

THE SPECIALIST



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A patient's story of cancer and
the battle to conquer it

A MESSAGE FROM THE CEO

My Friends,

September means the end of hot days, summer vacations, and back to school, which is why our nutritionists put together some great lunch box ideas to keep your kids healthy and happy. Nutrition especially plays a crucial role in many ways during cancer treatment, and every bite counts, so you'll find a list of foods to up your calories, protein, and other nutrients.

In addition, this issue welcomes new physicians to our practice and recognizes Dr. Alfredo Torres to his newly appointed position of Associate Chief Medical Officer. We announce the opening of our latest state-of-the-art cancer center in Ronkonkoma, providing patients in the surrounding communities access to world-class care with hope — close to home. Just ask Dennis Lorello, a cancer survivor whose story will inspire and leave us all with the Navy SEAL mindset.

There is so much happening, but the most exciting of all is our upcoming Patient Appreciation Day next month. We cannot wait to have our NYCBS community together in one place to celebrate the most wonderful people of all — our patients.

Warm regards,

Dr. V



Prostate Cancer Infographic 04

A detailed chart showcasing numerous cancer facts

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NEW YORK CANCER & BLOOD SPECIALISTS

Conquering Cancer Together™

PROSTATE CANCER

Prostate cancer is one of the most common types of cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly.

RISK FACTORS



FAMILY HISTORY



RACE



AGE



OBESITY

SYMPTOMS

- TROUBLE URINATING
- DECREASED FORCE IN THE STREAM OF URINE
- BLOOD IN THE URINE
- BLOOD IN THE SEMEN
- BONE PAIN
- LOSING WEIGHT WITHOUT TRYING
- ERECTILE DYSFUNCTION



THE NUMBERS

1 IN 7

MEN ARE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME

TREATMENT



BIOLOGICAL THERAPY



SURGERY



CHEMOTHERAPY



RADIATION THERAPY

PROSTATE CANCER COMMONLY AFFECTS MEN OVER THE AGE OF 50.

New York Cancer & Blood Specialists Announces Appointment of Associate Chief Medical Officer

By Sarah Gould

Dr. Torres will assist Chief Medical Officer Dr. Harry Staszewski in his duties, including monitoring the quality of health care throughout the practice, establishing policies and procedures practice-wide, and ensuring high-quality patient care delivery.

"Dr. Torres is an outstanding physician, who is highly qualified and deserving of this promotion," said Dr. Harry Staszewski, CMO. "He has already demonstrated his dedication to his patients and to working together with our practitioners to ensure we deliver the best care possible."

Dr. Torres is a board-certified hematologist-oncologist interested in lung cancer, gastrointestinal cancer, gynecological cancer, prostate cancer, and lymphomas. He received his Medical Degree from Universidad de Carabobo, Venezuela, and completed his residency in Internal Medicine through the prestigious Harrington Program from Jackson Memorial Hospital/the University of Miami. In addition, Dr. Torres achieved his Fellowship in Medical Oncology and Hematology at Jackson Memorial Hospital/the University of Miami.

"Dr. Torres has displayed exceptional clinical and leadership abilities from his first day with NYCBS," said Dr. Jeff Vacirca, CEO of NYCBS. "As a physician-founded and led practice, we strive to foster the growth of leadership from within, and we're proud to have such a strong leader like him."

Dr. Torres has published numerous studies in Hematology and Oncology in peer-reviewed medical journals. He was also a grant recipient from the Florida Breast Cancer Foundation. In addition, Dr. Torres is currently a member of several prestigious organizations, including the American College of Physicians, the American Society of Clinical Oncology, the American Society of Hematology, and the Community Oncology Alliance.

"Leadership is always based on improvement," said Dr. Torres. "So when I moved here from Venezuela, I wanted to improve my career from both a medical and administrative standpoint. I am honored and look forward to assisting Dr. Staszewski in my role as Associate Chief Medical Officer."



New York Cancer & Blood Specialists Announces Appointment of Chief Operating Officer (COO)

New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, recently appointed Nicole Gregory as Chief Operating Officer (COO). As COO, Nicole will execute organizational strategies, evaluate, and revise NYCBS' procedures and operations.

Nicole will also continue to fulfill her role as Chief Administrative Officer (CAO) of NYCBS, overseeing multiple departments including, clerical, IT, marketing, patient communications, as well as MD staffing and scheduling.

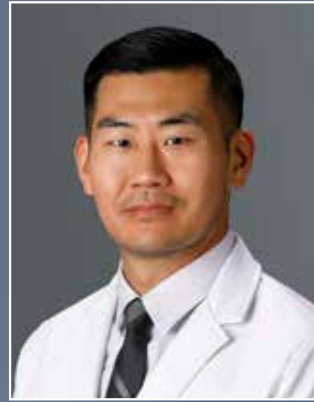
Nicole has been part of the company since 1998. She was one of the first to see the massive potential NYCBS had. She has held various roles in billing, reception, unit coordination, and office management.

A pioneer and a visionary, Nicole has been instrumental in NYCBS' growth and development. Her involvement in every aspect of expansions, from locating office space and buildout to her eye for interior design, has helped configure sites for the best patient experience possible.

Nicole is proud to work for an organization where patient care is held to the highest standard. In 2014, she was appointed the Vice President of the New York Cancer Foundation, an organization dedicated to relieving cancer patients' financial burdens.



Daniel Kyung, MD Joins NYCBS



New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is pleased to announce the addition of board-certified oncologist-hematologist Daniel Kyung, MD. He will be practicing at 45-64 Francis Lewis Boulevard, Suite 202, Bayside, NY 11361.

NYCBS CEO Jeff Vacirca, MD, said, "We proudly welcome Dr. Kyung to our network of skilled hematology-oncology specialists. His passion for cutting-edge technology, research, and patient-centered care will help us continue to bring world-class cancer care to the community."

Dr. Kyung is committed to providing comprehensive and compassionate cancer care to Bayside's diverse patient population and speaks fluent Korean. He earned his Doctor of Medicine degree from the American University of Antigua. He completed his Internal Medicine Residency at Drexel University/Hahnemann University Hospital and his Hematology/Oncology Fellowship at the University of California, Irvine (UCI).

"I grew up in New York, and I am excited to join NYCBS to build relationships with the patients and the community," said Dr. Kyung. My patients will have a partner and guide in me to listen to them and their families during what can be an overwhelming process. They will also have a physician who is wholly committed to providing the best possible care and treatment."

He continued, "I knew early on that I wanted to be in a field where I can help people in a meaningful way and give back to my community. I also like science and technology. Becoming a doctor allowed me to combine these passions to have a gratifying career."

Before joining NYCBS, he was an assistant clinical professor at UCI and a Chao Family Comprehensive Cancer Center member, an NCI-designated comprehensive cancer center. In addition, he is an active member of numerous medical societies, including the American Society of Clinical Oncology and the American Society of Hematology.

To make an appointment with Dr. Kyung, please call 718-975-6666.

For more information, please visit nycancer.com.

Alisa Sokoloff, MD Joins NYCBS



New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is pleased to announce the addition of board-certified hematologist-oncologist Alisa Sokoloff, MD. She will be practicing at 215 East 95th Street, New York, NY 10128, beginning September 1.

Dr. Sokoloff is dedicated to providing comfort and compassionate care to patients and their families. At age 21, her father in Russia was diagnosed with lymphoma and passed away within a few weeks at age 47. This inspired her to study hematology-oncology and become the first physician in her family.

Dr. Sokoloff emphasizes her dedication to her patient's well-being while struggling with the adversity of a terrifying diagnosis. Her goal is to provide a positive experience and strong relationships to her patient population with benign and malignant conditions.

"Dr. Sokoloff is a brilliant, caring physician," said Dr. Jeff Vacirca, CEO of NYCBS. "She will provide excellent care to our patients in the community in which she also resides."

Dr. Sokoloff earned her undergraduate degree in Biology from Caldwell College. She went on to pursue her medical degree at SUNY Stony Brook School of Medicine. She completed her Internal Medicine Internship and Residency at Lenox Hill Hospital and her Hematology-Oncology Fellowship at Robert Wood Johnson Medical School.

She is an Assistant Professor at Donald and Barbara Zucker School of Medicine.

Dr. Sokoloff speaks English and Russian.

To make an appointment with Dr. Sokoloff, please call (718) 732-4049.

For more information, please visit nycancer.com.

Sadia Riaz Joins NYCBS



Riverhead, NY, September 1, 2021- New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is pleased to announce the addition of board-certified hematologist-oncologist Sadia Riaz, DO. She will be practicing at 750 Old Country Rd, Riverhead, NY 11901 on September 1.

"Dr. Riaz is one of the top hematologists on Long Island," said Dr. Jeff Vacirca, CEO of NYCBS. "We are thrilled to welcome her to our practice."

Dr. Riaz has more than ten years of experience in benign and malignant hematologic conditions. She is excited to join NYCBS's highly reputed practice and provide world-class care to more patients in the community.

Growing up, Dr. Riaz always wanted to care for people and believed that being a physician was one of the most altruistic careers. She chose hematology and oncology because the field was both challenging and rewarding. "I was scared of losing the people I loved and believed that if I became a doctor, I could take care of them and others," she said. "I think what sets me apart from other physicians is that I treat every patient like family."

Dr. Riaz earned a combined Bachelor of Science and Doctor of Osteopathic Medicine degree at NYIT College Of Osteopathic Medicine. In addition, she completed her Internal Medicine Residency and Hematology and Oncology Fellowships at North Shore University Hospital.

She is an Assistant Professor at Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, where she is involved in teaching fellows, residents, and students. Additionally, she is active in many committees to improve the operations of their cancer center/health system.

Additionally, Dr. Riaz has been named a *New York Times* Super Doctor for several years. She was also awarded Castle Connolly's Top Doctor two years in a row.

To make an appointment with Dr. Riaz, please call (631) 751-3000.

For more information, please visit nycancer.com.

EMPLOYEE OF THE MONTH



Demetrios Pentheros

Facility Maintenance

We'd like to recognize Demetrios Pentheros, our Employee of the Month! Demetrios helps maintain equipment in our western offices, going above and beyond with any task. "I was really taken back. I'm just doing my job. Words can't even explain how I felt. I am truly appreciative of the honor. I was on Cloud 9."

Some New Faces

Meet the new team helping to ensure NYCBS' HR integrity and professionalism. TinaMarie Gianelli, Human Resources Manager, and Gregory Colas, Human Resources Supervisor.

As a professional coach and work-culture specialist, Dominic will strive to support our well-being, purpose, and mission at NYCBS/NYH.



Cancer Center Now Open in Restored Brookhaven Town Landmark



The Brookhaven Town landmark, previously known as Agnew and Taylor Hardware Store, was a treasured institution in the Lake Ronkonkoma community for more than 100 years, first opening in 1898. NYCBS is excited to provide the community with world-class cancer care in the preserved classic piece of land, with its fully restored iconic storefront window and architecture. "We are so grateful to our friends in the town of

Brookhaven and the Historical Society for working with us to restore this building to its historic grandeur," said Jeff Vacirca, MD, CEO. "Like all of our locations, our goal is quite simple, to bring the best in cancer and blood care to our local communities. Conveniently located minutes from the Long Island Rail Road and the Long Island Expressway, the two-story, spacious 4200- square foot first-floor and 2800- square-foot second-floor building

contains seven exam rooms and 16 infusion chairs.

Patients will have access to the latest cancer treatments, clinical trials, infusion therapies, wellness, financial, and support services under one roof. In addition, the center offers a wellness program staffed by nurse educators, psychologists, social workers, nutritionists, and other experts ready to provide nutritional, emotional, financial, and psychological guidance.

Computer rendering of the anticipated exterior design

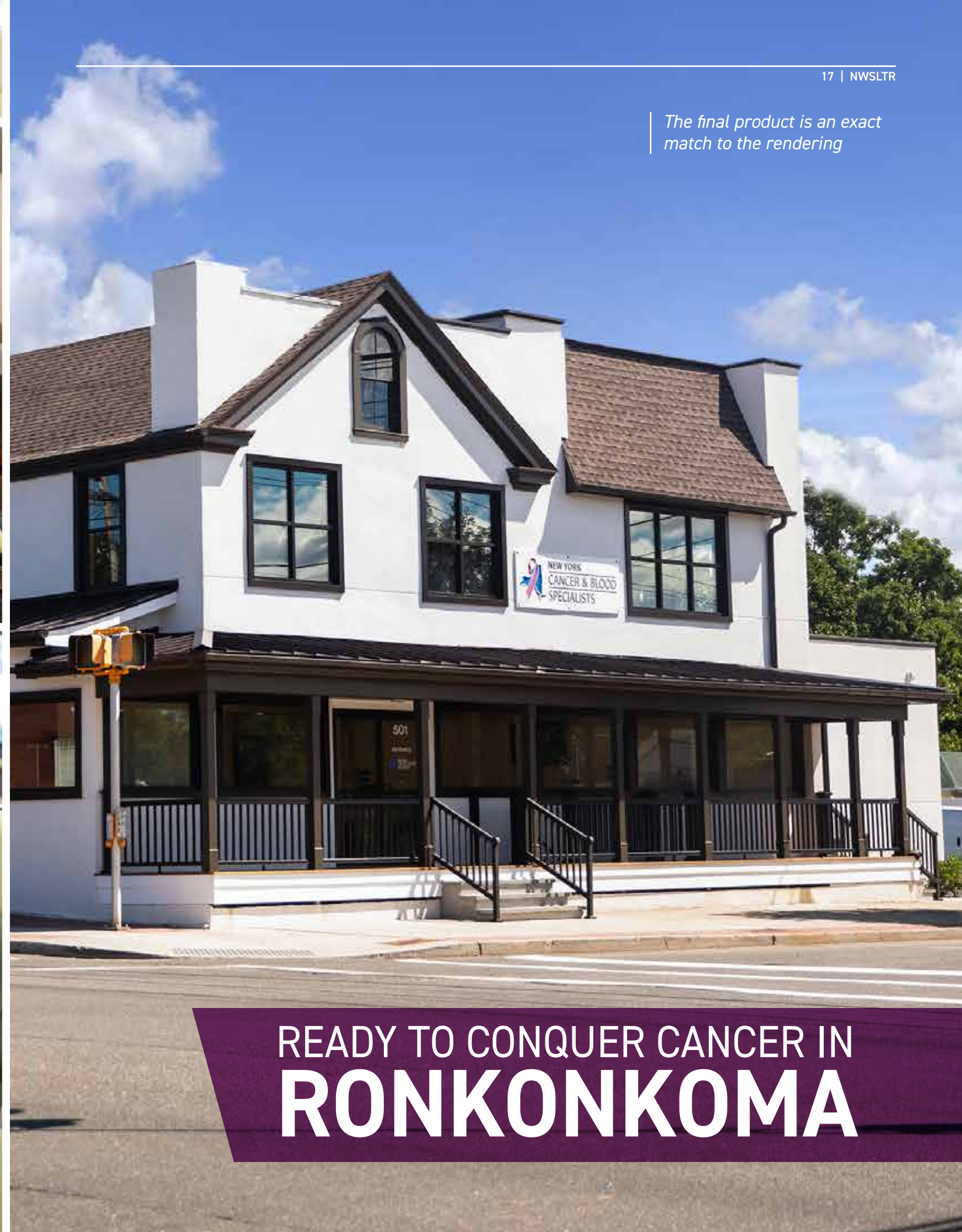


NYCBS physicians practicing at the new cancer center include board-certified hematologists-oncologists:

Dr. Rocco Caruso, Dr. David Chu, Dr. Meytal Fabrikant, Dr. Adriana Guigova, and Dr. Regina Jablonski.



The final product is an exact match to the rendering



READY TO CONQUER CANCER IN
RONKONKOMA



LYMPHOMA

Lymphoma is a cancer that starts in cells that are part of the body's immune system. Knowing which type of lymphoma you have is important because it affects your treatment options and your outlook (prognosis). Doctors typically divide lymphomas into two categories: Hodgkin's lymphoma and non-Hodgkin's lymphoma (NHL).

NON-HODGKIN'S LYMPHOMA

Non-Hodgkin lymphoma (sometimes called NHL, or just lymphoma) is a cancer that starts in cells called lymphocytes, which are part of the body's immune system.

RISK FACTORS FOR NON-HODGKIN'S LYMPHOMA

- AUTOIMMUNE DISEASE
- AGE
- SEX
- ETHNICITY
- INFECTION
- CHEMICAL & RADIATION EXPOSURE
- OBESITY

HODGKIN'S LYMPHOMA

Hodgkin lymphoma (Hodgkin disease) is a cancer that starts in white blood cells called lymphocytes. Lymphocytes are part of the body's immune system.

RISK FACTORS FOR HODGKIN'S LYMPHOMA

- INFECTIOUS MONONUCLEOSIS
- AGE
- SEX
- FAMILY HISTORY
- IMMUNODEFICIENCY

THE NUMBERS

8,830

PEOPLE ARE DIAGNOSED WITH HODGKIN'S LYMPHOMA.

81,560

PEOPLE ARE DIAGNOSED WITH NON-HODGKIN'S LYMPHOMA.

TREATMENT

- HORMONE THERAPY
- ACTIVE SURVEILLANCE
- CHEMOTHERAPY
- RADIATION THERAPY
- TARGETED THERAPY
- IMMUNOTHERAPY
- STEM CELL OR BONE MARROW TRANSPLANT

Hockey For Hope

FACING OFF TO FIGHT CANCER - 2021



NEW YORK
CANCER FOUNDATION
Advocates For Hope

HOCKEY FOR HOPE is an annual charity hockey event where New York Cancer Foundation hockey team takes on another team for charity. Doctors, nurses, and staff gather on the ice and battle it out for charity.

This year was our first game against the Suffolk County Sheriff's Office Team Suffolk County Boldest Hockey, and the turnout was incredible! Almost 500 people attended and almost \$40,000 was generated to provide hope to patients struggling with cancer! That is amazing, and it couldn't have happened without everyone's support. Even though NYCF did not take home the win, our patients did, and that's what it's all about. Next year, we will take home the trophy!

FATIGUE

One of the most common symptoms our patients complain of is fatigue; it is also one of the most debilitating. Cancer-related fatigue is multifactorial. Chronic illness, chemotherapy, radiation therapy, anemia, pain, lack of sleep, medications, emotions, and poor nutrition are reasons patients experience fatigue. Persistent fatigue is something that should be discussed with your provider, especially if ongoing or prolonged.

Fatigue can impact a patient's quality of life; it is important to realize that cancer fatigue differs from healthy people. People with cancer describe fatigue as feeling tired, weak, worn-out, heavy, slow, or having no energy, no "oomph" or "get-up-and-go."

Cancer fatigue can impact all areas of a patient's life by making them too tired to want to participate in daily activities, relationships, social events, and community activities. As a result, they may miss work or school, spend less time with family and friends, or spend more time sleeping. In addition, it is not uncommon that physical fatigue leads to mental fatigue and mood changes. This can make it difficult to pay attention, remember things, or think clearly.

Clinicians face many challenges when trying to manage patients with fatigue. Trying to find an underlying reason usually is how we first approach a patient with fatigue. Is it a sleep issue? Can medication or sleep hygiene be utilized in helping? The emotional stress of cancer can also cause physical problems, including fatigue. So, it is important to consider anxiety and depression as potential causes as well.

Many patients wish there was one "magic pill" to take away the fatigue. In many cases, we can use medications that can help with being more alert during the day, and the palliative team is happy to utilize these medications when appropriate. But I often try to explain how the mind and body are struggling with both the physical and psychosocial aspects of illness and how mental exhaustion will contribute at times. Validation of their feelings is also an important element in dealing with fatigue. Give patients the credit that they are trying the best they can with what they are feeling. Telling them to allow themselves the time to rest and understand that their body is fighting a difficult battle often helps patients feel that it is okay to feel fatigued. Usually, planning activities that help them feel more awake but take less energy, such as watching a sunset, taking a walk, or sitting outside with a cup of tea or coffee, allows them to not focus on the fatigue they feel but instead enjoy the moment.

Some other ways to combat fatigue:

- Set small attainable goals- limit or set smaller daily goals.
- Energy conservation- taking time to rest, short naps during the day to recharge.
- Proper nutrition- to work efficiently, your body needs the energy that a healthy diet provides. Consulting with our nutritionist can be the first step in assessing your diet. Certain supplements can also be added to your regime.
- Sleep-If you're sleeping less at night, or if your sleep is frequently interrupted, this may contribute to fatigue.
- Mental rest and wellness- including yoga, meditation, acupuncture. Utilizing our psychologists and/or social workers for supportive care and mental health counseling can benefit your treatment plan.
- Exercise- get moving! Light to moderate exercise, if able, may help to prevent fatigue. In addition, physical therapy has many benefits in helping patients to improve physical performance and reduce fatigue.

Managing cancer-related fatigue is an important part of cancer care. Discussing this with your provider is essential. The supportive and palliative team is also available to help manage or decrease this debilitating symptom that so many patients experience.

Dennis Lorello

Kitchen of Conquers

By Sarah Gould

It was 1983 when Dennis Lorello trained with a Navy SEAL instructor. At 17 years old, he was enduring the notoriously arduous training, which is some of the most mentally challenging and physically demanding in the world. Yet, so much of what makes a successful SEAL is the mental fortitude to tough out the pain and discomfort. Quitting is an impossibility. And Dennis had that mindset.

He recalls the day he was running at the beach, resigned to an onslaught of its sandy wetness. The coach instructed Dennis to stop running when he saw him and the cone marker in the distance. But Dennis only saw the cone, so he continued running, and with his footprints in the sand, that was the moment he reached his breaking point of going to the next level.

His life and career trajectory diverged; he began working for the Long Island Railroad. Dennis married the love of his life, Gail, at 23 years old, and they had their first daughter, Selena. Together, they were building their dream home, and Dennis was truly living the American dream.

Every day Dennis's exercise regimen included performing 300 push-ups nonstop. Until one day, during a set of push-ups, he felt a pain in his shoulder. After multiple doctor appointments with no answers, a scan showed a grapefruit-sized tumor wrapped around his heart.

On his 30th birthday, Dennis was diagnosed with Non-Hodgkin's Lymphoma and was on the verge of a massive heart attack. Dennis recalls laying in the hospital bed, unsure of what would happen. Finally, they gave him three days to live and told him they could do nothing to save him.

That all changed when someone randomly told Gail to grab the doctor in the hallway, and that's when Dennis met Dr. Theodorakis from New York Cancer & Blood Specialists (NYCBS). After extensive chemotherapy, the tumor shrunk tremendously. As a result, Dennis no longer had any pressure or pain.

Dennis had hope and applied his Navy SEAL training lessons every day. He started his own trucking business while undergoing treatment and one day found the poem, *Footprints In The Sand*. Memories of that day running on the beach resurfaced, and he knew everything was going to be alright.

Dr. Theodorakis told the news to Dennis and Gail that he could not have any more children. Miraculously, Gail gave birth to their second daughter, Angelina, in 1998. Angelina grew up hearing the stories of her father's journey and often went to the doctor's office with him. So it's no surprise that he inspired her to help other cancer patients. While still in high school, Angelina began working at NYCBS in authorization and billing, where her colleagues nicknamed her "Little One." Her father was her hero, and the enviable bond they share has only grown stronger.

Every morning at 5 am, Dennis and Angelina have coffee together in their kitchen before he leaves for work. They love the song "Live Like You Were Dying" by Tim McGraw. So, Angelina went to school for phlebotomy because speaking to patients over the phone wasn't enough. She wanted to give back and do for others what NYCBS did for her family. She treats every patient like it were her father.

"New York Cancer & Blood Specialists is the reason why I'm here today. And the reason why I have my dad," she said. "I'm a miracle. I wasn't even supposed to be here, but I'm here. NYCBS is different than other places. We make it happen."

Years later, Dennis crossed paths with a Navy SEAL. After sharing stories, they wrote an article together on the importance of an optimistic mindset. To this day, Dennis continues to do his daily push-ups.

He said, "Any place can give you chemo, radiation, and infusions, but at NYCBS, not only do they give you treatment, they give you hope."



By Lauren McGarty, RD, CDN, BS

LUNCH BOX IDEAS

Plan meals ahead for the week. Try asking your kids for ideas and get them involved with planning and prepping—they will be more likely to eat and enjoy their lunch!

Prep when you get home from the store, wash and cut up veggies, make snack bags of nuts, pretzels, crackers, hard-boiled eggs, etc.

Mix it up. Incorporate different fruits and vegetables each week to keep things exciting. Consider using whatever fresh fruits/vegetables are in season for cost efficiency.

Pack appropriate portion sizes based on your child's appetite. This may take a few trial runs, but you'll get it right! Balance meals with protein, grains, fruits, vegetables, and healthy fats. See below for ideas.

FRUIT

- BERRIES
- BANANAS
- GRAPES
- APPLE SLICES
- PEARS
- MELONS
- DRIED FRUIT

GRAINS

- WHOLE WHEAT BREAD
- MINI BAGEL
- PITA BREAD
- TORTILLA
- PASTA SALAD
- ENGLISH MUFFIN
- RICE CAKES
- TORTILLA CHIPS
- POPCORN

MEAL IDEAS:

- 1) Egg salad sandwich on whole-wheat bread. On the side: sliced cucumber sticks, apple slices, and homemade chocolate chip cookie
- 2) English muffin pizza with turkey pepperoni. On the side: baby carrots, canned pears (in its own juice), and yogurt pretzels
- 3) Hummus with pita bread. On the side: sliced bell peppers, grapes, and energy ball

VEGETABLES

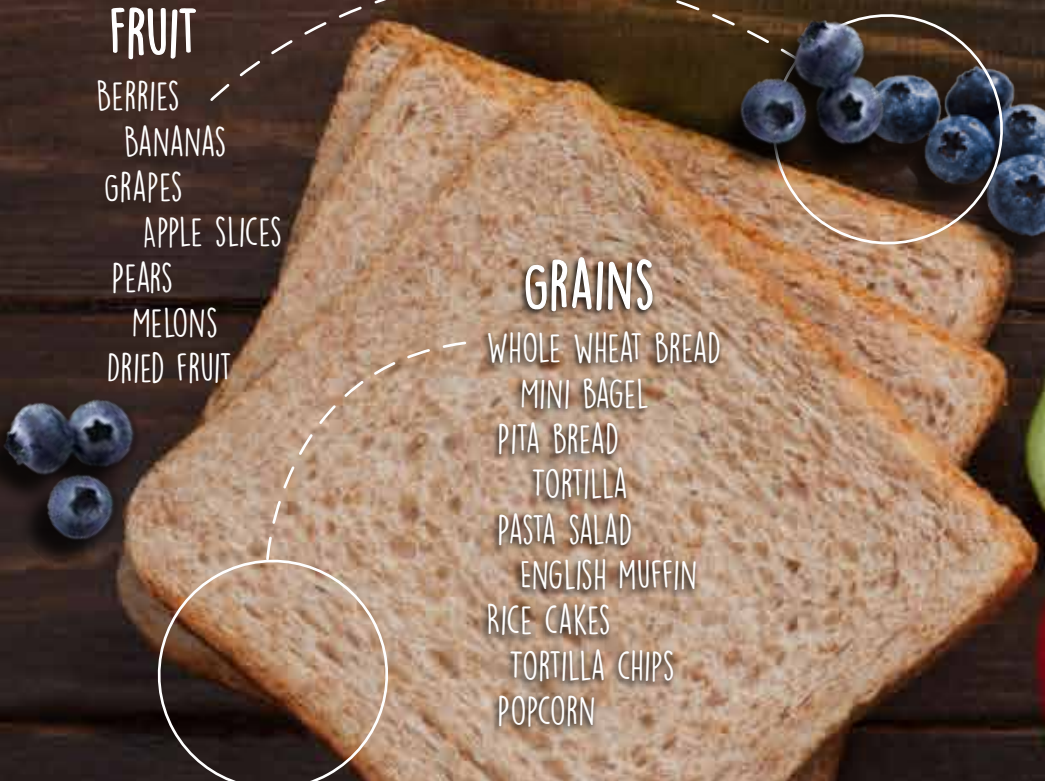
- BABY CARROTS
- CELERY STICKS
- BELL PEPPERS
- CAULIFLOWER
- BROCCOLI
- CUCUMBER STICKS
- EDAMAME
- SNAP PEAS

PROTEIN

- HARD-BOILED EGGS
- LUNCHMEAT
- ROTISSERIE CHICKEN
- HUMMUS
- STRING CHEESE
- GREEK YOGURT
- TUNA SALAD
- NUT BUTTER
- NUTS/TRAIL MIX
- TURKEY PEPPERONI

TREATS

- ENERGY BALLS
- HOMEMADE GRANOLA BARS
- CHOCOLATE COVERED FRUIT
- YOGURT PRETZELS
- HOMEMADE COOKIE/MUFFIN



Every Bite Counts

By Wendy Kaplan, MS, RDN, CSO, CDN

Smoothies are popular with my patients as it's sometimes easier to drink the calories than eat them. They are quick to make and are a great way to get in quality nutrients. Keep the drink by your side and sip over time; this way, there's no pressure to complete a meal.

Here's a quick general formula to follow to make a smoothie:

- 1) 1 cup liquid base (milk, plant milk alternative, juice, protein shake)
- 2) 1 cup fruit (banana, berries, melon),
- 3) Add protein (Greek yogurt, nut butter, hemp seeds, protein powder)
- 4) Add a handful of leafy greens (spinach, kale)
- 5) Add ice (*suggest using frozen fruit instead of ice to up the intensity of the flavor).

Small amounts deliver lots of nutrients and calories. Eating a variety of foods has a synergistic effect, and that synergy elevates nutrition. Whatever you can do is great—every bite counts.

Decreased appetite is a common side effect of cancer and cancer treatment. Loss of appetite and getting full quickly leads to eating less and weight loss which can adversely affect your nutritional status.

Nutrition plays a key role in many ways during cancer treatment, including cell maintenance and repair, immune response, maintaining muscle mass, helping wound healing, tolerating treatment, etc. Together, these elements affect the quality of life, and better nutrition leads to better outcomes.

It is important to note that not all cancer patients lose weight. In fact, some gain weight. For the purposes of this blog, I'm going to focus on those that may be in jeopardy of decreased nutrition status and hopefully answer the question, how do you eat "when you're just not hungry."

Side effects vary from person to person but can definitely plague some for a significant portion of the day. Some say breakfast is the most important meal of the day, and as per my observation, people going through cancer treatment tend to eat their best in the morning (generally).

During cancer treatment, when feeling lousy outweighs feeling good, the most important meal of the day is whenever you feel good enough to eat. I always advise patients to eat when they feel best and eat whatever they want, even if it doesn't necessarily fit with tradition. Anything goes, breakfast for dinner, dinner for breakfast, or anything in between.

Specific macronutrient (carbohydrate, protein fat) energy needs vary from patient to patient. My goal is to share some ideas to get good quality nutrition when overall intake is low.

Try not to focus on or get stressed over the fact that you're not consuming your norm, but rather, when you do have those moments (even if fleeting) of feeling okay, take sips and bites of some nutrient-dense foods and drinks. Use small plates and only take small portions to not be overwhelmed.

Here are some foods to up your calories, protein, and other nutrients. Good "breakfast-y" choices include Kefir, Greek, and regular yogurt, tofu, ricotta cheese, cottage cheese, Farmer Cheese, Salmon, avocado, nuts, seeds, oatmeal, cheese, quinoa, peanut and almond butter, fruit, and vegetables. Use these foods in creative combinations. Try smoothies, waffles, pancakes, eggs, toast, wraps, and muffins. Berries are high in antioxidant levels, and nuts and seeds add texture and flavor, and are high in calories and other nutrients.

By Michelle Slowey, MA, RDN, CDCES

Great Grains

GRAINS ARE AN IMPORTANT PART OF THE DIET AND PROVIDE AN ABUNDANCE OF VITAMINS AND MINERALS SUCH AS THIAMIN, RIBOFLAVIN, NIACIN, FOLATE, IRON, MAGNESIUM, AND SELENIUM. THESE NUTRIENTS HELP THE BODY CONVERT FOOD INTO ENERGY, CREATE NEW CELLS, CARRY OXYGEN IN THE BLOOD, MAINTAIN A HEALTHY IMMUNE SYSTEM AND PERFORM OPTIMALLY.

GRAINS CAN BE A GREAT SOURCE OF DIETARY FIBER AND AN IMPORTANT COMPONENT OF A HEALTHY DIGESTIVE SYSTEM. WHOLE GRAINS CONTAIN THE ENTIRE GRAIN, SUCH AS WHOLE WHEAT FLOUR, BULGUR, OATMEAL, WHOLE-GRAIN CORNMEAL, BARLEY, AND BROWN RICE. WHEN GRAINS ARE PROCESSED, THE BRAN, GERM, AND ENDOSPERM HAVE BEEN REMOVED, AND THEY ARE NOW REFINED GRAINS (WHITE FLOUR, WHITE RICE, AND WHITE BREAD).

REFINED GRAINS ARE THEN “ENRICHED,” MEANING VITAMINS AND IRON ARE ADDED BACK. FIBER, HOWEVER, IS NOT ADDED BACK INTO THE GRAIN.

FIBER PLAYS A VERY IMPORTANT ROLE IN GUT HEALTH. IT HELPS IMPROVE BLOOD CHOLESTEROL LEVELS AND MAY HELP LOWER YOUR RISK OF HEART DISEASE, STROKE, OBESITY, COLORECTAL CANCER, AND TYPE 2 DIABETES. RECOMMENDATIONS FOR ADULTS ARE 21 TO 25 GRAMS OF FIBER A DAY FOR FEMALES AND 30 TO 38 GRAMS A DAY FOR MALES. CONSUMING MORE REFINED GRAINS VERSUS WHOLE GRAINS LEADS TO AN OVERALL LOWER FIBER INTAKE.

SOME FOODS ARE MADE FROM A COMBINATION OF REFINED AND WHOLE GRAINS. WHEN PURCHASING GRAINS, IT IS IMPORTANT TO READ FOOD LABELS.

NOTE THAT A REFINED GRAIN PRODUCT MUST BE LABELED “ENRICHED” TO ENSURE THAT VITAMINS HAVE BEEN ADDED BACK TO THE PRODUCT. IF A PRODUCT CONTAINS THE ENTIRE GRAIN, THE WORD “WHOLE OR “WHOLE GRAIN” WILL BE IN THE INGREDIENT LIST.

THE AMERICAN HEART ASSOCIATION RECOMMENDS THAT AT LEAST HALF OF THE GRAINS YOU EAT ARE WHOLE GRAINS. EXAMPLES (AND SERVING SIZE) ARE ONE SLICE WHOLE-GRAIN BREAD, 1 CUP READY-TO-EAT WHOLE-GRAIN CEREAL, 1/2 CUP COOKED BROWN RICE OR WHOLE-WHEAT PASTA, FIVE WHOLE-GRAIN CRACKERS, 3 CUPS UNSALTED AIR-POPPED POPCORN, AND A 6-INCH WHOLE-WHEAT TORTILLA.

Whole Grain Salad

Ingredients:

- 1 cup barley
- 1/3 cup olive oil
- 3 tbsp lemon juice
- 1 diced apple
- 1/4 cup walnuts or pecans
- 1/4 cup minced red onion
- 1/4 cup fresh flat-leaf chopped parsley
- 1/2 cup shaved parmesan cheese
- salt and cracked black pepper

Directions:

- Cook barley and allow to cool
- Add apple, nuts, onion, parsley, and cheese to barley
- Combine olive oil, lemon juice, salt, and pepper. Pour mixture over salad and toss gently
- This recipe can be substituted with other whole grains such as farro, wild brown rice, or bulgur.



NEW YORK CANCER & BLOOD SPECIALISTS

Conquering Cancer Together™

LEUKEMIA

Leukemia is a cancer of the early blood-forming cells. Most often, leukemia is a cancer of the white blood cells, but some leukemias start in other blood cell types.

THE NUMBERS

EACH YEAR, MORE THAN

60,000

PEOPLE ARE DIAGNOSED WITH LEUKEMIA.

RISK FACTORS



FAMILY HISTORY



CONGENITAL SYNDROMES



AGE



BLOOD DISORDERS



SEX

MAIN TYPES

THERE ARE SEVERAL TYPES OF LEUKEMIA, WHICH ARE DIVIDED BASED MAINLY ON WHETHER THE LEUKEMIA IS ACUTE (FAST GROWING) OR CHRONIC (SLOWER GROWING), AND WHETHER IT STARTS IN MYELOID CELLS OR LYMPHOID CELLS. DIFFERENT TYPES OF LEUKEMIA HAVE DIFFERENT TREATMENT OPTIONS AND OUTLOOKS.

CHRONIC MYELOGENOUS LEUKEMIA (CML):

CML starts in your bone marrow, creating an abnormally high number of unhealthy white blood cells known as granulocytes.

CHRONIC LYMPHOCYTIC LEUKEMIA (CLL):

CLL also occurs in the bone marrow, leading to the production of too many lymphocytes, another type of white blood cell

ACUTE MYELOID LEUKEMIA (AML):

AML occurs when there are abnormal white blood cells in your body called myeloblasts. This type of cancer is also called acute myelogenous, granulocytic, nonlymphocytic, or myeloblastic leukemia.

ACUTE LYMPHOCYTIC LEUKEMIA (ALL):

ALL is responsible for creating too many lymphocytes. Unlike the chronic version of this cancer (CLL), ALL rapidly progresses if it's left untreated. However, ALL may be easier to treat than AML.

TREATMENT



HORMONE THERAPY



SURGERY



CHEMOTHERAPY



RADIATION THERAPY



TARGETED THERAPY



IMMUNOTHERAPY



STEM CELL OR BONE MARROW TRANSPLANT

The Bulletin Board

Support the New York Cancer Foundation

Do you or someone you know have the need to provide a donation? Financial assistance? Rides to and from treatment? To be an advocate? If you've answered yes to any of the above, please call our toll-free line at **1-833-588-6923**, or scan the QR Code, or go to our website: nycancerfoundation.org.



Moving Up

Bernadette Ayala, RN, was promoted to Assistant Director of Nursing for the Western Region.

Daniella Bevilaqua, RN, promoted to Head Nurse in Cuba Hill

Kathryn Paliotta is being promoted to Triage Head Nurse.

Social Work

We are working towards restarting our patient support group, and will have a formal announcement to follow. We have one open position available for our NYC offices. We've had 258 follow up visits with patients as well as 152 new patient visits so far in August.

Shout Out

Jaime (the RN at the Patchogue office) started my IV for my infusion and set my infusion up. She kept asking me if I was okay, and she is such a great nurse! She genuinely cared how I was feeling instead of just shoving the needle in and hurting me like past nurses had when I was in the hospital! She was always right there if I needed something, and I'm so grateful for all of your nurses (Jamie, Nicole, Sloan, etc.). Also, my doctor (Dr. Patel) has gotten to know me over these past three years, and he is always on top of my blood work, and he will always provide me with the best care! He is so understanding, and he is an amazing physician. I can't thank New York Cancer and Blood Specialists enough for helping me get healthy again! I'm so grateful for NYCBS!!! :))

Nutrition Department Update

As Registered Dietitian Nutritionists, we love our profession. We are dedicated not only to educating our patients and coworkers but to our community as well. We have been very busy (and productive) over the past few weeks!

The nutrition team has volunteered several Saturdays to help Mondays at Racine Cancer Care Foundation by offering nutrition services at their "Day of Beauty & Wellness" programs.

We are constantly pursuing professional and personal growth and have been actively engaging in continuing education opportunities. For example, we are taking oncology medical nutrition therapy courses, cancer and diabetes, coping and behavior change strategies, etc., to better serve our patients.

Our creative skills are in full force! We are constantly tweaking or creating recipes and coming up with new ideas to meet our patients' nutritional needs.

We continue to establish connections for oral nutrition supplements, food enhancers, and other products that help our patients manage nutrition-impact symptoms.

We have so much empathy towards those who receive our services. We provide support for people to live their best, healthiest lives. As always, we are happy to help you in any way. If you would like any recipes or need anything, please reach out to us!

Quote of The Month

"You beat cancer by how you live, why you live, and in the manner in which you live."

~ **Stuart Scott**

Upcoming Holidays & Events

Patient Appreciation Day - October 2

Columbus Day - October 11

Adventureland's Pumpkin Park - October 22

Halloween - October 31

Breast Cancer Awareness Month - Month of October

THE NEW HIRES

Alessandra Antonecchia (NP)

Alexis Bair
(Senior Lab Technician)

Alexis Biggio (LPN)

Angelica Smith (Call Center)

Arusa Rashid Bhatti (PA)

Bradley Just
(Inventory Control Associate)

Catherine Conard (RN)

Chelsea Dundon
(PCP Triage RN)

Corrilyn Meyer (LPN)

Dado Barete (Floor MA)

Daniel Bazemore
(CT Technologist)

Darlene Schenk
(Receptionist)

Dashawne Carter
(Chemotherapy Technician)

Deena Linn (PA)

Dominic Shaughnessy
(Manager of Talent and Culture)

Farjana Ahmed (RN)

Francis May
(Inventory Associate)

Griffin Sigal
(Clinical Research Coordinator)

Gregory Colas
(Human Resources Supervisor)

Heidi Johnson (MA)

Higer Abdallah (NP)

Jeannette Fuentes (MA(Float))

John Milici Jr. (PA)

Johnny Pohlman
(Executive Assistant to the President)

Josephine McBride (Lab MA)

Justin LeBarr
(Flow Technologist)

Kavita Seodat-Lauben
(VP of Administrative Operations)

Keri Spindler (Call Center)

Laura Arrieta
(Chemotherapy Technician)

Leonardo Zou (Lab Aide)

Lisa Arbucci
(Marketing/Research Accountant)

Lizette Laboy (Call Center)

Kayla Smith (Call Center)

Matthew Hoth (Data Analyst)

Michael Newton (Call Center)

Mike Fahey (CT Technologist)

Maria Pabon (MA)

Mary Duffy (Lab MA)

Nicole Muhlhauser (MA)

Paige Montana (AA)

Rebecca Kuemmel (Lab Biller)

Rob Borra
(Inventory Control Associate)

Ryan McLearn (HR Generalist)

Sarah Constantino (LPN)

Shannon Bera (MA)

Shannon Russo (Receptionist)

Susan Armstrong (RN)

Susan Rodriguez (Receptionist)

Tiffany Carreras (LPN)

TinaMarie Gianelli
(Human Resources Manager)

Victoria Atieh (RN)

William Bradshaw
(Senior IT Technician)

New COVID-19 POLICY



In accordance with NYS guidelines and NYCBS' policy, face coverings are required. In addition, please keep your nose and mouth covered.



Patients can now bring a companion with them during a doctor or treatment visit as long as they can prove COVID vaccination, such as a COVID vaccination card or Excelsior Pass.



All patients, staff, and companions must still wear a face covering while inside any NYCBS facility, and we will continue to check patient and visitor temperatures at the door and ask about any COVID-related symptoms.



Staff should monitor their temperature before each shift and report any COVID-19 symptoms immediately to their supervisor.

OPEN POSITIONS

MEDICAL ASSISTANTS

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CAT SCAN (CT) TECHNOLOGIST

Port Jefferson Station MedOnc
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LICENSED PRACTICAL NURSES (LPN)

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MEDICAL FRONT DESK RECEPTIONIST

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REGISTERED NURSES (BSN/RN's)

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MEDICAL LABORATORY TECHNOLOGIST PM Shift

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PET/CT SCANNER (Full Time/ Part Time/Per Diem)

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FLOW TECHNICIAN

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HEMATOLOGIST/ONCOLOGIST AT OUR BROOKLYN HOSPITAL LOCATION

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OUR PATIENTS & THEIR FAMILIES

Our patients and their families tell the story of conquering cancer like no other. They help us connect, inspire, and empower. If you know a patient or have a family member who would like to make an impact and share their experience with us, please have them contact marketing@nycancer.com.