately 80 percent based on a 10-year survival rate. By comparison, in the absence of screening, the cure rate drops to roughly 10 percent because the cancer has progressed to a less-curable stage. Low-dose CT scans also detect early-stage cardiovascular disease and emphysema.

The Early Lung and Cardiac Action Program at The Mount Sinai Medical Center is seeking current smokers and nonsmokers for research studies. Qualified participants will receive a low-dose CT scan at no cost. Eligible participants may include:

- Current smokers at least 50 years of age, who will also receive at no cost materials to help quit smoking;
- People at least 40 years of age, who have never been a smoker, but have been exposed to secondhand tobacco smoke.

Former smokers with a prescription from their doctor can also call and schedule a CT screening at a cost of \$300.

➔ For more information or to make an appointment, please contact the [Early Lung and Cardiac Action Program](#) at 212-241-2420.