



THE SPECIALIST

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A MESSAGE FROM THE CEO

My Friends,

As a community cancer center, our mission is what drives us forward: we thrive on providing world-class, patient-centered affordable care to patients with cancer and blood disorders in their own communities, close to family and friends. This can certainly be seen with the opening of our new care centers, increasing accessibility to meet patients where they are, and our interdisciplinary approach. May brings the flowering of our new imaging facility—Brooklyn Imaging—and the addition of pain management to our network to provide the best possible care to patients.

In this issue of The Specialist, we are highlighting Mental Health, Women's Health, and of course, Skin Cancer. With the sunny season approaching, it's important to take proactive steps towards prevention with the tips we've included to practice self-exams and have a safe and healthy summer. Since our mental health is just as important, we have included strategies for maintaining a positive mindset during cancer treatment. In our feature patient story, Eduardo shares how he found solace during his cancer journey by creating his own board games and puzzles while battling prostate cancer.

We are also elevating the conversation about research and clinical trials and their direct effect on patient care for Research Month. In addition, with Women's Health Month, we aim to empower more people to prioritize their breast health and get screened.

Of course, our impact can also be felt through our bedside manner. Our nurses are the backbone of our practice, forming close bonds with their patients, helping them navigate complex treatment journeys, and advocating for them. So thank you, we recognize the contributions that nurses make on the cancer care team, and their increasingly important role in cancer care.

Warm regards,

Dr. V



Feedback



Dr. Steven Gruenstein

Dr "G" is very professional, positive, and for a patient's concern (such as mine). He respects a patient who seeks a "healthy journey". On my recent Bone Marrow biopsy, Dr "G" walked me through the biopsy (yes, it hurt despite using Lidocaine while he performed the TEST). But his compassion helped me as he collected my bone marrow specimen after numbing the area! He walked me through collecting THANK YOU, Dr. Steven "G"!



Dr. Helen Shum

My Dr. Shum is the best, hands down. She is so smart and attentive to your health she cares about her patients. She takes her time and explains in detail how to cure any ailments and the best way to prevent any other illness. I love her!



Dr. Amory Novoselac

Highly recommend - he is sincere, caring, and actually takes the time to listen.



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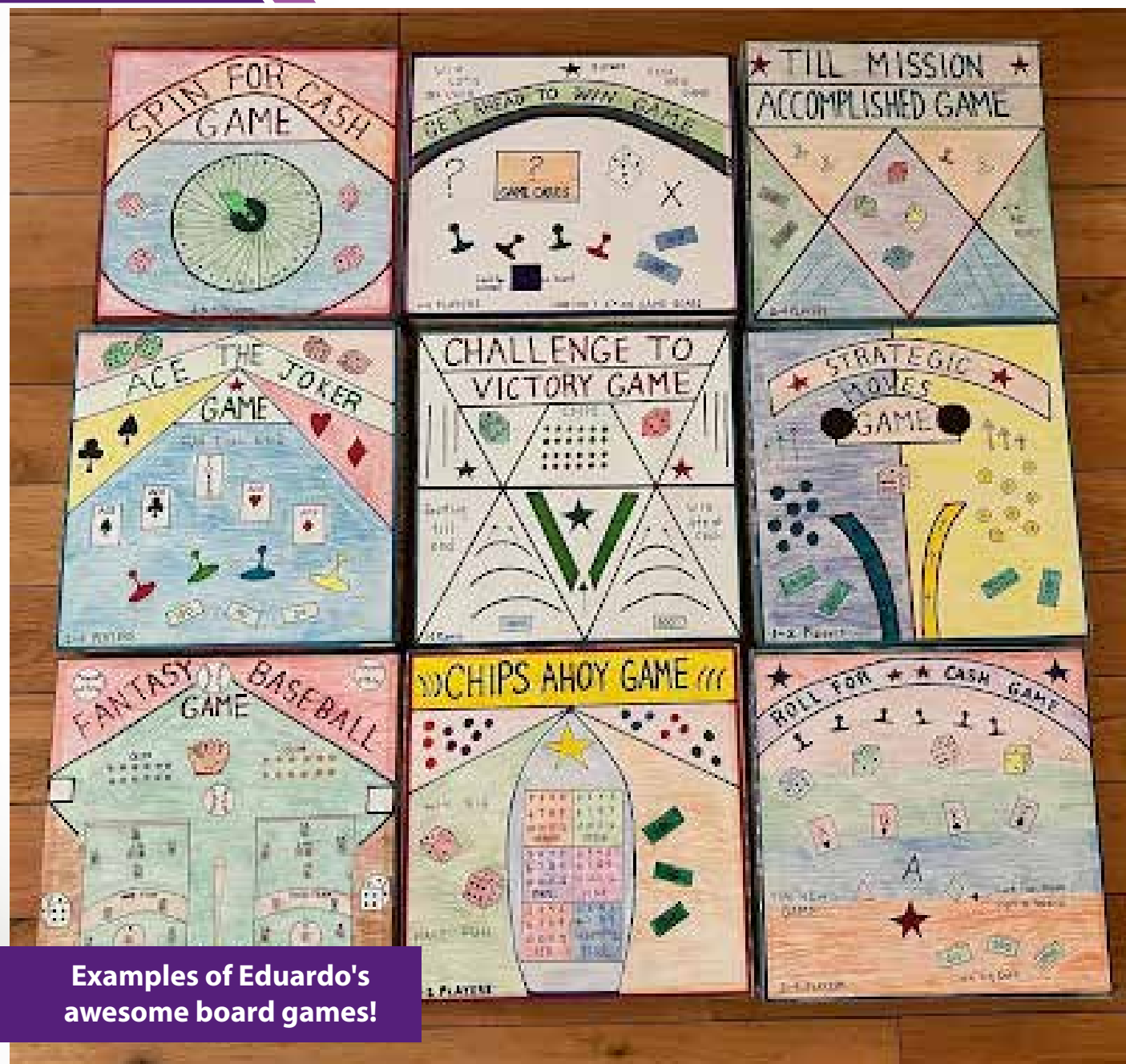


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Examples of Eduardo's awesome board games!



How Eduardo's Passion for Board Games Helped Him Overcome Cancer

Eduardo, a 65-year-old prostate cancer survivor, vividly recalls the day he was diagnosed. "It was sometime in September of 2020. I went to the bathroom and, for some reason, I saw a speck of blood. I ignored it at first, but then I saw more blood the second and third times. So maybe it was a blessing in disguise."

Despite initially thinking it might be hemorrhoids, Eduardo went to his urologist in Queens, who did a PSA blood test, which determined Eduardo had prostate cancer. "He told me it was developing to stage three, but we caught it in time. He said it would have been a different outcome if it were stage four or higher." Eduardo was referred for radiation treatment.

He sought treatment at New York Cancer & Blood Specialists, where he met Radiation Oncologist Dr. Talha Shaikh. At that time, Dr. Shaikh's office was in Manhattan, and at the beginning of January 2021, Eduardo began his cancer journey. He underwent radiation therapy for 45 consecutive days.

Eduardo underwent many painful procedures during his treatment, including biopsies, injections, and CT scans. Still, he was grateful for the care and kindness of the staff, particularly radiation therapists Susan, Anthony, and Frank. "What I went through, what I experienced, was something I would hope and wish all other cancer patients could experience - the friendliness, the courteousness, the professionalism, and the all-around kindness was unbelievable. I consider them my friends." Now, Eduardo sees Dr. Shaikh every four months for check-ups, and he's happy to report that all his PSA tests have been excellent.

Throughout treatment, Eduardo kept his mind busy by exploring his artistic side. He indulged in various activities, such as solving 1000-piece jigsaw puzzles, and has since completed over 85 of which he frames beautifully. Eduardo also purchased markers, colored pencils, cardstock, and a few board games like Monopoly, Sorry!, and Candyland. He then

spent a day redesigning one of the board game boxes, creating his unique board, and adding his own pieces. Playing his newly created board game with his family proved to be fun.

Eduardo's fever for creating board games continued, and in a year and a half, he has created over 25 board game prototypes, each uniquely different from the other. He has since written letters and sent boxes with a few parts to showcase his prototypes to famous game manufacturers like Parker Brothers, Mattel, and Hasbro. Although some companies showed interest in hiring him as a designer, Eduardo does not intend to return to work as he enjoys having the freedom to spend time with his wife and granddaughter.

Eduardo looks forward to the day when he can finally sell his creations to the world. Having utilized patience, persistence, and strategic thinking to overcome his cancer, Eduardo continues to apply those same methods to his new endeavor.

Celebrating Nurses Month

May is Oncology Nursing Month, a time to honor and recognize the invaluable contributions that oncology nurses make to cancer care. Oncology nurses are at the forefront of providing compassionate, patient-centered care to individuals and families affected by cancer. They are responsible for coordinating complex care plans, managing symptoms, providing emotional support, and advocating for their patients' needs.

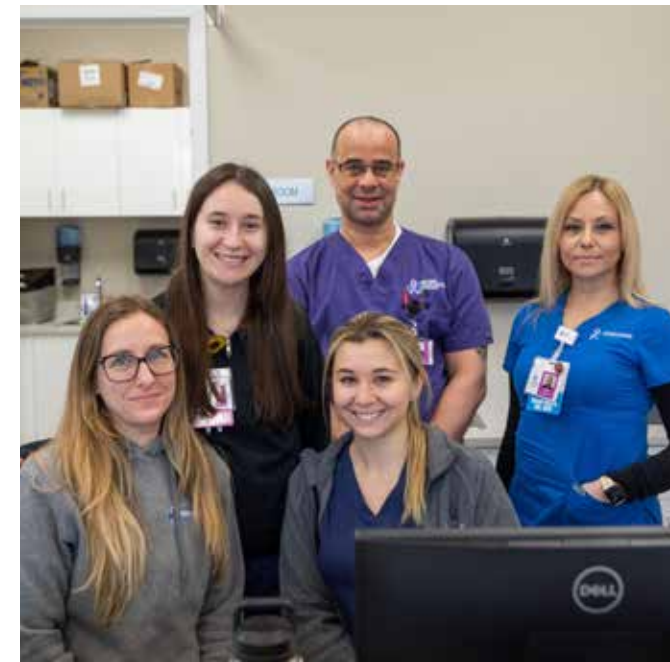
As we celebrate Oncology Nursing Month, we want to express our gratitude for the hard work, dedication, and

passion that oncology nurses bring to their roles every day. They are the backbone of cancer care, and their contributions are essential to improving patient outcomes and quality of life.

This year, we are thrilled to host the 8th Annual Medical Oncology Clinical Education Conference at the luxurious InterContinental New York Barclay Hotel. This event will bring together physicians, advanced practice providers, and nursing staff to create a comprehensive clinical experience. It is an opportunity to celebrate our exceptional clinical team and

recognize the important role that oncology nurses play in cancer care.

As we reflect on the important work of oncology nurses, we encourage everyone to take a moment to thank the oncology nurses in their lives. Whether it's a simple thank you or a small token of appreciation, every gesture counts. Let's all come together to celebrate and honor the oncology nurses who make a difference in the lives of so many.





2nd Annual Top Golf Event

On April 26th, 2023, New York Cancer Foundation hosted its 2nd Annual Top Golf Event! The event was a huge success raising over \$25,000 to help cancer patients with household bills. We are so appreciative of our sponsors, attendees, and community supporters! The night included three hours of golfing fun, drinks, dinner, and everyone's favorite- raffle baskets! Live music was provided by the amazing Mike'd Up Entertainment. We cannot wait to do it again next year!



New Imaging Center Opens In Brooklyn

Brooklyn Imaging, a partnership between New York Cancer & Blood Specialists (NYCBS), one of the leading oncology practices in the nation, and The Brooklyn Hospital Center (TBHC), a community hospital in Fort Greene/ Downtown Brooklyn, reached a significant milestone by opening its newly established diagnostic imaging center at **172 Myrtle Avenue in Fort Greene, Brooklyn**, just across the street from the recently opened 10,000 square-foot Brooklyn Cancer Center, another similar partnership between the two institutions.

Brooklyn Imaging addresses the community's demand for easier access to high-quality medical imaging. With cutting-edge technology and advanced diagnostic tests, the modern facility offers free parking, public transportation access, same-day appointments, and walk-in options, making

sophisticated imaging services more accessible for Brooklyn and its surrounding communities.

"We are dedicated to making world-class care more accessible, convenient, and affordable in all the communities we serve," said Jeff Vacirca, MD, CEO of NYCBS. "The opening of Brooklyn Imaging is a reflection of that commitment, and we are excited to open this remarkable resource for residents of Brooklyn and neighboring communities."

The importance of community-based care has never been greater. With exceptional radiologists, including Dr. Pejman Dalaie, renowned for his skills in PET/CT, cardiac SPECT imaging, and the developing field of theranostics such as lutathera therapy for gastroenteropancreatic neuroendocrine tumors (GEP-NETs), Brooklyn Imaging will provide its

community with top-notch diagnostic imaging services, including MRI, PET/CT, and CT scans.

"Our prior partnership with NYCBS at The Brooklyn Cancer Center has been a big success. We are excited to continue partnering to bring a deeper and broader range of top-notch services to our community and borough," said Gary G. Terrinoni, President and CEO of TBHC. "What is especially exciting is how these new alliances seamlessly complement each other to the benefit of patients. For instance, here at TBHC, our Radiology Department will supplement the Brooklyn Imaging offerings with a full range of mammography and minimally invasive biopsy services."

For more information or to schedule an appointment, please call (833) 269-4624 or visit our website at brooklynimaging.com.



Empowering Women's Breast Health

At New York Cancer & Blood Specialists (NYCBS), we are committed to promoting breast health among women through regular screenings and education. Early detection is key to the successful treatment of breast cancer, which is why we provide state-of-the-art mammography screening services at multiple locations, including Port Jefferson, New Hyde Park, and Brooklyn.

Dr. Kelly Johnson, a Breast Surgical Oncologist at NYCBS, recommends that women begin annual screening mammograms, preferably 3D mammography, at age 40, in line with the American Society of Breast Surgeons' guidelines. Screening should continue if a woman is healthy and expected to live for ten or more years. Mammograms are essential in detecting any changes in the breast that could indicate early cancer, and they are crucial to achieving the best possible outcomes.

Women with dense

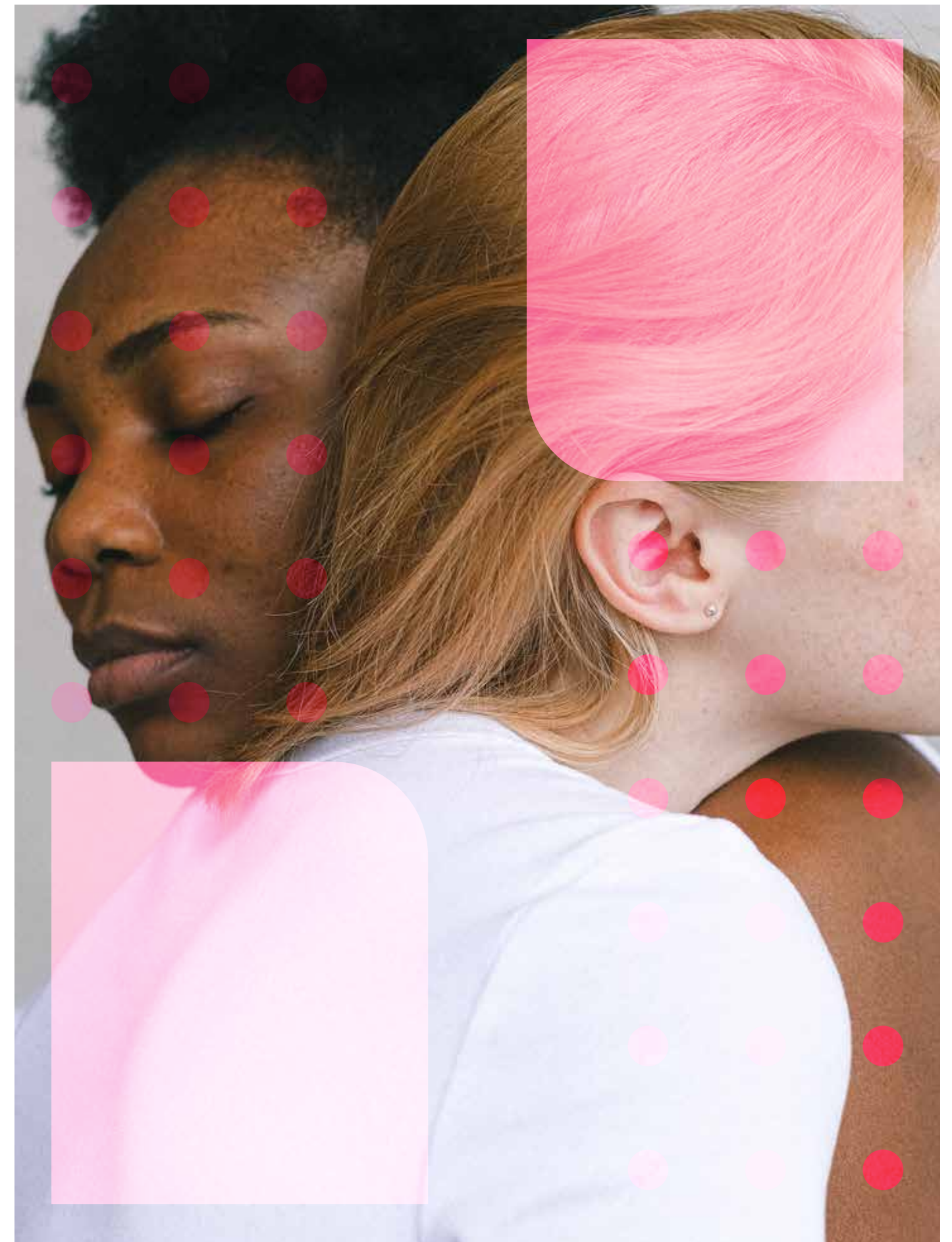
breasts, as determined by a mammogram, may require an ultrasound to aid in cancer detection. Patients with a pathogenic genetic mutation, such as BRCA, should start screening at age 25 and have an annual MRI with the addition of 3D mammogram screening at age 30. Patients are recommended to receive clinical breast exams every six months to a year based on risk.

"Patients with a significant family history or those at higher risk may be recommended to screen earlier," Dr. Johnson said. "Your physician can determine your personal risk factors and recommend the appropriate screening."

In addition to regular screenings, women can take steps to reduce their risk of breast cancer. They can perform self-breast exams once a month to familiarize themselves with their normal breast feel so that they can detect any changes in their exam. They should receive

a clinical breast exam yearly from their gynecologist or primary care doctor. They can also adopt a healthy lifestyle by eating a nutritious diet, exercising for at least 30 to 45 minutes three times a week, minimizing alcohol use, and not smoking.

Don't wait until it's too late. Take the first step in prioritizing your breast health by scheduling a mammogram today by calling **1-833-CANCER9**. For more information, visit nycancer.com.





3rd Annual Living with MBC Event:

A Day of Love, Support, and Education



The 3rd Annual Living with MBC Event: A Day of Love, Support, and Education was recently hosted by the New York Cancer Foundation. Thank you, New York Cancer & Blood Specialists for your support and a huge thank you to Pfizer Oncology for your sponsorship! Over 50 attendees joined us Saturday May 15th at Danfords Hotel, Marina & Spa! The beautiful event kicked off with a wonderful panel of speakers for a Q&A, including our very own Dr. Yelda Nouri,

Dr. Joseph Cirrone, Dr. Deepali Sharma, Dr. Victoria Shklar, Clinical Director of Supportive and Palliative Care MaryAnn Fragola, Dr. Nolyn Nyatanga, Dr. Kelly Johnson, and Dr. David Mangiameli. The day continued with speakers Dr. Michael Drabkin, Dr. Richard Zuniga, Director of Nutritional Services Wendy Kaplan, Financial Counselor Arlene Munoz, and Pfizer's Sherri May Rogers and Katrina Johnson. They covered a variety of topics

including Interventional Radiology, cutting-edge research, support groups, and managing finances. Thank you to Dr. David Chu for being our official MC and sharing your inspirational words! We had several of our partners there with giveaways and educational materials! Thank you Coastal MD, Mondays at Racine Cancer Care, Tactile Medical, and New York Health. We look forward to seeing everyone again next year!

Cancer Research Month & Clinical Trial Awareness Week



Clinical Trial Awareness Month is a national health observance held every May to raise public awareness about the importance of clinical trials and their impact on healthcare. It serves as an opportunity to educate the public, healthcare providers, and policymakers about the significance of clinical trials in advancing medical knowledge, improving patient care, and finding new treatments and cures for diseases.

During this month, various organizations and institutions hold events, conferences, and educational programs to promote clinical trial awareness and encourage participation. The theme for Clinical Trial Awareness Month 2023 is "The Power of Clinical Trials," which highlights the transformative impact of

clinical trials on the lives of patients and their families. Clinical trials are critical for developing new treatments, drugs, and medical devices that can improve patient outcomes and quality of life. They also provide hope for those with a wide range of medical conditions who have exhausted other treatment options. However, many people may not know the importance of clinical trials or how to participate.

To be eligible to participate in any clinical studies we offer, a potential participant must first be a patient with us. This means the first step in eligibility is either requesting an appointment or being referred to us through a current healthcare provider. Once you have established care with

us, your physician will assess your medical history and conduct a physical examination.

Only after collecting a medical history, administering a physical examination, and making an assessment can your physician begin to work with our research team to determine if you would be a good candidate for a clinical study. If you meet the criteria for a specific study, your physician and the research team will contact you to see if you'd like to participate.

Prior to participating in the clinical trial, you will be given sufficient time to discuss any questions or concerns you may have about participation with both your physician and the research team. You must first be determined eligible for the

clinical trial, have had ample opportunity to address any inquiries or concerns about participation, and express your willingness to participate after reviewing the requirements of the study before signing the informed consent form.

It is important to note that participation in a clinical trial is entirely voluntary, and you can withdraw from a study at any time. Your health and safety are our top priority, and we will work closely with you to monitor your health and ensure your participation is as safe and comfortable as possible.

If you have any questions regarding any of the clinical studies we conduct, eligibility, and/or participation, you are welcome to contact us at (631)

675-5075. We are committed to providing you with the information and resources you need to make informed decisions about your healthcare.

Clinical Trials
OFFER HOPE FOR CANCER
PATIENTS WHOSE BODY IS NOT
RESPONDING TO TRADITIONAL
CANCER TREATMENTS.



NEW YORK SPINE & PAIN SPECIALISTS

A DIVISION OF NEW YORK HEALTH

NY Spine & Pain Specialists, formerly known as the Pain Institute of Long Island, a division of New York Health, announced today that it has changed its name to better reflect the full scope of services offered to patients.

The practice has locations in Patchogue, Port Jefferson, and Riverhead, and recently opened a new location at 5316 Nesconset Highway, Port Jefferson Station, NY 11776.

NY Spine & Pain Specialists provides minimally invasive treatment and pain relief therapies for all types of discomfort in the back, neck, knees, hip, elbows, and more. Other conditions treated include degenerative disc disease, spinal stenosis, neuropathic pain, complex regional pain syndromes (CRPS), musculoskeletal-related sports injuries, work accidents, or other injuries. "We are extremely excited to open our new center in Port Jefferson," said Dr. Rohit Reesinghani, FACP, MBA,

Executive Director of NY Health. "The new location will provide patients with easy access to world-class pain management services in a comfortable and convenient setting."

The team at NY Spine & Pain Specialists comprises Division Chiefs Drs. Brian Durkin and Samuel Brown, Dr. Jamal Khan, and Dr. Olga Komargodski. The board-certified pain management specialists have extensive experience in spinal stimulation, the Mild, Vertiflex, and the new Intercept procedure for lower back and leg pain, among other minimally invasive procedures to achieve better pain control.

While surgery may be recommended for some patients, NY Spine & Pain Specialists is dedicated to working with each patient to develop a tailored treatment plan that may include a referral to rehabilitation therapy, pain management injections, and/or minimally invasive procedures.

"At NY Spine & Pain Specialists, we offer world-class pain management services to patients seeking high-quality pain care," said Rusty Dreksler, MBA, NP-C, Chief Clinical Officer. "Our team of experts can provide pain relief while eliminating or minimizing the need for pain medication or surgery."

Please call: **(833) 660-PAIN (7246)** to make an appointment. For more information, visit nyhealth.com.

NEW YORK SPINE & PAIN SPECIALISTS PHYSICIANS



Brian Durkin, DO



Jamal Khan, DO



Olga Komargodski, DO



Samuel Brown, MD

**NY SPINE & PAIN SPECIALISTS PROVIDES
MINIMALLY INVASIVE TREATMENT AND PAIN RELIEF
THERAPIES FOR ALL TYPES OF DISCOMFORT IN THE
BACK, NECK, KNEES, HIP, ELBOWS, AND MORE.**

Palliative Care

Helps With Physical Symptoms And Psychological Aspects Of Living With A Chronic Illness

MaryAnn Fragola, ANP-C, DNP

Palliative care seeks to not only control physical symptoms but also focuses on the psychological aspect of living with a chronic illness. Addressing suffering involves issues beyond physical symptoms. Mental health issues are also prevalent with patients facing advanced illnesses. The psychological symptoms and their effect on quality of life can be as significant as their physical illness and can have a profound impact on quality of life, emotional well-being, and adherence to planned medical treatments.

More recently, awareness surrounding mental health issues and their impact on overall health has increased. Quite a few studies have shown a high burden of psychological difficulties among palliative care patients.

The World Health Organization defines palliative care as an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial, and spiritual.

Palliative care:

- provides relief from pain and other distressing symptoms;
- affirms life and regards dying as a normal process;
- intends neither to hasten or postpone death;
- integrates the psychological and spiritual aspects of patient care;
- offers a support system to help patients live as actively as possible until death;
- offers a support system to help the family cope during the patient's illness and in their own bereavement;
- uses a team approach to address the needs of patients and their families, including bereavement counseling, if indicated;
- will enhance quality of life and may also positively influence the course of illness;
- is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.



Patients with chronic illness that receive palliative care often suffer from depression. Patients suffer psychological losses in feeling that one's sense of wholeness and integrity has changed, feelings of loss of control or independence, all of which can worsen feelings of anxiety or depression. While emotional distress is natural and expected in individuals experiencing serious illness and confronting the end of their lives, the differentiation between a normal and appropriate reaction to dying versus a more serious psychiatric disorder such as major depression can be clinically challenging (UpToDate, 2023).

Our patients may present with other underlying comorbid psychiatric illnesses, including PTSD, substance abuse, personality disorders, schizophrenia, major depression and anxiety, and bipolar illness, and we must be cognizant in recognizing these as possibly being exasperated in the setting of a cancer diagnosis.

While patients with compounding psychiatric disorders can sometimes cope well with chronic or severe illness, providers involved in the management of such patients should be prepared for them to need extra psychotherapeutic or psychopharmacologic support. Integrating a team approach and collaboration with psychology, social work, and psychiatry, together with palliative care providers, creates a supportive approach that can help the complex mental health needs of our patients.



MaryAnn Fragola, ANP-C, DNP

Healthy Guacamole

- 2 ripe avocados
- 1-2 cloves garlic
- Juice of 1 lime
- Sea salt
- Cilantro (optional)
- Chopped bell peppers, tomatoes, jalapeno pepper (optional) for fiber boost

- Peel the avocados and remove the pit
- Mash avocado until smooth in a bowl
- Finely chop desired amount of garlic and add to bowl
- Cut lime in half and squeeze ½ juice into avocado mixture
- Add pinch of salt
- Add desired amount of cilantro
- Chop any other desired vegetables into small pieces and add into guacamole mixture

Mix all ingredients together and taste

Add additional pinch of salt, garlic, lime juice, cilantro until desired taste and consistency is achieved

*** For a high fiber dipping option pair with whole grain pita chips or fresh sliced vegetables and enjoy!**





Maintaining a Positive Mindset During Cancer Treatment:

Strategies for Improving Quality of Life

Living with a cancer diagnosis is an experience that presents numerous physical and emotional challenges, including changes in mobility that often accompany treatment. Patients may experience pain, fatigue, and weakness, making daily tasks difficult. However, maintaining a positive outlook and perseverance can help patients maintain a good quality of life while navigating these changes.

Optimism plays a key role in preserving a positive perspective. Positive thinking can help reduce stress and anxiety, which can improve physical well-being. By focusing on the good things in life, patients can gain a sense of control over their situation, helping them feel more empowered. Additionally, exercise has been shown to reduce the risk of cancer recurrence and alleviate symptoms such as pain, fatigue, and weakness. Starting with gentle activities like walking or yoga and gradually increasing activity levels can be helpful.

Getting support from loved ones and healthcare professionals is crucial when dealing with cancer. Joining support groups can create a sense of community by connecting patients with others who share similar experiences. New York Cancer & Blood Specialists (NYCBS) offers various support groups, including the **Buddy System Program**. This program pairs newly diagnosed cancer patients with NYCBS cancer survivors who have had the same type of cancer. Patients can connect with their assigned buddy by phone and share their thoughts and feelings in a safe and understanding forum.

The Buddy System Program provides patients with emotional healing, which is essential in dealing with cancer. Patients get one-on-one support throughout their cancer treatment, allowing for a dialogue that facilitates both emotional and medical healing.

To participate in the Buddy System Program, patients can email Dr. Schomber at Jschomber@nycancer.com. In addition to the Buddy System, NYCBS offers a multidisciplinary care team, including social workers, psychologists, registered dietitian nutritionists, and palliative care providers. These resources provide patients with the support they need to navigate their cancer journey.



continued..

Cancer treatment can be all-consuming, but patients can maintain a sense of normalcy and improve their quality of life by focusing on the present moment and finding joy in simple pleasures. Whether it's spending time with loved ones, enjoying a favorite hobby, or simply taking a walk in nature, there are ways to find more hope and optimism.

A positive mindset can have a significant impact on a patient's overall health and treatment outcomes. Cancer patients who maintain a positive outlook are more likely to adhere to their treatment plans, experience fewer side effects, and have a better quality of life. In contrast, those with a negative outlook may be more likely to experience depression, anxiety, and other mental health challenges that can hinder their recovery. Thus, it is essential to take care of both physical and emotional health during a cancer diagnosis.

Ways to maintain a **POSITIVE MINDSET** during cancer treatment:

Focus on the present moment: Instead of dwelling on the past or worrying about the future, try to focus on the present moment. Mindfulness meditation, deep breathing exercises, and yoga can all help you to stay in the present and reduce stress.

Practice gratitude: Take time each day to reflect on the things you are grateful for, no matter how small they may seem. This can help you to shift your focus from negative thoughts to positive ones.

Connect with loved ones: Spending time with family and friends can help to lift your mood and provide a sense of support and comfort.

Seek professional help: Talking can help you to work through your emotions and develop coping strategies.

Stay active: Exercise has been shown to have numerous physical and mental health benefits, including reducing stress and anxiety. Even gentle activities like walking or stretching can be beneficial.

Join a support group: Connecting with others who are going through similar experiences can be incredibly helpful. Support groups provide a sense of community and help you to feel less alone.

Find joy in life: Engage in activities that bring you joy, whether that's reading, listening to music, or spending time in nature. Taking time for yourself can help to improve your overall well-being and reduce stress.



Olive Oil & The Mediterranean Diet

By Wendy Kaplan, MS, RDN, CSO, CDCES, CDN

The Mediterranean dietary eating pattern centers around whole plant-based foods and emphasizes other important aspects of a healthy lifestyle including, being social, acting mindfully and engaging in physical activity. This diet is based on traditional foods from countries such as Greece, Italy, Spain and others that surround the Mediterranean Sea and emphasizes consuming fruits, vegetables, whole grains, nuts and seeds, legumes and healthy fats (like olive oil and fatty fish) along with some dairy. Meat can be part of this diet, but it is viewed more as a side dish, not a meal centerpiece. Herbs and spices are a mainstay to boost flavor. U.S. News & World Report once again rated this dietary pattern a top pick for best diet for healthy eating.

Olive oil, a monounsaturated fat, is part of the “healthy” fat group and an essential component of the Mediterranean Diet. Many of the health benefits are associated with the polyphenols and oleic acid in the oil. Extra virgin olive oil contains the most beneficial components. In some observational studies, olive oil consumption has been linked to a lower risk of cancer, particularly breast, prostate and colorectal and has been linked to fewer cancer deaths. Health benefits extend to other chronic conditions such as heart disease by improving blood lipid levels and lowering blood pressure and managing diabetes by helping to control insulin levels.

Olive oil is the main fat component of the Mediterranean Diet and it’s actually much more versatile than people think!

HERE ARE SOME FUN FACTS AND TIPS ABOUT OLIVE OIL:

- Sauté, fry and bake with olive oil. I know you may have heard a lot of buzz about the smoke points of olive oil, however, a lot of that is misinformation. It’s actually very hard to burn olive oil or food.
- Look for the harvest date on the bottle. The more recent the date the better because there will be less of a chance of it nearing rancidity. Also, the “sell by” date is meaningless, as there is no legal definition attached to it.



- When sautéing, pour a small amount of olive oil into the pan and heat over low heat.
- Add the food when the oil is heated through.
- Swap olive oil for butter in recipes. This will lessen the saturated fat and add in heart-healthy fat. A 1/2 cup of butter is equivalent to 1/4 cup + 1 Tbsp olive oil.
- Cold-pressed olive oils retain more flavor and more of the healthy compounds.
- All oils (no matter what kind) have the same amount of calories and fat per tablespoon (120 calories, 14 grams fat). When oil is labeled “light” it means light in color, not calories or fat.
- Marinate meats in olive oil based marinades prior to grilling to lessen the carcinogens produced during the grilling process.

Skin Cancer **PREVENTION TIPS**

Skin cancer, or the abnormal growth of skin cells, most commonly develops due to skin exposure to harmful UVA and UVB rays, often from sunlight. Cancer of the skin begins in the epidermis, or upper/outer skin layer, which is made of three kinds of cells where cancer can grow: basal cell carcinoma, squamous cell carcinoma, and melanoma. Skin cancer continues to be one of the most commonly diagnosed types of cancer, but it is also the most preventable.

Here are a few tips to help you stay clear of skin cancer:

1 Use Broad Spectrum Sunscreen.

It's essential to protect your skin with sunscreen outdoors, even on cloudy or cool days. It is recommended to use a broad-spectrum sunscreen with an SPF of 15 or higher designed to protect against UVA and UVB rays. Select a water-resistance sunscreen and an SPF 30 or higher for extended outdoor use. Apply your sunscreen about 30 minutes before going outside and reapply at least every two hours or after swimming or sweating.



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Avoid Indoor Tanning

Never use tanning beds or sunlamps to tan, as they expose you to intense UV rays and can leave you vulnerable to severe burns.

Perform Regular Skin Cancer Self-Exams

One of the best ways to be proactive against skin cancer is to give yourself monthly checks with a self-exam.

When examining your skin for skin cancer signs, remember the ABCDE rule:

- Asymmetry:** The spot has an unusual shape with two sides that are not symmetrical.
- Border:** The spot has a jagged or uneven edge.
- Color:** There is not a consistent color across the spot.
- Diameter:** The spot is more significant than a pea.
- Evolution:** You have noticed the spot has changed within the past few weeks or months.

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3

Seek Shade

Avoid the sun as much as possible by seeking shade or staying indoors on mainly sunny days. The hours where the sun is the strongest and most likely to cause burn is between 10am and 4pm.



Wear Protective Clothing & Accessories

Cover up with protective clothing, wide-brimmed hats, and UV-blocking sunglasses when going outdoors.



Patient Community Meeting

Benefits of Yoga Therapy

Yoga can help people with cancer both mentally and physically. Research shows yoga may ease some side effects of the disease and its treatments. Yoga enhances physical and emotional wellness, learn how to build a strong foundation for cancer healing.

Special Guest: NYCBS Patient Lisa Devine, Mindful Turtle Yoga Studio

Where: NYCBS 49 Nesconset Hwy, Port Jefferson Station, Waiting

When: Wednesday May 17th @ 6PM

Light Refreshments Served



Nurition Dept. Updates

Big News! Nutrition is expanding into some of our Riverhead PCP and Mt. Sinai PCP New York Health offices. Be on the lookout!

Michelle Slowey, RDN and Wendy Kaplan, RDN attended the New York Cancer Foundation's 3rd Annual Living With Metastatic Breast Cancer event. Wendy presented on support groups and how they build community in women with advanced breast cancer.

Medical Laboratory Professionals Week

Medical Laboratory Professionals Week is celebrated April 23-29, 2023. Our Medical Laboratory and pathologists play a vital role in health care and patient advocacy. The lab is responsible for the diagnosis and prevention of disease, and provides results in order to maintain optimal health in our patients. They are our healthcare heroes behind the scenes!

We are proud to have a remarkable Lab team and continue to be amazed— but not surprised — at the tremendous contributions they make every day. Their work and commitment directly influence patient safety, quality of care, and cost effectiveness.



Women's Support Group

The Women's Support Group will be taking place on Wednesday, May 10, 2023, in our Lake Success office at 1 Delaware Drive, New Hyde Park, NY 11042. The topic of discussion will be sex and intimacy. As this topic can be sensitive for some individuals, we will also be providing a private space where patients can submit their questions if they feel more comfortable doing so.

During the session, we will be addressing various concerns that may arise in regards to sex and intimacy. Some of these concerns may include increased stress and anxiety, worries about vaginal health, weight gain, and reconstruction. We will also be discussing the use of hormonal and non-hormonal moisturizers, long-lasting and topical lubricants, as well as intimacy-enhancing strategies.

We understand these topics can be sensitive and personal, but we want to assure our patients that this is a safe space for open and honest conversation. We encourage all attendees to share their thoughts and concerns in a respectful and supportive environment.

IT Cyber Security

In the field of cybersecurity, we do everything to establish a strong line of defense that helps protect our company, but we can never forget all of those who gave everything in defense of this country. Happy Memorial Day!

Career Opportunities

RADIOLOGIST

Contact: Robert Nicoletti - CHRO
rnicoletti@nycancer.com

STAFF HEMATOLOGIST/MEDICAL ONCOLOGIST NEEDED BROOKLYN, NY AT OUR BROOKLYN HOSPITAL LOCATION

Contact: Eric Jackson
eric.jackson@oneoncology.com

POST DOC PSYCHOLOGIST

Contact: Robert Nicoletti - CHRO
jschomber@nycancer.com

NURSE PRACTITIONER (NP) / PHYSICIAN ASSISTANT (PA) BAYSIDE MEDICAL ONCOLOGY, STATEN ISLAND MEDICAL ONCOLOGY, NEWBURGH MEDICAL ONCOLOGY

Contact: Robert Nicoletti - CHRO
apprecruitment@nycancer.com

MEDICAL FRONT DESK RECEPTIONIST

Contact: Robert Nicoletti - CHRO
careers@nycancer.com

HEMATOLOGIST/ONCOLOGISTS

Contact: Robert Nicoletti - CHRO
eric.jackson@oneoncology.com

HISTOLOGY TECHNICIAN

Contact: Robert Nicoletti - CHRO
careers@nycancer.com

LICENSED PRACTICAL NURSES (LPN'S) CENTRAL PARK MEDICAL ONCOLOGY

Contact: Robert Nicoletti - CHRO
careers@nycancer.com



Know of someone looking for a new career with upward mobility?

Visit:
nycancer.com/careers

Or
Scan the QR Code Below



THE NEW YORK CANCER FOUNDATION EVENTS!!!

Hockey for Hope

May 6th, 2023

The New York Cancer Foundation will be facing off against Suffolk County Sheriff's Office, Suffolk's Boldest Hockey. This will be the ultimate Rubber Match!

Purchase tickets using the link below.

<https://donorbox.org/events/412217>



5K RUN & WALK

July 8th, 2023

All proceeds from this event go to the New York Cancer Foundation! Come be a light in our community! Prepare to come decked out with lights and neon colors to shine your brightest in this awesome dusk run/walk, followed by a black light party with glow sticks and a DJ!

Register Using link or Scan QR Code Below:

<https://runsignup.com/Race/NY/Hauppauge/RunBetheLight5k>



New Hires

Aletia Dunkley (LPN)

Alysa Anderson (Receptionist)

Amanda Shaw (RN)

Angie Chavez-Aguilar (MA)

Ashley-Elora Svendsen (Pharmaceutical Coordinator)

Belinda Toney (Patient Communications Operator)

Brandy Lawrence (Patient Communications Operator)

Brian Faithfull (Patient Communications Operator)

Casey Murray (Infusion RN)

Cassandra Lehman (Lab Biller)

Chiara Jade Escobar (Infusion Registered Nurse)

Corinne Ceglia (Regional Director West)

Devonee Curry (Receptionist)

Emmalyn Kennedy (Medical Assistant)

Evelyn Ferraro (Receptionist)

Gary Bills (Patient Communications Operator)

Glen Smokler (Specimen Courier)

Grace Noonan (Receptionist)

Jaclyn Pappas (Nurse Practitioner)1

Jenis Perdona (Medical Assistant)

Jovelyn Rivera (Regional Director West/City)

Kayla Silva (Receptionist)

Liam Koons (Director of Data Integration)

Mary Morgado (Intake LPN)

Merritt Gosselin Love (RN)

Michelle Stinsman (LPN)

Michelle Wellcome (RN)

Mohamed Hamed (Physician Liaison)

Nicole Lojko (New Patient Coordinator)

Paola Alvarado (Lab Medical Assistant)

Rose Ruiz (Lab Medical Assistant)

Sarah Nelson (Breast Ultrasound Technologist)

Sehrish Rizwan (Medical Assistant)

Setarah Mohammad (Lab MA)

Zachary Weber (Queens/Nassau Liaison)



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.