

Cancer Screenings



Upcoming Events



Skin Check at NYC Office
June 3 & 4, 2025
9 am – 5 pm
Millennium Wellness Center
Sub Level -2

Ensure your skin health is top priority this summer with a professional skin check by Dr. Frew.

Get a comprehensive assessment of your skin health and risk for skin cancer or other conditions.



Skin Check at Miami Office
June 4, 2025
8:30 am – 1:30 pm
Floor 24
Room 24E2

Whether you're concerned about moles or just want a routine check, Dr. Avarbock will provide an in-depth consultation and help you understand how to protect your skin effectively.

Click [here](#) and reserve your spot now — limited availability!



Colon Cancer Lunch & Learn

Don't Wait—Colon Cancer Is on the Rise in Young Adults!

June 11, 2025 | 12:00 PM – 1:00 PM | MPR Floor -2

Lunch will be served at 12:00 PM, followed by the presentation from 12:15 PM to 1:00 PM.

You can attend in person at the MLP Multi-Purpose Room or join virtually.

Colon cancer is preventable, but cases are rising among people under 50 years old. Early detection is crucial. Join Dr. Rebekah Gross for a Lunch & Learn to learn how regular screenings and lifestyle choices can reduce your risk and save your life. Take control of your health today!

Click [Here](#) to Sign Up Now!

The Top Cancer Screenings You Need Today

Did you know that early detection of cancer can significantly improve your chances of successful treatment? Cancer screenings are among the most powerful tools we have to detect health issues before they become life-threatening.

Here's a breakdown of the essential screenings you should consider based on age, gender and lifestyle.

Breast Cancer:

Women should begin annual mammograms starting at age 40, or earlier if they have a family history of breast cancer. Performing monthly self-exams is also crucial for identifying any unusual changes.

Colon Cancer:

Screenings are recommended for men and women starting at age 45 to detect polyps or early-stage cancer. If results are normal, screenings are typically every 10 years. Those with abnormalities or a family history may need more frequent screenings. Having a first-degree relative with colon cancer increases your risk. About 1 in 4 colorectal cancer patients have a family history. Talk to your healthcare provider about how your family history impacts your risk and preventive steps you can take.

Prostate Cancer:

Men, particularly those between 40 and 50, should consider a PSA (prostate-specific antigen) test. If there's a family history, screening may start as early as age 40, while those at average risk should begin between the ages 45 and 50.

Skin Cancer:

With summer here, skin checks become even more important. Regular visits to a dermatologist and self-exams can help detect skin cancers, such as melanoma, at an early stage.

Lung Cancer:

The U.S. Preventive Services Task Force recommends annual screening for lung cancer in adults aged 50 to 80 who have a 20 pack-year smoking history and currently smoke. This type of cancer often goes undetected until later stages, so early screening can make a significant difference.

While we don't perform these tests in-house, we are your concierge care providers. Our role is to connect you with the right specialist through a seamless referral process, ensuring you get the screenings and care you need.

Did You Know

What You Don't Know Can Hurt You

Family History Requirement

Most cancers (75%) occur in those without significant familial patterns.

Evidence shows:

Screening benefits all eligible individuals regardless of family history.

Age Considerations

Guidelines suggest cervical cancer screening from age 21, colorectal at age 45 and breast at age 40 for average-risk individuals.

Evidence shows:

Screening recommendations begin earlier than people realize.

Comfort Level

Consult your Millennium Wellness Center nurse practitioners about appropriate screening schedules based on individual risk factors.

Evidence shows:

Modern screening procedures are designed for patient comfort with minimal time commitment.

Our staff will connect you with appropriate screening providers based on your individual needs. Click [here](#) for personalized screening recommendations.

To schedule a screening, choose either a new or existing patient visit with one of our Nurse Practitioners. They will assess your needs and refer you to the appropriate specialist for your screening.

A Word from Our Affiliate

Keep Your Arm in the Game and Prevent Baseball Injuries



Are you ready for baseball season?

Our partner, HSS, has expert tips on preventing common arm injuries so you can stay strong and injury-free all season long.

Click the [link](#) to learn more!

Rehab Corner

Try the "Runner's March" – A Simple Move for Better Running Form



Do you want to improve your running form and build strength?

The Runner's March is a great exercise to activate key muscles and enhance your endurance and it's easy to add to your routine.

Scan QR code or exercise video and instructions.

