

The Breast Center at NYHQ

Be fearless.

Be aware.

Take control.



*Reduce your risk of
breast cancer.*

New
York
Hospital
Queens

Member

 **NewYork-Presbyterian Healthcare System**

 Affiliate: Weill Medical College of Cornell University

The Breast Center.

New York Hospital Queens.

The specialists at The Breast Center at New York Hospital Queens want you to know that the best way for women to stay healthy is to be aware, stay informed and take control through regular self-exams, mammograms (if you are over age 40), diet and exercise. It is important to realize that men can get breast cancer too. We can all take action to manage some risks, such as:

Controllable Risk Factors

Alcohol consumption

Drinking one or more alcoholic beverages a day may increase your chances of developing breast cancer. Alcohol raises estrogen levels, which is a known stimulant in breast cancer growth.

Diet

Obesity may increase the risk of breast cancer. A healthy, balanced diet is important, as evidence shows that animal fat may increase the risk of the disease.

Exercise

Women with no family history have been shown in studies to have a 20 to 50 percent lower risk of developing breast cancer if they exercise three to four hours a week.

Additional Risk Factors

Genetics

If someone in your family has had breast cancer, you may want to seek genetic counseling to understand your own risks and what you can do about them. You can take control by seeking genetic counseling to provide early assessment and opportunities for detection.

At The Breast Center at New York Hospital Queens, we're here to help you take control, be aware and reduce your risk of breast cancer. The Breast Center is a leader in providing complete breast care services with care and compassion.



The Breast Center New York Hospital Queens

The Breast Center is a leader in providing complete, state-of-the-art breast care services including diagnosis, treatment and recovery of women, and men, with breast disease. The skilled medical team focuses on the whole person, not just their diagnosis.

NYHQ employs a full-time genetic counselor to provide assessment for patients who may be at risk for breast disease and other cancers.

Worried about your genetic risks?

Call today and make an appointment for genetic counseling services.

Schedule a mammogram!

If you are over age 40, pick up the phone today to schedule your annual mammogram.

718-670-1185



The Breast Center
56-45 Main Street
Flushing, NY 11355

718-670-1185
nyhq.org

*Expertise you trust.
Service you deserve.*

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