

MARHABA

The Muslim Americans Reaching for Health and Building Alliances project is a program for Muslim women across New York City.

The program will bring groups of women together in mosques and community settings to learn about how breast and cervical cancer screening can save your life.

The program also provides information about where you can get these tests done at low or no-cost in the community.

If interested in learning more about breast and cervical cancer screening, please contact the MARHABA project.

844-851-5696 www.med.nyu.edu/pophealth/marhaba

Where to find free or low-cost screenings regardless of insurance status:

New York State Department of Health Cancer Services

- 1-866-442-CANCER (2262)
- www.health.ny.gov/nysdoh/cancer/center/partnerships/

Cancer Services Program

- 718-670-1561, Monday–Friday, 8am to 4pm
- www.nyhq.org/Cancer-Services-Program

American Cancer Society

1-800-227-2345 (24 hours a day)

ACS Asian Initiative – Flushing, NY

- 41-60 Main Street Suite 307 Flushing, NY 11355
- Phone: 718-886-8890
- Hours: Monday-Friday 9am–5pm

ACS Bronx Region Office

- 2426 Eastchester Road Suite 211 Bronx, NY 10469
- Phone: 718-991-4576
- Hours: 10am–2pm

ACS Manhattan

- 132 West 32nd Street New York, NY 10001
- Phone: 212-586-8700
- Hours: Monday-Friday 9am–5pm



“My faith is my strength, and my family is my foundation. Both guide me to take care of myself with regular screenings.”

Khaleda Akhter

*Entrepreneur, Grandmother,
Cancer Survivor*



TAKE CONTROL OF YOUR HEALTH.

REGULAR BREAST AND CERVICAL CANCER SCREENING CAN SAVE YOUR LIFE.

Here's what you can do.

- Learn more about breast and cervical cancer.
- Talk to your doctor or nurse.
- Get screened for breast and cervical cancer.

You and your family will be thankful that you did.



MARHABA Brochure
English Translation Date: January 2019



Why do I need to get screened?

- ✓ **Breast cancer** may not always cause symptoms, but it can be found early with a screening test called a mammogram.

The risk for breast cancer increases with age. Talk to your doctor about when and how often you should be screened.

- ✓ **Cervical cancer** does not always create symptoms, but there is a screening called a Pap test that can find this cancer early.

Cervical cancer is the easiest gynecological cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.

How is a mammogram done?

1. You are given a gown to wear for the test.
2. You will stand in front of an X-ray machine.
3. A technician will place your breast between two plastic plates. (This will make your breast flat, and may feel uncomfortable at first, but it helps make any changes easier to see.)
4. A female technician can be requested, if it makes you feel more comfortable.
5. Results are discussed with your health care provider at a follow-up appointment or via phone call.

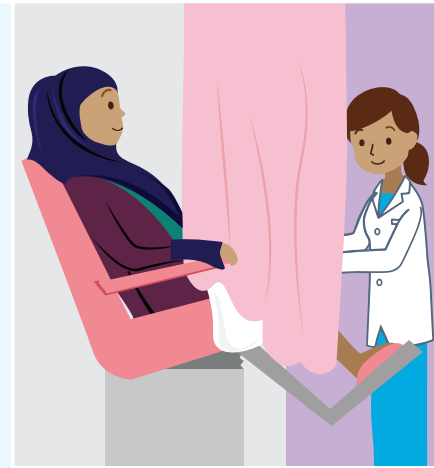


If you are between the ages of 50 and 74 years, get a mammogram every other year. If you are under 50 years or 75 years and over, talk to your doctor about when and how often you should get a mammogram.

Speak to your provider about these screenings at your regular/annual exams to determine if the frequency of screening is right for you.

How is a Pap done?

1. You are given a gown to wear for the test.
2. You will lie on an exam table with your feet in stirrups.
3. Your health care provider will gently open your vagina.
4. Samples are taken from your vagina and cervix.
5. Samples are sent to a lab for testing.
6. A female health care provider can be requested, if it makes you feel more comfortable.
7. Results are discussed with your health care provider at a follow-up appointment or via phone call.



You should start to get regular Pap tests every 3 years at age 21. If you are between the ages of 30 and 65 years, you should get a Pap test every 3 years OR every 5 years if you combine the Pap test with the HPV test. If you are older than 65 years, talk to your doctor about when you should get a Pap test.

Speak to your provider about these screenings at your regular/annual exams to determine if the frequency of screening is right for you.

HPV is a group of more than 150 related viruses. Some of these HPV types can lead to cancer, especially cervical cancer. A HPV test looks for the HPV virus that can cause cells to change to cancer.