

Assemblywoman  
**Michaëlle C. Solages**

Assembly District 22



**ALBANY OFFICE**

Room 619 LOB, Albany, NY 12248  
Phone: (518) 455-4465  
solagesm@nyassembly.gov

**DISTRICT OFFICE**

1690 Central Court  
Valley Stream, NY 11580  
Phone: (516) 599-2972

**ANNOUNCING OUR NEW MONTHLY HEALTH CARE NEWSLETTER!**

Dear Neighbors,

Welcome to the inaugural edition our Healthcare digital newsletter! As member of the State Assembly Standing Committee on Health, I want to keep you up to date on health policies, issues and news. The goal of this email blast is to provide useful information.

Please feel free to share your comments and critiques as we want this newsletter to serve the people of this community in the best way possible. We also encourage you to share this newsletter with your friends and family.

As always, I appreciate your support! Thank you.

Sincerely,

Hon. Michaëlle C. Solages  
State Assembly Member  
New York 22nd District



As member of the State Assembly Standing Committee on Health, I want to keep you up to date on health policies, issues and news.



# OCTOBER IS BREAST CANCER AWARENESS MONTH



This October, our office is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will be diagnosed with breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early.

If you are a woman from the age of 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are a woman from the age of 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

In New York, cancer is now the second

leading cause of death behind heart disease.

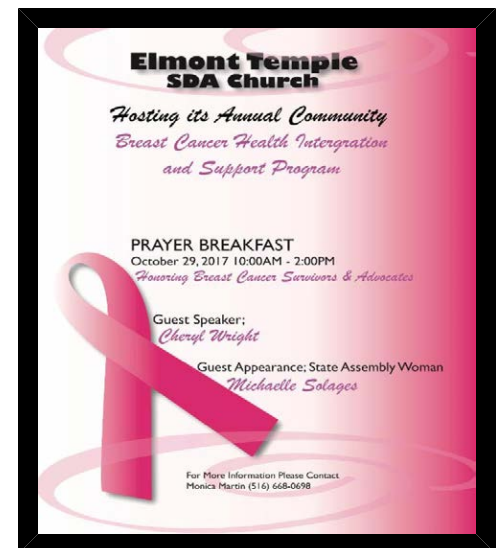
Each year, nearly 110,000 New Yorkers learn they have cancer, and around 35,000 die from the disease.

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## CELEBRATE COURAGE: BREAST CANCER AWARENESS MONTH

Elmont Temple SDA Church is hosting their annual Breast Cancer Health breakfast and support program. As a sponsor, I invite you to join us as we honor our breast cancer survivors.

Sunday October 29, 2017  
10:00 a.m. to 2:00 p.m.  
Elmont Temple SDA Church  
682 Elmont Rd, Elmont, NY 11003



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## NEW YORK STATE TO STUDY CANCER RATES ON LONG ISLAND

Governor Andrew M. Cuomo announced a new data-driven, statewide initiative to examine cancer patterns and the potential causes of cancer on Long Island and several other regions across the state that have a higher incidence of certain cancers.

As part of the review, the Department of Health (DOH) will look within and around counties that have higher rates of cancer and work to detect patterns related to demographic, socioeconomic, behavioral, or occupational factors. In addition, the Department of Environmental Conservation will inventory potential environmental threats in those communities. The agencies will collaborate on further evaluation, mapping, and data mining. DOH will use the results of this initiative to enhance community screening and prevention efforts and support access to appropriate high-quality health care services in communities across the state identified as having high rates of cancer.

The regional studies will focus on the eastern part of the state surrounding Warren County, western part of the state surrounding Erie County, and in two regions downstate, including Staten Island and Long Island. Warren County has the highest rate of cancer in the state, while Staten Island's rate is an anomaly compared to the rest of the boroughs in New York City.

While the number of cancer diagnoses per year in New York have been rising, deaths due to the most common types of cancer, including lung, prostate, female breast and colorectal cancers, have been steadily decreasing. Increased access to cancer screenings leading to early detection and treatment means more diagnoses and fewer deaths. For additional data and information on cancer in New York State, visit: [www.health.ny.gov/statistics/cancer/registry/pdf/snapshot.pdf](http://www.health.ny.gov/statistics/cancer/registry/pdf/snapshot.pdf).

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## BREAST CANCER BREAKTHROUGHS ACROSS NEW YORK STATE

Breast cancer affects approximately 1 in 8 women in the U.S. In 2017, it's estimated that about 30% of newly diagnosed cancers in women will be breast cancers. While prognoses have improved in recent decades, thanks to advances in biomedical research leading to new and improved treatments, there remains work to be done.

This work is happening at academic medical centers across New York State, where researchers have made important discoveries in recent years - discoveries that would not be possible without significant public funding. Achievements include:

At the Jacobs School of Medicine and Biomedical Sciences at the University at Buffalo, a researcher is developing a new antibody treatment for aggressive breast cancer that has been found to effectively kill human tumor cells, and her START-UP NY company is taking steps to prepare for human clinical trials.

Researchers at Albert Einstein College of Medicine/Montefiore Health System have developed a new test to predict the risk of metastasis for the most common type of breast cancer, which can help doctors identify which patients should receive the most aggressive therapy and which patients should be spared.

Investigators at Columbia University Medical Center and the Icahn School of Medicine at Mount Sinai have determined that a specific gene serves as the master regulator of a highly aggressive form of breast cancer.

A novel technology, developed at SUNY Downstate Medical Center, can be used to pinpoint patients that would respond to an existing type of drug, getting the drugs to the correct patients at the onset and saving healthcare costs and time for those who will not respond.

At NYIT College of Osteopathic Medicine, a team of researchers is working to identify alternate treatments for patients undergoing conventional chemotherapy for the deadliest cancers, which involve inactivating specific combinations of genes simultaneously.

Researchers at NYU Langone Health found that a shorter duration, higher dosages of radiation is safe and effective for patients under age 50, and are advocating that current guidelines recommending the treatment only for older women be updated.

UR Medicine's Wilmot Cancer Institute conducted the largest study to date of a condition known as "chemo-brain" -- cancer-related cognitive impairment, which includes problems with memory, attention and processing information.

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## DETECT BREAST CANCER EARLY

There are several symptoms that may indicate an early tumor in the breast-and anyone who identifies any of these must go to the doctor immediately. The most common are:

- A change in how the breast, nipple, or underarm area feels
- Any nipple discharge
- Swelling of part or all of a breast (including specific lumps)
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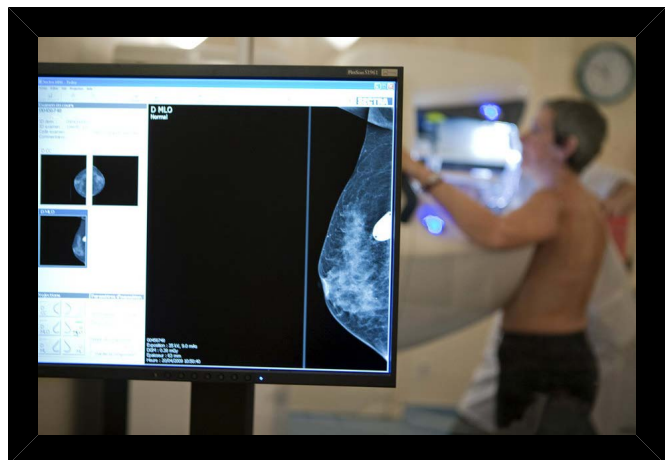
There are many simple precautions women can take to lower their risk:

- Limit alcohol to one drink per day
- Avoid smoking
- Exercise regularly-at least 2-3 times per week
- Avoid becoming overweight-obesity is linked to an increased risk
- As always, maintain a healthy diet! This not only helps reduce the risk of all cancers, but keeps your body

happy, healthy, and strong.

## Screenings

- Regular screenings are essential. Early detection is the best prevention for breast cancer. Screenings are available at clinics, hospitals, and doctor's offices.
- Women between the age of 40 and 49 should begin getting occasional screenings based on consultations with their physician.
- Women between the age of 50 and 74 should get screened at least once every two years, if not more.



## FIND A SCREENING LOCATION

It's important to be screened for breast cancer. Breast cancer is the most common cancer among women in New York. It is also the second leading cause of cancer-related death in New York women.

Early detection is the key to survival. Regular screenings can find breast cancer at an earlier stage when the disease is more easily treated. Ask your healthcare provider about when to start

screening and how often.

**Call 1-866-442-CANCER (2262) to find out where you can get breast cancer screening and support in your area.**

Mammograms are provided in certified health care settings in every county and borough in New York State. The referral line is open 24/7, and assistance is available for non-English speaking callers.

**FIND A SCREENING LOCATION**

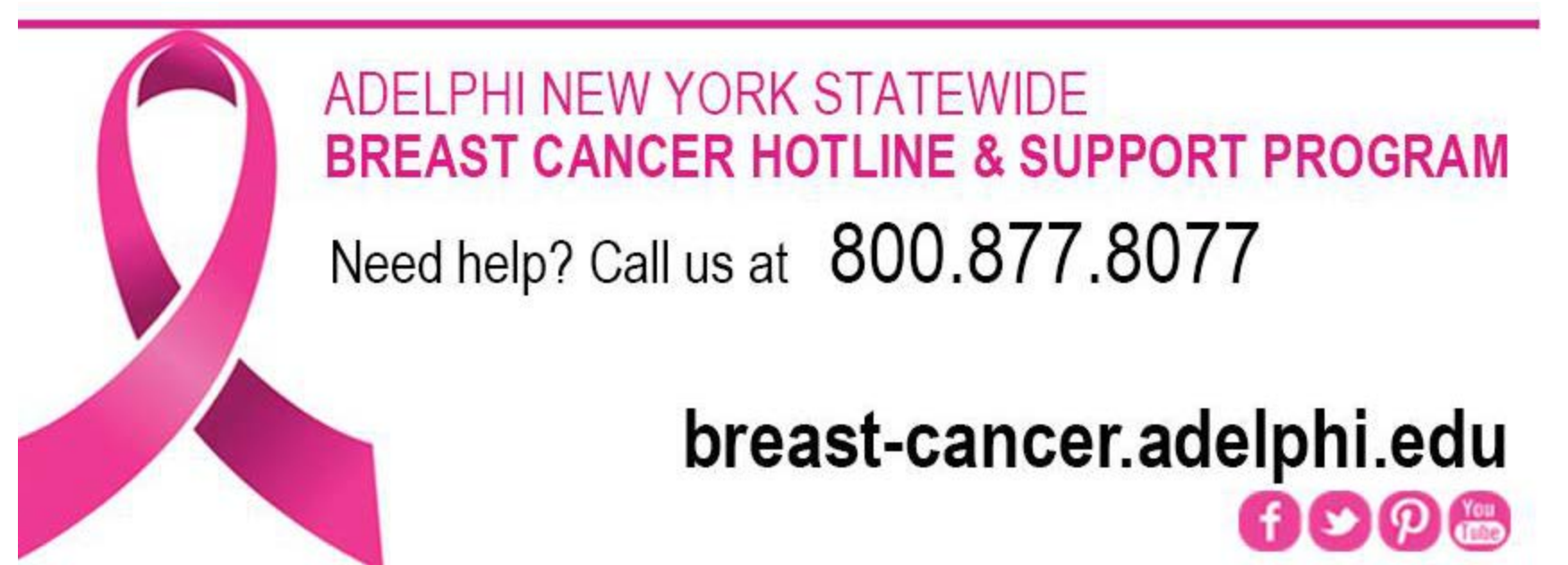
***Text "Get Screened "to 81336 to Help New Yorkers Find Mammogram Locations Near Them***

## ***NEW YORK STATE BREAST CANCER SERVICES***

**<https://www.ny.gov/new-york-state-breast-cancer-programs/new-york-state-breast-cancer-services>**

***ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM***

***Support Hotline: 800.877.8077***



**ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM**

Need help? Call us at **800.877.8077**

**breast-cancer.adelphi.edu**



Call New York Statewide Breast Cancer Hotline speak confidentially with our trained volunteers—women and men who have had breast cancer and know what it is like



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