

## CLIFTON HEALTH DEPARTMENT

---

900 Clifton Avenue  
Clifton, NJ 07013



Like Us On Facebook

[www.facebook.com/cliftonhealth](http://www.facebook.com/cliftonhealth)

# CLIFTON HEALTH DEPARTMENT AND HACKENSACK MERIDIAN MOUNTAINSIDE MEDICAL CENTER TO OFFER FREE BREAST CANCER PRESENTATION

### For Immediate Release

October 5, 2022

**Contact: Loyal Helwani**  
**Health Educator**  
**973-470-5773**

The Clifton Health Department and Hackensack Meridian Mountainside Medical Center will be offering a FREE, virtual educational presentation on breast cancer on **Wednesday, October 19<sup>th</sup> at 2:00pm, via Zoom. This program is open to Clifton and Little Falls residents only.** Registration is required; please call 973-470-5773 to register. All registered individuals will be entered into a raffle to win a gift card to Massage Envy!

The Zoom link to log in to this presentation is:

<https://us02web.zoom.us/j/87020690087?pwd=bTZpTFZ4d11vdElJUGhQcjVWdm9aZz09>

Meeting ID: 870 2069 0087

Passcode: 029779

One tap mobile

+16465588656,,87020690087# US (New York)

+16469313860,,87020690087# US

Dial by your location

+1 646 558 8656 US (New York)

The speaker will be Dr. Ann Chuang, MD, FACS, a fellowship-trained breast surgeon, certified by The American Board of Surgery, with a special interest in breast health, benign breast disease and breast

cancer. She currently serves as the Director of Breast Surgery at Mountainside Medical Center and Palisades Medical Center.

Dr. Chuang will be speaking on risk factors for breast cancer, the critical importance of self-breast examination, mammograms, signs of breast cancer, a variety of existing treatment options, treatment after surgery, and recovery.

October is National Breast Cancer Awareness Month. For more than 35 years, National Breast Cancer Awareness Month has been a time to reaffirm our commitment to fighting breast cancer and to remind ourselves of the importance of prevention and early detection.

Breast cancer is a disease that begins when the cells in the breast grow out of control. According to the American Cancer Society, breast cancer is the most common cancer in women in the United States, except for skin cancers. It makes up about 30% (or 1 in 3) of all new female cancers each year.

The main factors that influence your risk of getting breast cancer are being a woman and getting older. Other risk factors may include changes in breast cancer-related genes, having your first menstrual period before age 12, starting menopause after age 55, having your first pregnancy before age 30, not breastfeeding, having dense breasts, having a personal history of breast cancer or certain non-cancerous breast diseases, having a family history of breast or ovarian cancer, receiving radiation therapy to the breast or chest (especially before age 30), being overweight, taking some forms of hormone replacement therapy, and drinking excessive amounts of alcohol. Keep in mind that having any of these risk factors does not mean you will get the disease, and not all risk factors have the same effect.

For many women, mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer. The United States Preventative Services Task Force recommends that women who are 50-74 years old and are at average risk of breast cancer get a mammogram every two years. Women who are 40-49 years old should talk to their doctor or other healthcare provider about when to start and how often to get a mammogram.

Anyone who would like to learn more about breast cancer is highly encouraged to attend what will be an enlightening presentation. Please call the Clifton Health Department at 973-470-5773 to register or for more information about this free program.

*The Clifton Health Department is a contractual health agency serving the Township of Little Falls.*

###