

THE SPECIALIST

Harry Staszewski, M.D., FACP

H. Staszewski
Medical Oncology & Hematology



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A MESSAGE FROM THE CEO

My Friends,

The holidays are a time for reflection. As I reflect on all I am grateful for; our team is front and center. Your dedication and passion are making lives better every day. I am sure that many of our patients will think of you as they reflect on things they are grateful for as well. You all help make our vision— a world free of cancer and blood disorders truly possible.

You help cultivate a culture of integrity, innovation, and respect, driven by teamwork, and a workplace where our colleagues are like a second family. Many have been part of the NYCBS family for half a lifetime, like Sue Rizzo, who recently celebrated her 40th work anniversary.

The NYCBS community is truly remarkable. From the Halloween spirit displayed throughout our offices to celebrating NYCBS's longest-running clinical trial patient with a 'surprise party' to recognizing the hard work of our Implementation Team. These are just a few of the exciting stories in this month's issue.

We salute our Veterans on November 11th and thank them for their dedication and selflessness. So many of these brave men and women are our patients and employees, friends and neighbors, who served our country honorably. We have so much to be thankful for, not just during the holidays but all year long.

So as we gather around the table with our loved ones, where food and joy abound, let us say thanks; thanks for good health, our families, and each other.

Happy Thanksgiving!

Warm regards,

Dr. V



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NEW YORK CANCER & BLOOD SPECIALISTS

Conquering Cancer Together™

LUNG CANCER

Your lungs are two spongy organs in your chest that take in oxygen when you inhale and release carbon dioxide when you exhale. Lung cancer is a type of cancer that starts in the lungs. Cancer starts when cells in the body begin to grow out of control.

THE NUMBERS

235,760

NEW CASES OF LUNG CANCER ANNUALLY

RISK FACTORS

-  **SMOKING**
-  **SECONDHAND SMOKE**
-  **ASTHMA**
-  **ASBESTOS**
-  **AIR POLLUTION**
-  **CHEMICAL & RADIATION EXPOSURE**
-  **GENETICS**
-  **CHRONIC OBSTRUCTIVE PULMONARY DISEASE**

MAIN TYPES

There are two main types of lung cancer and they are treated very differently.

NON-SMALL CELL LUNG CANCER (NSCLC)

About 80% to 85% of lung cancers are NSCLC. The main subtypes of NSCLC are adenocarcinoma, squamous cell carcinoma, and large cell carcinoma. These subtypes, which start from different types of lung cells are grouped together as NSCLC because their treatment and prognoses (outlook) are often similar.

SMALL CELL LUNG CANCER (SCLC)

About 10% to 15% of all lung cancers are SCLC and it is sometimes called oat cell cancer. This type of lung cancer tends to grow and spread faster than NSCLC. About 70% of people with SCLC will have cancer that has already spread at the time they are diagnosed. Since this cancer grows quickly, it tends to respond well to chemotherapy and radiation therapy. Unfortunately, for most people, the cancer will return at some point.

TREATMENT

-  **HORMONE THERAPY**
-  **SURGERY**
-  **RADIATION THERAPY**
-  **TARGETED THERAPY**
-  **CHEMOTHERAPY**
-  **IMMUNOTHERAPY**



NEW YORK CANCER & BLOOD SPECIALISTS

Conquering Cancer Together™

PANCREATIC CANCER

Pancreatic cancer is a type of cancer that starts in the pancreas. Cancer starts when cells begin to grow out of control.

RISK FACTORS

FAMILY HISTORY



CHRONIC PANCREATITIS



TOBACCO USE



GENDER

DIABETES



OBESITY



RACE



AGE

PREVENTION TIPS



NO SMOKING



BE PHYSICALLY ACTIVE



EAT HEALTHY



LIMIT EXPOSURE TO CHEMICALS

PANCREATIC CANCER ACCOUNTS FOR ABOUT **3%** OF ALL CANCERS IN THE **UNITED STATES**

THE NUMBERS

418,000

ESTIMATED NEW CASES WILL **BE DIAGNOSED BY 2020**

TREATMENT



HORMONE THERAPY



SURGERY



CHEMOTHERAPY



RADIATION THERAPY

PANCREATIC CANCER HAS THE **LOWEST FIVE YEAR SURVIVAL RATE** OF ANY MAJOR CANCER, **AT ONLY 8%**

A Perfect Match: Precision Medicine and Targeted Therapy in Cancer Care

By Sarah Gould

Genomic and biomarker testing is revolutionizing cancer care across many tumor types and is increasingly being implemented at community cancer centers like New York Cancer & Blood Specialists (NYCBS). At NYCBS, research is an important component of clinical practice.

Next-generation sequencing of tumor DNA is the backbone of personalized treatments in oncology. Since cancer is a genetic disease driven by alterations in the genome, attention to the genetic analysis of tumors enables physicians to personalize treatment to the patient's cancer, also known as precision medicine.

Personalized medicine replaces the one-size-fits-all approach and individualizes treatment to the patient and their needs. For example, rather than giving generic chemotherapy to every patient with the same type of cancer, NYCBS can tailor the therapy to the particular characteristics of a patient's tumor, resulting in a more effective and less toxic treatment.

Precision medicine tailors therapy to the individual genetic characteristics of each patient's cancer. NYCBS uses tools to analyze the genetic makeup of the cancer from a specimen of a patient's tumor tissue. "We also can frequently detect the presence of these mutations by analyzing patients' blood samples," said Chief Medical Officer Harry Staszewski, MD. "We can often track the changes in a patient's cancer over time and adjust treatment without having to use invasive biopsies."



Harry Staszewski, MD

Precision medicine has become a largely used tool for patients, particularly with specific diseases, and is routine in managing lung cancer, breast cancer, colorectal cancer, malignant melanoma, and gynecologic malignancies. It is, however, playing an increasing role in many different cancers.

"Not only does it allow us to match treatment to our currently available chest of medications, but it also enables us to target and refer patients for cutting-edge clinical trials and research," Dr. Staszewski said. NYCBS Oncologists are also evaluating a new generation of blood tests that may enable the detection of cancer in early stages from snippets of DNA released from tumor cells into the bloodstream months to years before changes show up on the standard screening tests.

NYCBS has more than 60 clinical trials available at all of its locations. In addition to genetic testing for the tumor, NYCBS offers genetic testing for patients to gain insight on genetic predisposition to cancer for other family members and tailor treatments that may work more effectively in patients with certain genetic mutations, such as the BRCA gene.

To make an appointment, please call NYCBS at **1-833-CANCER9**.

For more information, visit nycancer.com

NOVEMBER

Pancreatic Cancer Awareness Month

November is Pancreatic Cancer Awareness Month. Unfortunately, when this particular type of cancer occurs, it can often be hard to diagnose, making it the fourth leading cause of cancer death in the United States. However, with early detection, survival rates improve significantly.

To better understand how to spot pancreatic cancer before it progresses, we must first discuss the risk factors.

Understanding Your Risk of Pancreatic Cancer

The pancreas is about 6 inches long and 2 inches wide extending across the abdomen between the stomach and the spine. Your pancreas's primary role is to release enzymes that aid in digestion and produce hormones that help manage your blood sugar.

Growths can occur throughout the pancreas, with the most common types forming in the cells that line the ducts carrying digestive enzymes out of the pancreas. Often symptomless until it's in the late stages and has spread, early detection for pancreatic cancer is rare.

However, knowing your risk factors, both controllable and uncontrollable, is vital.

Controllable Risk Factors for Pancreatic Cancer

Tobacco use: Smokers have almost double the risk of getting pancreatic cancer than those who don't. About a quarter of pancreatic cancer cases are thought to be caused by smoking tobacco cigarettes.

Diabetes: Though no reason is known, those with type 2 diabetes have a high risk of pancreatic cancer.

Workplace exposure: Chemicals often found in the metalworking or dry cleaning industry have been shown to raise the risk of pancreatic cancer.

Chronic pancreatitis: Those who heavily drink alcohol or regularly smoke often have a higher risk of chronic pancreatitis (long-term inflammation of the pancreas). In turn, chronic pancreatitis increases the risk of pancreatic cancer.

An unhealthy weight: An individual who is considered obese, which is defined as a body mass index of 30, is 20% more likely to develop pancreatic cancer. Extra weight around the waistline is also thought to be a risk as well.

Uncontrollable Risk Factors of Pancreatic Cancer

Your age, gender, race, and family history all play a role in your chances of developing pancreatic cancer. Almost all cases occur in those over the age of 45, and the average age is 70. Men have a slightly higher risk than women too. Pancreatic cancer has also been shown to run in families, with some cases being caused by a genetically inherited syndrome such as gene mutation or defect. If you have a known family history of cancer or pancreatic cancer, you'll want to discuss your risks with your primary care doctor.

Symptoms of Pancreatic Cancer

Pancreatic cancer symptoms often don't occur until the disease is in its advanced stages, so knowing your risk factors can help increase your chances of early detection. When pancreatic cancer has progressed, the below symptoms may be present:

- Itchy skin
- Dark-colored urine
- Light-colored stool
- Jaundice (yellowing of the skins and white of the eyes)
- Weight loss that's unintentional or loss of appetite
- Abdominal pain radiating to the back
- Blood clots
- Fatigue

For some, a new diagnosis of diabetes could be a sign. For those with preexisting diabetes, a sudden change in control can also be a complication to undiagnosed pancreatic cancer. With any new symptoms, it's always best to discuss them with your doctor so they can decide on further testing and treatment.



CELEBRATING

40 YEARS

AT NEW YORK CANCER & BLOOD SPECIALISTS

When Sue Rizzo started with New York Cancer & Blood Specialists (NYCBS) 40 years ago, she would carry a suitcase filled with patient charts to and from the offices on Medical Drive in Port Jefferson Station and Smithtown. At that time, the practice consisted of only six physicians and a handful of employees.

Sue recalls a friend had told her about the opportunity, and a phone call later, she had an interview. Now she celebrates a milestone — her 40th work anniversary. When Sue started at the company, there was only one position, the front desk receptionist. They did it all, and eventually, a subdivision was born. When the office went electronic, she found herself downstairs sorting through medical records, and the rest was history. Sue found her niche. She has been in Medical Records since 1995, managing patients' health records and history.

Sue has been through all of life's experiences while working for NYCBS, from marriage to the birth of her son to home renovations. Not only has she met truly remarkable patients, but she also made lifetime friends. "I couldn't do it without my team," Sue said. "They are truly dedicated people."

When Sue isn't hard at work, you can find her playing golf, at the beach, or spending time with her friends and family.





NYCBS Opens New Location in Bethpage

New York Cancer & Blood Specialists (NYCBS), one of the leading oncology practices in the Nation, has once again teamed up with AdvantageCare Physicians (ACPNY), one of New York's largest primary and specialty care practices, to provide state-of-the-art cancer care in Bethpage, New York. The new cancer center is located at 1055 Stewart Avenue, Bethpage, NY 11714. This will be the practice's second Nassau County location within the ACPNY collaboration.

"As we invest in more direct care for our Long Island communities, which includes our Bethpage and Valley Stream sites, as well as ACPNY's soon-to-open Uniondale office location, our 'whole you' approach, continues to help Long Island patients pursue better health by giving them easier access to a full range of primary and specialty care right in their own backyard," said Dr. Navarra Rodriguez, Chief Medical Officer of ACPNY.

"NYCBS's collocation at AdvantageCare Physicians in Bethpage expands vital cancer care access to residents of Nassau County," said Jeff Vacirca, MD, CEO of NYCBS. "The collaboration provides for greater resources and convenient care, all under one roof and closer to home. These additional services allow NYCBS to continue its mission of delivering comprehensive patient care."

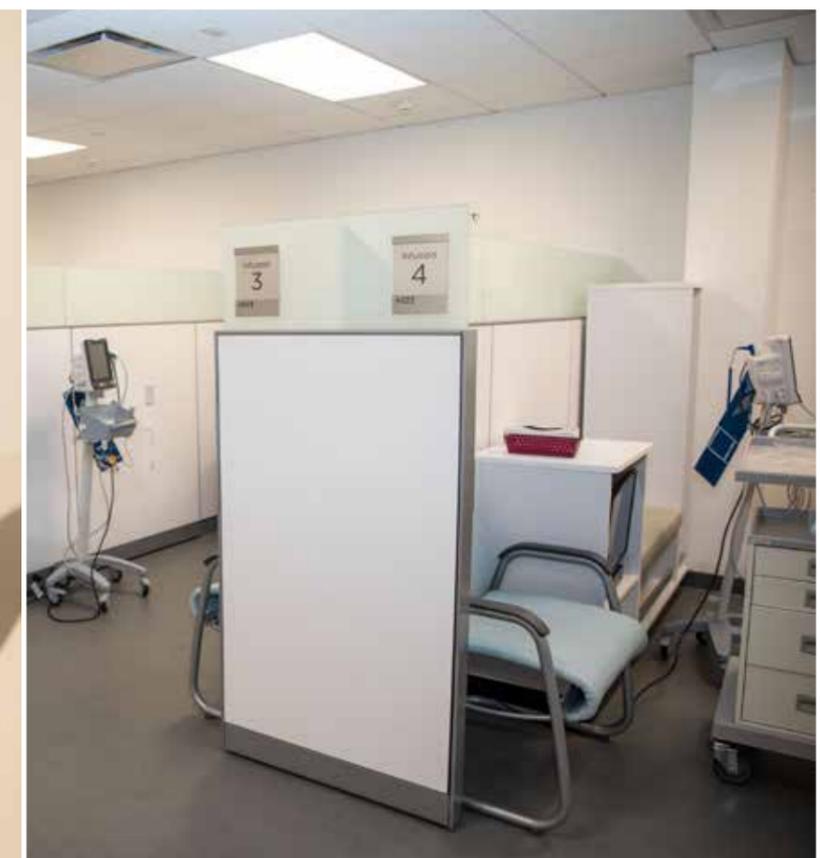
The new cancer center co-located at ACPNY's Bethpage Medical Office offers an array of integrated cancer services, including medical oncology, hematology, radiation oncology, diagnostic imaging, and comprehensive support services. In addition, NYCBS offers cutting-edge medical technology and equipment, a full-service research department, 60+ clinical trials with the latest cancer therapeutics, and an on-site laboratory and pharmacy.

Earlier this year, ACPNY celebrated the opening of the brand new, 68,582-square foot medical office in Bethpage. This state-of-the-art facility which has accommodations for 25 doctors, also includes a full GI suite with two procedure rooms, ultrasound-guided biopsies, ophthalmology services (optical coherence tomography testing, visual fields, Pentacam, laser procedures, and retina specialty), full laboratory, co-located partnership with Lenox Hill Radiology (x-ray, ultrasound, bone density, and 3D mammography) and co-located partnership with EmblemHealth Neighborhood Care (access to community resources, wellness programs, and in-person and virtual customer support).

ACPNY medical offices, like Bethpage, are designed to make coordination of care seamless by bringing together a range of primary care and specialty services offered by ACPNY and its clinical partners in one convenient location for patients. Board-certified hematologist-oncologist Dr. Aruna Gupta will practice at the Bethpage location, and Dr. Nolyn Nyatanga will join her on January 1, 2021.

To make an appointment, please call **(718) 732-4049**.

To learn more about AdvantageCare Physicians, visit acpny.com





The NYCBS Implementation Team

The Implementation Team is responsible for the successful introduction of best practices to new sites. They roll up their sleeves and dig in with every new location! So far this year, the team has helped to incorporate 15 new practices/locations into the NYCBS/NY Health family. They have been an integral part of our ability to grow and provide excellent care for patients across New York.

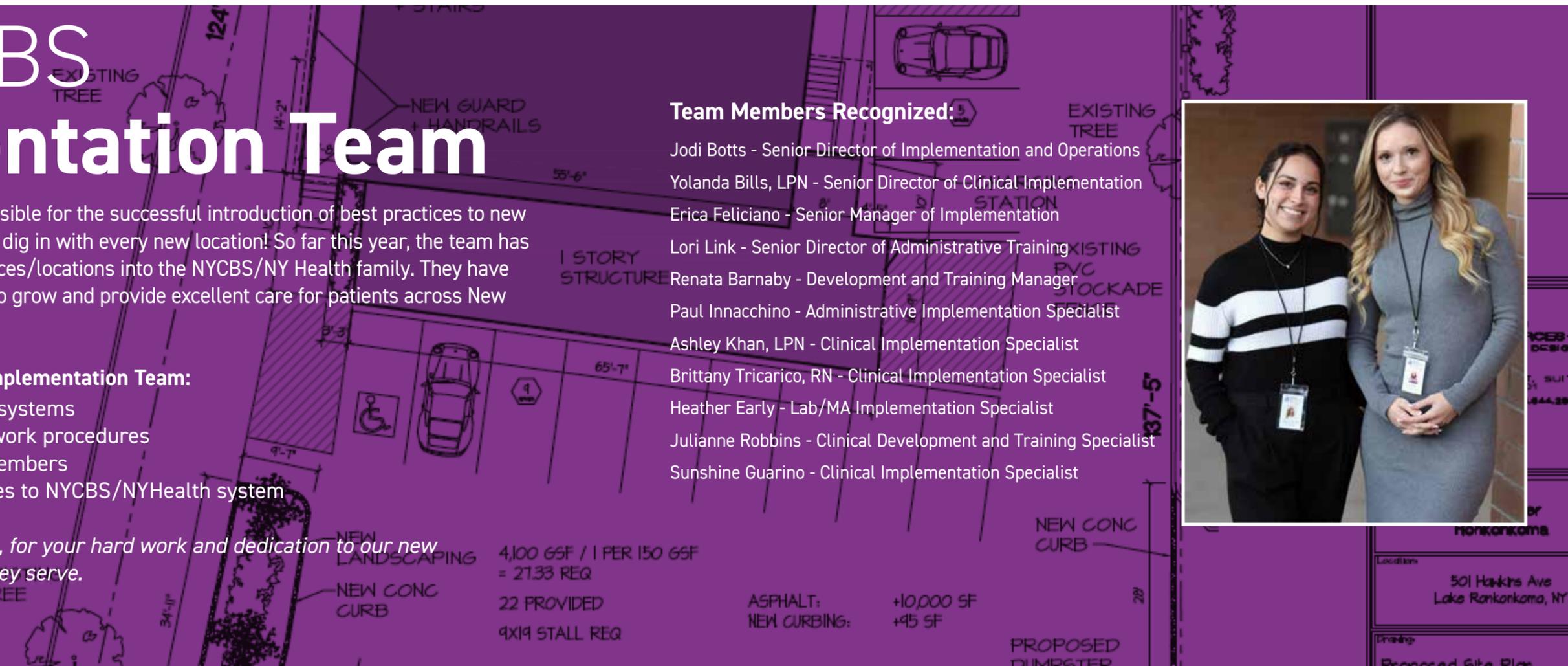
Types of Tasks Handled by the Implementation Team:

- Implement new processes and systems
- Integrate new technology into work procedures
- Coach and mentor new team members
- Onboard new locations/practices to NYCBS/NYHealth system

Thank you, Implementation Team, for your hard work and dedication to our new practices and the patients that they serve.

Team Members Recognized:

- Jodi Botts - Senior Director of Implementation and Operations
- Yolanda Bills, LPN - Senior Director of Clinical Implementation
- Erica Feliciano - Senior Manager of Implementation
- Lori Link - Senior Director of Administrative Training
- Renata Barnaby - Development and Training Manager
- Paul Innacchino - Administrative Implementation Specialist
- Ashley Khan, LPN - Clinical Implementation Specialist
- Brittany Tricarico, RN - Clinical Implementation Specialist
- Heather Early - Lab/MA Implementation Specialist
- Julianne Robbins - Clinical Development and Training Specialist
- Sunshine Guarino - Clinical Implementation Specialist



NEW LANDSCAPING	4,100 GSF / 1 PER 150 GSF		
	= 27.33 REQ		
NEW CONC CURB	22 PROVIDED	ASPHALT:	+10,000 SF
	4X19 STALL REQ	NEW CURBING:	+45 SF

Location
501 Hawkins Ave
Lake Ronkonkoma, NY

Drawing
Proposed Site Plan

NOVEMBER

Lung Cancer Awareness Month

November is Lung Cancer Awareness Month. As the leading cause of cancer deaths in the United States, it's important to not only spread awareness around the disease but to help shed light on how to reduce your risks of developing it.

Though not all factors are controllable, everyone must know their risk factors and screening options to help reduce the death rate and increase the chance of prevention, early detection, and hopefully, one day, a cure.

Here's What Everyone Should Know When it Comes to Lung Cancer.

Common Risk Factors for Lung Cancer

Lung cancer is identified by two general types: small cell lung cancer and non-small cell lung cancer. With non-small cell lung cancer being an umbrella term for various lung cancers, small cell lung cancer is less common and almost always found in heavy smokers. Though it's commonly known that one of the most significant risk factors for lung cancer is smoking, being exposed to secondhand smoke can also increase your risks.

Some other risk factors to consider include:

- Previous radiation therapy (especially to the chest)
- Exposure to radon gas, asbestos, or other carcinogens
- A family history of lung cancer

To reduce your risks, avoid smoking; if you do smoke, consider stopping. Avoid secondhand smoke exposure by asking those you live or work with to quit or only smoke outdoors. You might also look into testing your home for radon and use extra precaution if you work in an industry exposed to carcinogens. A healthy diet and regular exercise have been known to reduce your risk for lung cancer, too.

Symptoms of Lung Cancer

Like most cancers, signs and symptoms are often not present until advanced stages. Some common symptoms may include:

- A sudden, persistent cough that won't subside
- Coughing up blood
- Shortness of breath
- Pains in the chest
- Hoarseness
- Bone pain
- Headache
- Sudden weight loss (without trying)

It's important to talk to your doctor when any of the above symptoms are present so they can further discuss your testing and screening options with you.

Lung Cancer Screenings

To find lung cancer early on, your doctor may recommend a lung cancer screening, known as a low-dose computed tomography or low-dose CT scan or LDCT. Often, screenings are recommended only to those at high risk for lung cancer, as some risks — such as a false-positive, overdiagnosis, and radiation exposure — can all occur from the screening.

Your pack-year (meaning, smoking one pack of cigarettes per day for a year), how long you've smoked or have been a nonsmoker, and your age will all determine if you're eligible for screening. Currently, screening is not recommended for any individual over the age of 81 or for those who have not smoked for over 15 years. If you think you're a good candidate for screenings, speak with your doctor on how and when you can begin the process.



PATIENT STORY

Hannelore

It's been nearly six years since Hannelore Scheppach was diagnosed with stage 4 lung cancer. After three years of ineffective chemotherapy treatment, Hannelore decided to try another promising option—ZENO: ZN-E4-001 clinical trial.

Clinical trials are at the heart of all medical advances. The goal of these trials is to find new and better ways to diagnose, treat, and cure disease so that patients can have an improved quality of life. People who participate in clinical trials make it possible for this to occur.

"The first three years I had chemo, I didn't do too well," she said. "Then I gave the clinical trial a try, and it was amazing how the treatment worked for me. I feel good, I'm happy, and with the help of the research team, I'm able to lead a very normal life."

Yet, Hannelore's life is far from ordinary. It's special. Having been in the restaurant business since 1970, she is probably the only person, who at 87-years-old, is battling lung cancer and was still going to work as a server until the pandemic happened. She came from a small family in Germany, and when she was 33-years-old, she moved with her husband to New York. They didn't have any children, and he has since passed, but Hannelore finds contentment in simplicity. She enjoys time alone, meditating, cooking, watching sports, and spending time with friends that she considers family, including the members of her care team.

"I feel like NYCBS is my family," she said. "I've always felt very comfortable when I come here. They are so good to me, and we talk to each other about everything. They are certainly specialists who know what they are doing and like what they're doing. They are wonderful."

October 28, 2021, marked Hannelore's third year on the trial and 50th cycle, making her the longest-running research patient of New York Cancer & Blood Specialists (NYCBS). At 88-years-old, Hannelore is happy and healthy. Dr. Chu and the research team surprised her with flowers, cake, and a gift card to celebrate her success and 88th birthday.

"The research program is a wonderful thing. It might feel like you are a guinea pig, but there's nothing to lose. I mean, look at me. I'm here, and I do so well for my age. So I thank everybody who helped me."

For more information, contact the Research Department at **631-675-5075**

What I'm Most Grateful For

During times like these, it's important to reflect on what is truly important. Whether it's friends, family, or wholesome Thanksgiving turkey, our patients and staff shared. See what they said!

My Family, Friends, and having the opportunity to work for NYCBS has been a blessing for almost six months now. I feel like I was meant to be here to help work with patients and their families.

- **Pamela Mendoza.**

My family because of their unwavering love and support at all times.

- **Evette Trim**

I am thankful for my beautiful daughter, my insanely strong mother, and the good memories of my father.

- **Keri Spindler**

The good deeds that exist in this world, Family, and Good Health.

- **Kwahmaine Cheatham**

Being able to be thankful every day for life's little moments as well as big events

- **Joyce Podlas**

Thankful for getting up every morning to make each of my patients happy and motivating each of my co-workers to get through the day.

- **Maria Quinones**

Another year of life with me and my family, friends, co-workers.

- **Melany Pena**

I'm most thankful for my family for their never-ending support, my job for being awesome, and my cat Lola cause she's the best <3

- **Samantha Santiago**

All the wonderful people we work with who keep our patients top of mind in all they do.

- **LK Winters**

The opportunity to work with such wonderful people and care for our patients and their families.

- **Jennifer Gill**

I am thankful for all the patients I met throughout my years here who have taught me the true meaning of life: strength and perseverance, and for everyone I work with every day. They are not my coworkers; they are my family.

- **Dawn Savarese**

I am grateful for my family, friends, and many blessings. Chicken Fingers to my Sweet Pea. Hollywood & Slider are the best of me. Our Pug Ziggy Waffles. Bulldog Maple Oats. Our Cats; Stormy Dash & Hazel Rain. Our Bigfoot Ozzie Panckes. All of which don't mind the company of our many chickens and a stray unicorn we rescued on fire island. Oh, how we love our hairless one horned wonder we lovingly call Skinny Genes.

- **Owens**

New York Breast Imaging

Beginning November 15th, patients will have access to all aspects of breast imaging in our state-of-the-art facility in Lake Success, where every part of a patient's visit is carefully considered. Imaging rooms are designed with interior murals to put patients at ease during exams. The lobby also features a live moss wall to boost patients' mood and overall wellness through a biophilic design to create a positive healing experience.

Renowned radiologists and breast imagers Chief of Breast Imaging Corinne E. Tobin, MD and Julian Safir, MD bring years of expertise in all aspects of breast imaging: interpretation of 3D mammography, breast ultrasound, and breast MRI.



Dr. Corinne E. Tobin
Chief of Breast Imaging



Dr. Julian Safir
Board Certified Radiologist



NOVEMBER

National Hospice and Palliative Care Month

November is National Hospice and Palliative Care Month. The month's aim is to bring awareness to what hospice and palliative care programs seek to deliver. Our supportive and palliative care program's goal is to provide symptom control, psychosocial support, and spiritual care to patients and families with a chronic illness, focusing on improving the overall quality of life. We strive to combine the highest level of quality medical care with the emotional and spiritual support that families need most when facing a serious illness or the end of life.

This year's theme for National Hospice and Palliative care month is **"It's About How You Live."**

That statement can encompass so much. Patients facing a cancer diagnosis tend to focus on what they can do to get better; it is a fight to survive, and thoughts of mortality are inevitable. However, sometimes changing the focus to living with a cancer diagnosis can reframe how they approach their illness. "It's about how you live" - treating side effects, learning what is important to a patient, improving quality of life, addressing emotional and psychosocial elements of care- can change how a patient fights their disease. A mind is a powerful tool; living their best life should be the focus.

Let's take this month to ask patients how they can live better. What can we do to help them live better during this battle they fight? "It's about how you live" - simple but powerful words. Change the mindset to include more positivity. Living with a chronic illness does not have to define their life. Living is the keyword and learning to live the best possible life while they are here.



MaryAnn Fragola, DNP



Patient-Family Advisory Council

We are thrilled to announce that we have established a Patient-Family Advisory Council (PFAC) at New York Cancer and Blood Specialists! Council members, consisting of patients and leadership, met for the first time during the inaugural PFAC council meeting on October 6th. They discussed various aspects of their overall experience throughout their health care journey at NYCBS. The Patient-Family Advisory Council will continue to meet quarterly to collaboratively and continuously improve the overall quality, safety, and patient experience.

Patients, families, and/or caregivers are welcome to join this council. They will attend quarterly meetings, participate in group discussions, express ideas, plan, evaluate programs, and provide a comprehensive perspective of their care experience at New York Cancer and Blood Specialists.

Council Members may offer:

- Insights about NYCBS strengths and where changes may be needed
- Feedback on NYCBS practices and policies
- A fuller picture of the patient care experience at NYCBS
- For additional information:
- Please contact Brittany Kaliscik, Director of Patient Experience at BKaliscik@nycancer.com, to register.

NATIONAL RADIATION

TECHNOLOGY WEEK

is celebrated annually to recognize the vital work of R.T.s across the nation. The celebration takes place during the week of Nov. 8 to commemorate the discovery of the x-ray by Wilhelm Conrad Roentgen on Nov. 8, 1895.

The week-long celebration calls attention to the important role medical imaging and radiation therapy professionals play in patient care and health care safety.



Employee **Of The Month**



Joe Varecha Vice President Marketing

New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is excited to announce the promotion of Joe Varecha, Senior Marketing Director, to Vice President of Marketing. Varecha will direct development, community relations, marketing, and advertising in his new role and continue to oversee the Marketing department.

"Joe joined NYCBS with a tremendous amount of marketing and advertising experience," said CEO Dr. Jeff Vacirca. "His varied expertise, knowledge, and insight have made him an effective and influential leader within our organization. We have enjoyed watching him hone our marketing department over the years and transform how we cohesively represent our brand internally and externally. I'm confident he will help guide NYCBS to even greater success."

Varecha joined NYCBS in 2019 as the company's first Project Manager before shortly taking on the role of Senior Marketing Director, eventually working his way up to this exciting new role with hard work and dedication.

"I am excited and grateful for the opportunity to step into this new role as the VP of Marketing, and look forward to continuing to tell the remarkable story of the work that NYCBS does daily," said Varecha. "My team is responsible for our success and inspires and pushes me to grow as a leader every day."

Sam "El Chapo" Guzman Graphic Designer

In 2020, Sam joined the New York Cancer & Blood Specialists' Marketing Department as a Junior Graphic Designer. Her talents far exceeded the role of a junior designer, and she has been instrumental in the development and design of internal and external communications across an array of platforms. As she puts it, "I make things look pretty."

Nearly two years into her role, Sam received a promotion to Graphic Designer, removing the inferior 'junior,' and earned November's Employee of the Month.

She said, "It's so nice to work for a company that appreciates you and recognizes all of the hard work that you do. I was hired during a pandemic and feel so blessed to work here and with a great team of people."

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.



Nutrition Department Update

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

- October started with Malnutrition Week. We teamed up with our friends at Abbott for some initiatives on this important topic. We emphasized the role good nutrition plays to help prevent and reverse malnutrition, provided recipes (e.g., peach smoothies) with oral nutrition supplements, and enjoyed some competitive fun with a quiz contest.
- For Breast Cancer Month, we answered many nutrition questions and dispelled many nutrition myths surrounding breast cancer. Some discussion topics included bone health, fatigue, raw vs. cooked vegetables, alcohol, probiotics, fiber, Black Cohosh, collagen, and dairy.
- Wendy attended the Academy of Nutrition and Dietetics 2021 Food & Nutrition Conference (October 16th - October 19th) and is looking forward to sharing the information from the educational sessions, especially the latest scientific research on integrative practices in oncology, with her co-workers. She was selected to receive a stipend for this event.

Palliative and Supportive Care Update

November 1st, our new Palliative Care provider Dr. Cristian Zanartu started. He is seeing patients in Eastchester Cancer Care on Mondays and Wednesdays and Central Park Hematology Oncology (CPHO) on Tuesdays and Thursdays. In addition, he does remote visits from CHPO on Fridays. We are excited to have him join the team as he has been practicing outpatient palliative care for seven years in the Bronx.

THE NEW HIRES

Adriana Capozzo
(Breast Ultrasound Technologist)

Aisha Anderson (RN)

Alison Tierney
(Mammography Technologist)

Brittany Bernstein (MA)

Brittani McClinchey
(CT Technologist)

Cecile Fulton
(NY Imaging Scheduler)

Christina Santonocito (RN)

Corinne Tobin
(Breast Radiologist)

Cunxiao(Amy) Zou (RN)

Douglas Calov
(PET/CT Technologist)

Hannah Rowan
(MRI Technologist)

Kaffe Gordon (LPN)

Jesse Lopez (Lab MA)

Julian Safr
(Breast Radiologist)

Karen Malusa (NP)

Kristen Binder (LPN)

Lauren Sarnataro (NP)

Lisa Ambrose (NP)

Megan Drew (Receptionist)

Monique Gray (RN)

Nana Acheampong (NP)

Navneet (Nina) Jawandha (PA)

Rusty Dreksler
(Chief Clinical Officer Surgical Services)

Samantha Lobasso (NP)

Sara Szanto (RN)

Shannon Lutfi
(Ultrasound Technologist)

Shivani Mahabir (RN)

Shauntae Johnson (Call Center)

Simone Glover (RN)

Stephanie Foster
(Care Coordinator)

Tamica Randall (Call Center)

Tocoshia Hunt (Triage RN)

Zayda Medina (Lab MA)

OPEN POSITIONS

Advanced Practice Nurse Navigator (APNN)
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Licensed Master Clinical Social Worker
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Oncologists - Medical
Manhattan Medical Oncology
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Radiation ONCO Medical Coder
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Head Nurse
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Head Nurse
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Lab Quality Assurance Associate Coordinator
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Director of Nursing
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Hematopathologist Fellows - 7/2022 Start Date L.I. & NYC
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Medical Oncology
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Staff Hematologist/Medical Oncologist Needed Brooklyn, NY at our Brooklyn Hospital
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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.