

National Educational Webinar

Common Questions About Bone Health and Cancer

Tuesday, April 20, 2021
1 – 2 PM (NY Time)

**Open to people who have or have had
breast, ovarian or gynecological cancer.**

**Pre-registration is required. To register, call Support Connection:
914-962-6402 or 800-532-4290.**

Must register no later than 5 pm (NY time) on Mon., April 19.

After being diagnosed with and treated for breast, ovarian or gynecological cancer, most of us wonder about possible long-term changes to our bodies. The impact of cancer treatment on bone health is one of the issues often discussed.

This webinar will address some of the common questions pertaining to bone health for those diagnosed with breast, ovarian or gynecological cancer, such as:

- What are bones made of?
- What are the effects of cancer treatments on bone health?
- How common is osteoporosis among survivors of breast, ovarian and gynecological cancer?
- What are some of the risk factors for osteoporosis?
- How is osteoporosis diagnosed?
- Are there steps I can take (such as exercise, nutrition, supplements) to enhance my bone health?

SPEAKER: Payal Sahni, MPT, DPT. Dr. Sahni is a Senior Physical Therapist at Helen Hayes Hospital, which serves as the Statewide Osteoporosis Resource Center for the NYS Osteoporosis Prevention and Education Program. Dr. Sahni is also Program Coordinator for the NYS Osteoporosis Prevention and Education Program, and an Ambassador for Bone Health Education for the National Osteoporosis Foundation.