

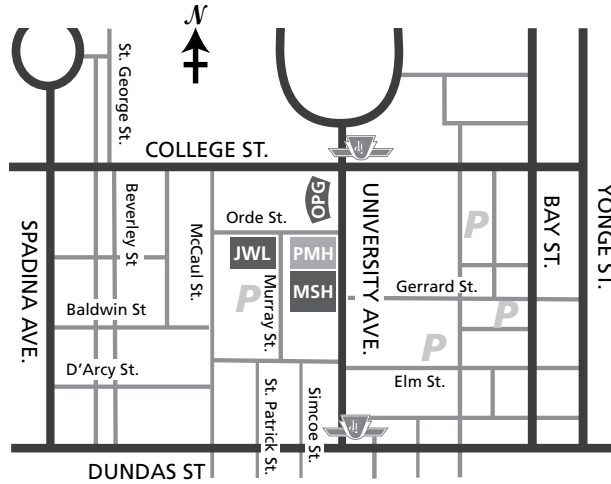
The AstraZeneca Breast Health Program was recognized as a Leading Practice by the Canadian Council on Health Services Accreditation during Mount Sinai Hospital's 2006 Accreditation.







For more information, or to register, please call **Linda Muraca**, Nurse Clinician, AstraZeneca Breast Health Program at 416-586-4800 ext. 5190 (Press 2 to hear dates and times and to register for a session) or visit us online at www.mountsinai.on.ca/mkbc. Click on Programs and Services.

The hospital is located on the University Subway line and is easily accessed from the Queen's Park station or St. Patrick station.

Parking

Parking garages are located at the rear of the hospital on Murray Street.



-  Closest TTC subway and streetcar access
-  Parking
-  Princess Margaret Hospital (UHN)
-  Mount Sinai Hospital
600 University Avenue
-  Joseph and Wolf Lebovic Building
-  Ontario Power Generation Building

MOUNT SINAI HOSPITAL

Bright Minds. Big Hearts. The Best Medicine.

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MOUNT SINAI HOSPITAL

Marvella Koffler Breast Centre

AstraZeneca Breast Health Program

The AstraZeneca Breast Health Program was created by health experts to teach women about breast health.



Linda Muraca, RN, BA, BScN, MN



Teaching includes:

- Ways to manage your breast cancer risks
- Common concerns about the breast
- De-mystifying breast cancer statistics
- Nutritional information to promote breast health
- Information on screening methods
- An opportunity to learn a proper way to do Breast Self Examination using a breast model
- Participants will receive an educational package at the end of the session

"You run an excellent program that is very well presented. I thoroughly enjoyed it and found it very informative."

Details about the program:

- A one-time session that is 2½ hours in length
- The program is free of charge
- Sessions are available in mornings, afternoons and evenings
- Held in the Marvelle Koffler Breast Centre or in the community (when booked)
- Shorter sessions (1½ hours) can be presented to small groups out in the community. We have been well received at several corporations and Womens' groups

"I now want to share with others what I've learned." "You owe it to yourself to take this program."

Commonly asked questions and concerns:

- Where can I go to get reliable information?
- What can I do to prevent breast cancer?
- I want to learn how to do a proper breast self examination.
- I read and hear so much about breast cancer – I don't know what to believe anymore.

"Well organized and informative ...small group format encourages discussions and sharing."