

Montefiore

CELEBRATES
**COLON CANCER
AWARENESS**
MONTH | MARCH 2015



March 2015 | Colon Cancer Awareness Month Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>FACT: Colorectal cancer is one of the 5 most common cancers in men and women in the United States.</p>	<p>2</p>	<p>3</p> <p>PREVENTION TIP: Get to and stay at a healthy weight throughout life; stay lean without being underweight.</p>	<p>4</p>	<p>5</p> <p>FACT: About 90% of all colorectal cancers are found in people age 50 and older.</p>	<p>6</p> <p>National Wear Blue Day Kickoff—Informational Booth and Giveaways 11:00 am–1:00 pm Moses Campus Food Pavilion 111 East 210th Street Bronx, New York</p>	<p>7</p> <p>PREVENTION TIP: Be physically active; limit the time you spend sitting, lying down, watching TV, etc.</p>	
<p>8</p>	<p>9</p> <p>Informational Booth and Giveaways 10:00 am–1:00 pm Montefiore Medical Group Family Care Center Lobby 3444 Kossuth Avenue Bronx, New York</p>	<p>10</p> <p>Informational Booth and Giveaways 11:00 am–2:00 pm Hutchinson Campus Tower 2, Lobby 1250 Waters Place Bronx, New York</p>	<p>11</p> <p>Informational Booth and Giveaways 10:00 am–2:00 pm Wakefield Campus Cafeteria 600 East 233rd Street Bronx, New York</p>	<p>12</p>	<p>13</p> <p>Informational Booth and Giveaways 11:00 am–2:00 pm Montefiore Medical Group Grand Concourse 1st floor 2532 Grand Concourse Bronx, New York</p>	<p>14</p>	
<p>15</p> <p>Community Education Lecture Speakers: Mahadi A. Baig, MD, and Rahul Narang, MD 2:00 pm Grace Episcopal Church 1909 Vyse Avenue Bronx, New York</p>	<p>16</p>	<p>17</p> <p>FACT: Colorectal cancer is often highly treatable. If it's found and treated early (while it's small and before it has spread), the 5-year survival rate is about 90%.</p>	<p>18</p> <p>Informational Booth and Giveaways 11:00 am–2:00 pm Montefiore Medical Group Comprehensive Family Care Center 2nd floor 1621 Eastchester Road Bronx, New York</p>	<p>19</p> <p>PREVENTION TIP: If you drink alcohol, limit the amount to 1 drink per day for women, 2 per day for men.</p>	<p>20</p> <p>Informational Booth and Giveaways 11:00 am–2:00 pm Hutchinson Campus Tower 1, Lobby 1250 Waters Place Bronx, New York</p>	<p>21</p> <p>PREVENTION TIP: Choose whole grains over refined grain products.</p>	
<p>22</p> <p>Community Education Lecture Speaker: Fernando J. Camacho, MD 1:30 pm El Centro Hispano 346 South Lexington Avenue White Plains, New York</p>	<p>23</p> <p>PREVENTION TIP: Limit the amount of red meat and processed meat you eat.</p>	<p>24</p>	<p>25</p> <p>Nutrition Presentation and Cancer Prevention & Survivorship 12:30–1:30 pm Moses Campus Cherkasky Auditorium 111 East 210th Street Bronx, New York</p>	<p>26</p>	<p>27</p> <p>Informational Booth and Giveaways 11:00 am–2:00 pm Albert Einstein College of Medicine Forchheimer Lobby 1300 Morris Park Bronx, New York</p>	<p>28</p>	
<p>29</p> <p>PREVENTION TIP: Eat at least 2½ cups of vegetables and fruits each day.</p>	<p>30</p>	<p>31</p> <p>Rollin' Colon, Informational Booth and Giveaways 11:00 am–2:00 pm Moses Campus East Garden 111 East 210th Street Bronx, New York</p>	<p>If you are interested in a colonoscopy or have questions, please contact the Patient Navigator Program at 718-920-7183.</p>				