

THE SPECIALIST



EDITION HIGHLIGHTS

6

REMEMBRANCE

Continuing of
Loren's Legacy

11

PARTNERSHIP

Between NYCBS &
Episcopal Health Services

32

NATIONAL

Osteoporosis
Awareness Month

SUMMER
SKIN CARE TIPS INSIDE!

TABLE OF CONTENTS

6

Stories

Continuing Loren's Legacy
Hockey for Hope



11

Health

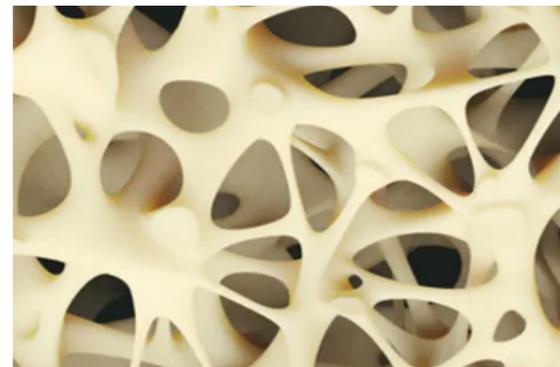
Skin Cancer Prevention Tips
NYCBS Partnership
Exercise & Bone Health
Men's Health: Prostate Cancer
Osteoporosis & Spinal Care



32

Wellness

MAY: National Osteoporosis Month
Bone Building Meal Plans
Bone Health & Mental Health
Focus of Supportive Care
Plant Power



46

Bulletin

Employee Of The Month
The Executive Center Opens
Recent Graduates
Patient Feedback
New Hires
Career Opportunities



A MESSAGE FROM THE CEO

My Friends,

June brings a lot to look forward to, including some beautiful weather. But, as we transition into the summer, it's important to remember to save your skin from the sun's harmful rays. Along with the weather comes the heat, and in this month's Specialist, you'll learn some tips on how to stay both hydrated and protected.

National Cancer Survivors Month is upon us. We celebrate all of the notable cancer survivors surviving and thriving and who share an incredible story of how cancer survivors are giving back. Breast cancer survivor Diane Kearns, and now NYCBS employee, was inspired to pay it forward when she heard the story of Loren Ebert. Loren was a beloved NYCBS patient who devoted her time to lifting other patients' spirits through small acts of kindness.



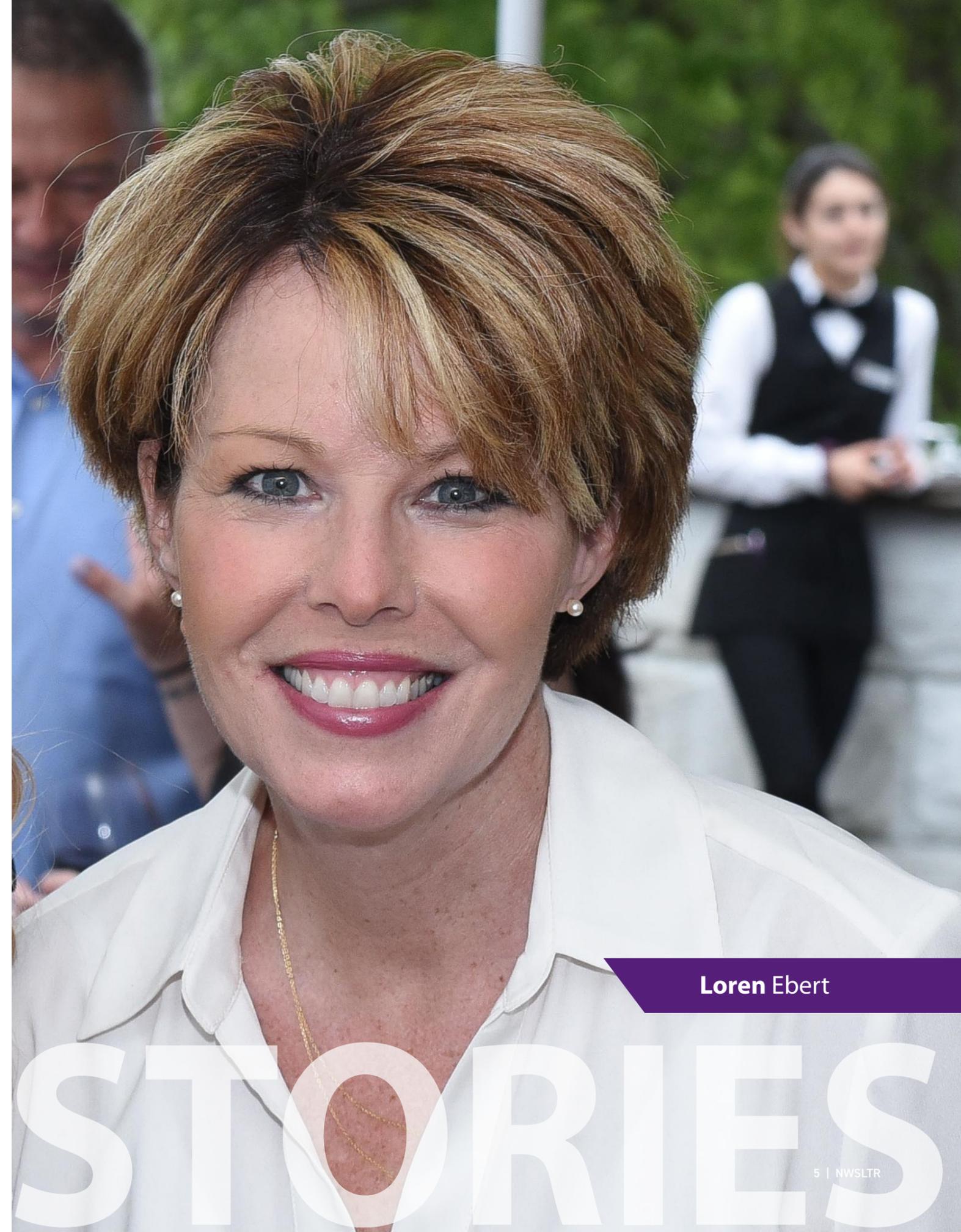
We also discuss bone health and its impact on our body and mind. Bone loss can occur earlier in life due to cancer, both during and after treatment, and can impact your strength, energy, quality of life, and overall health. So we highlight its importance by sharing facts and information about this common disease and how to prevent or lessen its severity.

NYCBS has expanded its footprint to bring comprehensive services and increased access to world-class hematology-oncology care to the Far Rockaway community through a new partnership with Episcopal Health Services Inc. As a result, residents will access the latest life-saving cancer care, imaging services, comprehensive support, and a multidisciplinary team close to home.

Lastly, graduation season is here, and I'd like to take this opportunity to commend our amazing team members that stepped up, showed up, and worked hard for this remarkable achievement. By bettering yourselves, you are also bettering our community and the healthcare delivery system. Congratulations!

Warm regards,

Dr. V



Loren Ebert

STORIES



Loren as a patient at NYCBS



Loren attending a NYCF event



Diane as a NYCBS Patient



Diane Volunteering at NYCF



Diane honoring Loren

Continuing Loren's Legacy



Patient Advocate Loren Ebert

was a stage 4 colon cancer patient at NYCBS who volunteered her time visiting patients receiving chemotherapy. She would gift them "goody bags" containing bottled water, mints, books, crossword puzzles, tissues, hand lotion, hand sanitizer, Chapstick, pen/paper, granola bar, snacks, and chocolate! But, most of all, Loren's presence provided hope and comfort.

Loren touched many peoples' lives, including breast cancer patient Diane Kearns. In 2020, Loren's passing sparked a strong desire in Diane to continue the tradition and carry the torch of light in Loren's

honor. Because the pandemic halted communal gift exchanges, Diane began volunteering at the New York Cancer Foundation (NYCF). Then in October 2022, Diane became an NYCBS Patient Communications employee.

As we begin to snap back into pre-pandemic normalcy, Diane is determined to keep Loren's legacy alive. She looks forward to providing encouragement and support to others just like Loren had done for her.

The overwhelmingly positive feedback from patients is the truest testament to how grateful patients are that someone like Loren and Diane has touched their lives.

Hockey For Hope

FACING OFF TO FIGHT CANCER - 2022



NEW YORK
CANCER FOUNDATION
Advocates For Hope

Hockey For Hope is an annual charity hockey event where the 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 second game against the Suffolk County Sheriff's Office Team, Suffolk County Boldest Hockey, and the turnout was incredible! This year the New York Cancer Foundation took the win!



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:

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.





2

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.



3

Wear Protective Clothing & Accessories

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



4

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.

5

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.

Cancer & Mental Health



“Mental health services are incorporated into the treatment plan for most of our patients early on,” said Elizabeth Bonner, Licensed Clinical Social Worker (LCSW) and the Director of Social Work at New York Cancer & Blood Specialists (NYCBS). That focus is being highlighted during May, which is Mental Health Awareness Month.

Mental health plays a significant role in cancer treatment, from diagnosis to survivorship. As a comprehensive cancer center, NYCBS ensures patients and their care teams work together to

assess emotional needs and set goals to address them. Patients have access to a wellness team, including social workers and psychologists, that offers therapeutic visits and emotional support because NYCBS understands that a diagnosis like cancer can also affect your mental and emotional health.

“For those already engaged in mental health treatment, we can provide additional support or ensure that they maintain that relationship with their outside therapist or psychiatrist,” Bonner said.

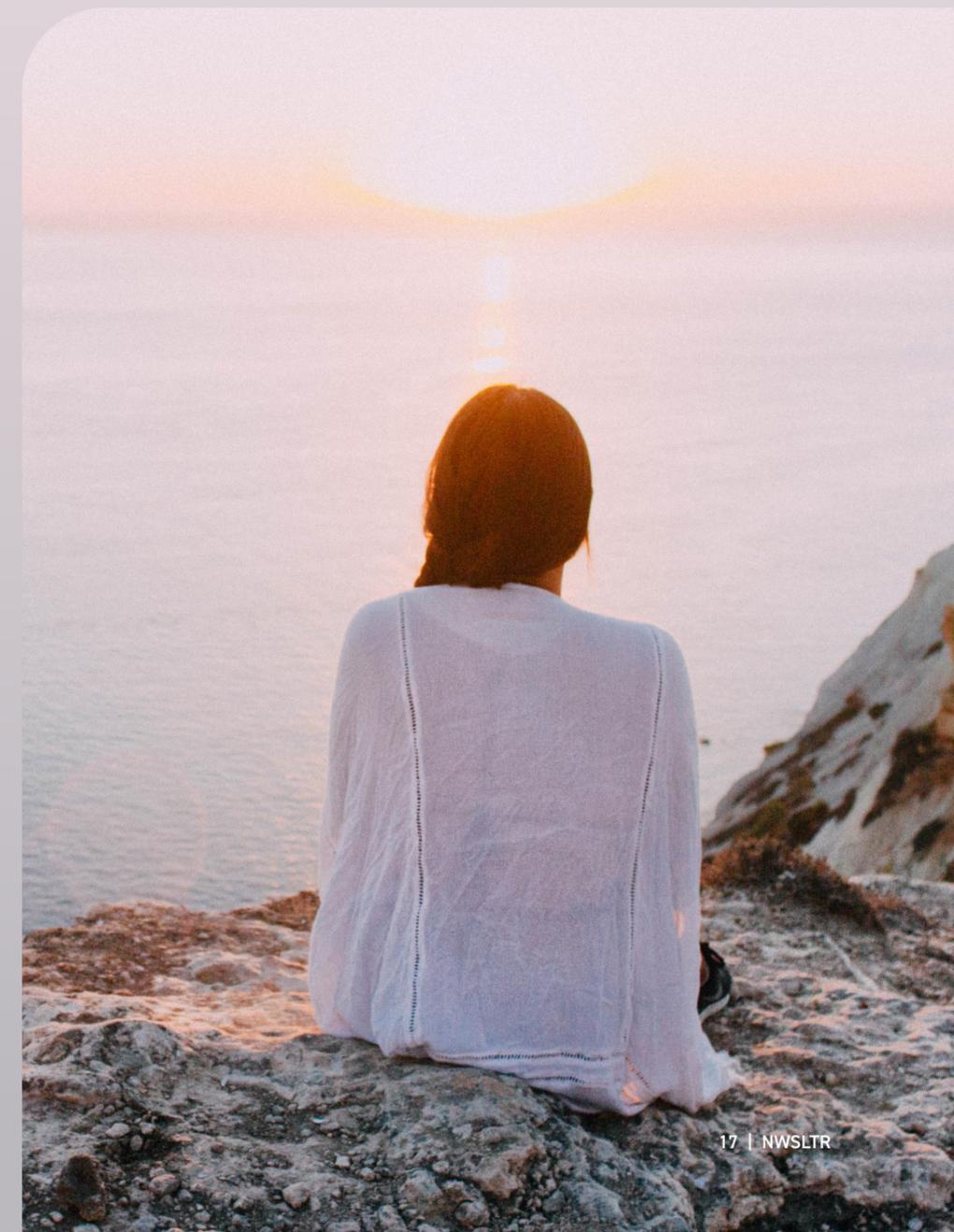
NYCBS patients can receive support services, including transportation, housing, financial assistance, and insurance concerns, and NYCBS hosts a monthly patient support group to care for the mind, body, and spirit.

Discussing one’s feelings can positively change mood and behavior while contributing to better health. Since treatment, side effects, and lifestyle changes can impact mental health, it is important to remember that help is readily available.

There are many beneficial ways to manage mental health symptoms, such as eating a balanced diet, exercising, making lifestyle changes like avoiding alcohol use, setting realistic goals, and asking for help when you need it. However, if these suggestions do not relieve your symptoms of anxiety or depression, you may need to seek help from your mental health provider.

“Changes to our health in any capacity can create feelings of anxiety, depression, and frustration,” said Bonner. “We also can be impacted by the loss of social roles, social isolation, loneliness, reduced self-worth, and hopelessness.” Whatever the situation or reason, one fact is clear and will be highlighted by the specialists at NYCBS; mental health does not have to be contingent on a cancer diagnosis.

For more information, visit nycancer.com.





SKIN CANCER

More than
2 people die of
skin cancer in the
U.S. every hour



1 in 5 Americans will
develop skin cancer
by the age of

70



Risks



MOLES



RED HAIR



FAIR SKIN



GENETICS

SKIN CANCER
is the out-of-control growth
of abnormal cells in the
epidermis, the outermost skin
layer, caused by unrepaired
DNA damage that triggers
mutations.

Having **5**
or more sunburns
doubles your
risk for
Skin Cancer

Treatment



FREEZING



CHEMOTHERAPY



RADIATION
THERAPY



EXCISIONAL
SURGERY



BIOLOGICAL
THERAPY



NEW YORK CANCER & BLOOD SPECIALISTS

Conquering Cancer Together™

NYCBS & Episcopal Health Services Inc., Partner to Advance Comprehensive Cancer Care on the Rockaway Peninsula

New York Cancer & Blood Specialists (NYCBS), one of the leading oncology practices in the nation, has teamed up with Episcopal Health Services Inc. (EHS), the parent company of St. John's Episcopal Hospital (SJEH), to build a new comprehensive cancer care facility over the next year.

"NYCBS is committed to helping minimize the healthcare disparities that are present in Far Rockaway and in the communities we serve," said Jeff Vacirca, MD, CEO of NYCBS. "We look forward to providing the underserved and vulnerable population of patients with dedicated cancer care and blood disorder services."

The Far Rockaway community has a higher cancer incidence when compared to its surrounding neighborhoods. The partnership will bring a range of comprehensive services and increased access to world-class hematology-oncology care to patients looking for trusted care close to home. The center will offer a wide range of advanced treatments, imaging services, and a multidisciplinary approach.

Prior to the center's construction, NYCBS' board-certified hematologist-oncologist Dr. Joshua Harris will serve as chief of the division, providing expert care and culturally sensitive services for patients with all types of cancer and blood disorders at 275 Rockaway Turnpike in Lawrence, NY.

"Today, many Rockaway residents must travel far off of the peninsula to receive cancer care. Traveling great distances is challenging for most cancer patients, especially if they lack transportation and are in a fragile state of health," said Gerard M. Walsh, Chief Executive Officer of EHS. "Our community members deserve top-notch cancer care, and that is exactly what we intend to provide."

Dr. Harris is particularly interested in GI malignancies, and lung and breast cancer. He is truly driven by the relationship within the communities of his practice and reinforces a holistic approach to hematologic and oncologic patients.

Dr. Harris received his Doctor of Medicine at Ross University and was a medical student at St. John's Episcopal Hospital. Then, he completed an Internal Medicine Residency and Hematology-Oncology Fellowship at NYU Winthrop University Hospital. During this time, he received honors as the most outstanding resident. He was also elected and inducted into the Alpha Omega Alpha National Honor Society for excellence in scholarship, high professionalism, leadership, and gifted teaching. In his final year of training, Dr. Harris was named Chief Fellow for the Department of Hematology and Oncology.

To make an appointment with Dr. Harris, please call 718-696-0632.



Dr. Joshua Harris

“I am honored and privileged to return to the very place that inspired me to become an oncologist as a medical student,” said Dr. Harris. “I look forward to continuing our NYCBS mission of bringing state-of-the-art cancer care close to home for those in the Rockaways and surrounding communities.”

Understanding the Role of **Exercise & Bone Health**

Bones play many roles in the body. Providing structure, protecting organs, anchoring muscles, and storing calcium are just a few of their roles. So while it is important to build strong and healthy bones during childhood and adolescence, you can take steps during adulthood to protect bone health as well.

The skeleton undergoes continuous remodeling throughout life. Mature bone tissue is removed, and new bone tissue is formed. Bone remodeling is a highly regulated process that maintains a balance between bone resorption and formation. (2) The majority of people reach their peak bone mass around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain (1)

The aging process, various diseases, and medications can cause bones to become very weak and fragile over time. This condition is referred to as osteoporosis. Osteoporosis is a common metabolic disorder (more prevalent in women than men) in which there is a decrease in bone mass which can increase the risk of bone fracture. Bone tissue is constantly being broken down and replaced, but osteoporosis occurs when new bone cannot keep up with the loss of old bone.

Aging is a risk factor for osteoporosis because there is a decrease in the number of osteoblasts (cells responsible for bone growth) relative to the demand for bone formation. The trabecular bone (spongy/porous components) beneath the cortical bone (strong compact bone, found on the outer layer of long bones) is more porous and weakened in osteoporosis. Therefore, bones of the wrist, hip, and spine, which possess more trabecular bone, are more susceptible to fractures. (3).



Dr. Julius Wolff, a German anatomist, and surgeon created a theory that states that bones will adapt to stress placed on them. If bones are subjected to heavier loads, the bones will adapt and will become stronger internally so they can bear the weight of the increased load. Conversely, if the bones are subjected to a decrease in weight, they may become weaker and less dense. For example, if your job requires you to perform carry or lift weights as a construction worker might do, your bones will adapt and strengthen over time to better support this task. On the other hand, if you don't place any demands on a bone, the bone tissue will weaken over time. (4)

Exercise is important for building strong bones when we are younger, and it is important for maintaining bone strength when we are older. What exercises are best for good bone health? Any exercise is good because all exercise causes muscles to contract against bones, which stimulates bones to strengthen. Make sure you speak to your healthcare professional prior to beginning an exercise program so they can discuss any possible concerns with becoming more active.

A combination of weight-bearing and resistance exercises are the most beneficial routine. Weightbearing exercises are those that place weight on the bones. These exercises are the most valuable for bone health because both muscles and gravity stress the bones. Examples of weight-bearing exercises are walking, jogging, hiking, stairs, dancing, household chores, and yard work. Resistance exercises also strengthen bones and can include free weights, weight machines, or resistance bands. An individual should focus on the major muscle groups in the legs, arms, and trunk. Weightbearing exercise is recommended for at least 30 minutes a day, 3 or 4 times a week. Resistance exercise can be done 2 or 3 times a week, allowing for recovery in between workouts. (5)



Individuals that have been diagnosed with osteoporosis should be aware that not all types of exercise are appropriate for their condition. Exercises that are to be avoided are high-impact exercises. Running increases the stress on your bones to provide more strengthening benefits. However, if your bones are weak from osteoporosis, something as high impact as running can lead to a fracture. Jumping activities involve abrupt and explosive loading or impact when your feet hit the ground, exposing an individual to potential fracture.

Other activities to be avoided when diagnosed with osteoporosis are exercises that involve bending and twisting. Examples to avoid would be sit-ups and toe touches. Both exercises involve bending forward, which puts stress on the joints in your spine that can result in a compression fracture of the spine.

The impact of falls is compounded in people

with osteoporosis, often resulting in multiple fractures. Both Pilates and Yoga are activities that can help improve strength, balance, and flexibility, all of which can help in preventing falls. But some poses or movements can increase mechanical stress on the spine and put fragile bones at risk for fracture. Some of these movements can be modified by a physical therapist to allow you to benefit from the activities but reduce your chance of injury.

Not necessarily everyone diagnosed with osteoporosis should avoid all these exercises. Your healthcare provider will determine which activities are safe for you depending on your history of fractures, the severity of osteoporosis, and overall health. There is no one-size-fits-all exercise prescription. Everyone will be different based on their current health. If you are unsure if it is safe to begin an exercise program, speak to your physician prior to beginning. (6)

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MEN'S HEALTH & PROSTATE CANCER

New York Cancer & Blood Specialists recognize Men's Health Month by increasing awareness and highlighting the importance of prostate cancer screenings. The risk of developing prostate cancer increases with age, but that doesn't mean it only affects older men.

"Men should consider screenings beginning at the age of 50," said Jahan Aghalar, MD, medical oncologist and hematologist at New York Cancer & Blood Specialists (NYCBS). "Prostate cancer is the second most common cancer in men worldwide. African American men and men with a family history (a brother or father with prostate cancer) are 2.5x more likely to develop the disease and therefore should be offered screening at an earlier age."

In recent years, genetically associated prostate cancer has been recognized in many cases with the involvement of a category of mutations involved in DNA repair named Homologous Recombination Repair defects. Uncovering whether a patient is a carrier of these genes can have significant therapeutic implications. Genetic testing in men with a specific hereditary cancer predisposition syndrome may help patients see long-term benefits if diagnosed and treated early.

Aside from conventional factors for risk stratification (i.e., age, stage, Gleason score, PSA level), in certain circumstances, Gene signature tests can help predict whether the cancer is less likely to spread or metastasize with the incorporation of anti-androgen therapy. "Treatment decisions for a newly diagnosed prostate cancer patient should certainly not take on a one-size-fits-all approach," said Dr. Aghalar.

There are also new updates in terms of novel imaging techniques. For example, prostate-specific membrane antigen (PSMA)-based PET scans can help doctors accurately assess the extent of disease at diagnosis or recurrence. This also has some new therapeutic implications based on a new treatment recently approved by the FDA, named Pluvicto (Lutetium 177). This is exciting news for patients and the future of prostate cancer diagnosis and treatment. This radiopharmaceutical is indicated to treat PSMA-positive metastatic castration-resistant prostate cancer who have previously received other anticancer therapies.

To schedule an appointment at NYCBS, please call 1-833-CANCER9. For more information, visit nycancer.com.



Prostate Cancer Patients Make Your Voices Heard!

Join the New York Prostate Cancer Advocacy Group

Prostate cancer patients and survivors want to be informed about the rapidly evolving therapeutic and diagnostics impacting prostate cancer patients. Prostate cancer survivors have the opportunity to share their personal stories to ensure that government policy makers are keeping pace with the scientific advances that benefit prostate cancer patients. Policy makers often do not understand the needs of prostate cancer patients.

The Community Oncology Alliance Patient Advocacy Network (CPAN) has launched the New York Prostate Cancer Advocacy Group to foster communication between patients and policy makers. This is a statewide organization dedicated to prostate cancer.

CPAN is a division of the national advocacy organization, the Community Oncology Alliance (COA). CPAN has chapters in cancer centers across the United States.

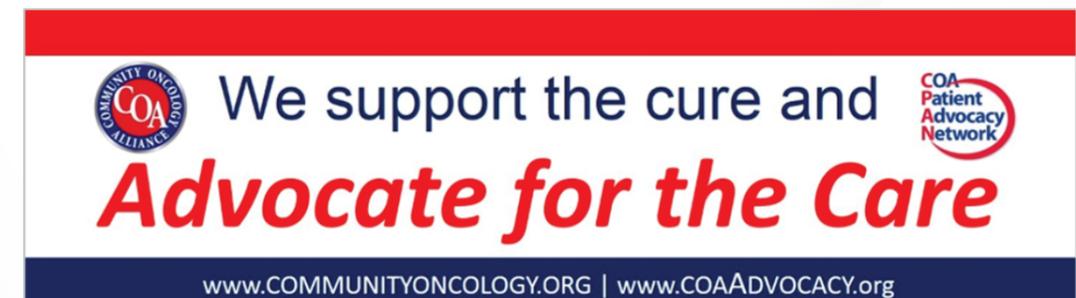
To join, contact: BKaliscik@NYCancer.com

To learn more about:

Community Oncology Alliance (COA): www.communityoncology.org

Community Oncology Alliance Patient Advocacy Network (CPAN): www.coadvocacy.org

CPAN New York Cancer & Blood Specialists Chapter: Contact Brittany Kaliscik, BKaliscik@NYCancer.com





Osteoporosis & Spinal Care

WHAT DOES THE SPINE CONSIST OF?

The spine consists of 24 bones that are of different shapes and sizes stacked on top of each other that form 3 gentle curves.

This alignment is called a neutral spine. The neutral spine is the strongest and safest position for the spine.

Movements that can cause an increased risk of spine fractures if you have osteoporosis:

1 Twisting

- Avoid repetitive twisting
- Avoid twisting quickly
- Avoid twisting while holding an object

2 Bending

- Avoid extreme trunk flexion without bending at the knees – like picking up an object off the floor
- Avoid repetitive bending
- Avoid bending while holding heavy load
- Avoid quickly bending at trunk

3 Holding or Lifting Heavy Objects

- Avoid heavy lifting
- Avoid carrying heavy loads

WAYS TO REDUCE SPINE FRACTURES:

- Avoid prolonged sitting. Get up and move around every 30 minutes.
- When bending at the trunk, maintain a neutral spine. Try to keep the spine as straight as possible and bend at the knees, ankles, and hips.
- Maintain proper postural alignment when sitting. Less slouching when sitting, decreases mechanical stress on the spine.
- When transitioning from sitting to standing – hip hinge: keep back straight and bend from hips
- When performing core strengthening exercises, choose spinal neutral exercises (avoid bending spine).



WELLNESS

MAY

National Osteoporosis Awareness Month

We highlight the importance of bone health by sharing facts and information about this common disease and how to prevent or lessen its severity. Bone loss can occur earlier in life due to cancer and cancer treatment both during and after treatment and can impact your strength, energy, quality of life, and overall health.

Bone Building Nutrients

By Adeeba Peerzade, BS, RDN

Did you know? About 10 million Americans have osteoporosis, and about 54 million more are at risk. While men and women of all ages and ethnicities can develop osteoporosis, certain risk factors are linked to the development of osteoporosis and contribute to an individual's likelihood of developing the disease. Diet is a key factor in the prevention of osteoporosis. Prevent your risk of osteoporosis and strengthen your bone health by incorporating these key nutrients in your diet:

Calcium

- **Sources:** Dairy (milk, cheese, yogurt), fortified foods (juices, cereals, almond, and soy milk), sardines or canned salmon with bones, tofu, dark green vegetables (collards, kale, broccoli, bok choy, okra), seeds (poppy, sesame, chia), almonds
- **Function:** Improper calcium intake through food or supplements causes the body to take the calcium it needs from your bones.

Vitamin D

- **Sources:** Fatty fish (swordfish, salmon, sardines, mackerel), fortified foods (dairy, cereal), egg yolks
- **Function:** Necessary for calcium to be absorbed in the intestine.

Magnesium

- **Sources:** Green vegetables (collards, kale, bok choy, okra), seeds (poppy, sesame, chia), nuts, legumes, whole grains, avocado
- **Function:** This allows for proper calcium and vitamin D regulation.

Phosphorous

- **Sources:** Protein foods (soybeans, fish, meat, milk, eggs), legumes, whole grains
- **Function:** Part of bone mineral and important for neutralizing acidic foods that could otherwise be harmful to bone.

Potassium

- **Sources:** Fruits, vegetables such as scallops, squash, beans, and whole grains
- **Function:** Certain potassium salts neutralize acids that come from the body's metabolic processes and reduce calcium loss from the bone.

Vitamin A

- **Sources:** Sweet potato, beef liver, spinach, carrots, cantaloupe, mangoes, fortified foods, eggs
- **Function:** Influences osteoblasts (bone-building cells) and osteoclasts (bone breaking down cells).

Bone Building Meal Plans

MEAL PLAN #1

by Lauren McGarty, BS, RD, CDCES, CDN

01 BREAKFAST

MEAL: Veggie omelet with tomatoes, peppers, and kale

Bone Health Benefit:

Eggs are a great source of protein which is the building block for all the cells in our body, including our bones! Vitamin C from the veggies is an essential nutrient for building collagen in the bone matrix.

02 LUNCH

MEAL: Grilled cheese on whole wheat bread and side salad

Bone Health Benefit:

Cheese provides your bones with calcium, an important nutrient that keeps bones strong and dense. Bones are remodeled every 10 years so it is important to maintain a bone-healthy diet throughout all spans of life!

03 SNACK

SNACK: Smoothie with fruit and nut butter

Bone Health Benefit:

Nuts and nut butter are good sources of phosphorus which is another important nutrient for bone health! Phosphorus helps your body build bone minerals which is the beginning of strong bones.

04 DINNER

MEAL: Salmon with 1 cup broccoli and 1 cup sweet potato

Bone Health Benefit:

Salmon is an excellent source of both calcium and vitamin D.

05 SNACK

SNACK: Full-fat Greek yogurt and fruit

Bone Health Benefit:

Vitamin D helps your body (specifically your gut) absorb more calcium from your diet!

MEAL PLAN #2

Michelle Slowey MA, RDN, CDCES, CDN

BREAKFAST

MEAL: 2 eggs with 1 oz. feta cheese and ½ cup cooked spinach and 1 slice calcium-fortified toast and 4 oz calcium-fortified orange juice

Bone Health Benefit:

Egg yolks are rich in Vitamin D and a great source of protein. Vitamin D helps the body absorb calcium. Many products such as beverages, cereals, and bread are fortified with calcium for added bone health benefits.

LUNCH

MEAL: Salad with grilled chicken and 1/2 cup canned pinto beans 4 dried figs

Bone Health Benefit:

Beans are a great source of calcium and protein. Dried figs contain the highest amount of calcium than most other dried fruits.

SNACK

MEAL: 1 cup plain full-fat Greek yogurt w/ ½ cup blueberries

Bone Health Benefit:

Dairy is one of the most readily available sources of calcium. It also provides a significant amount of phosphorus which is essential to bone health.

DINNER

MEAL: 1 cup tofu made with calcium with 1 cup kale and butternut squash

Bone Health Benefit:

A non-dairy source of Calcium such as tofu and certain vegetables can provide a significant amount of calcium.

SNACK

MEAL: ¼ cup almonds with 1 orange

Bone Health Benefit:

Among all nuts, almonds are the highest in calcium.

Bone Health & Mental Health

May is National Osteoporosis Awareness Month.

When it comes to our bone health and mental health, the two may be more related than we realize or give thought to at times.

Changes to our health in any capacity can create feelings of anxiety, depression, frustration, etc. When it comes to our bone health, concerns over our bones becoming weaker or maybe even needing assistance from others or assistive devices to complete daily tasks, can contribute to this anxiety and depression. We also can be impacted by the loss of social roles, social isolation, loneliness, reduced self-worth, and hopelessness. Additionally, there have been studies done on the impact our mental health has on our bone health, as well as the impact of certain medications on our mental health.

Working to manage our mental health symptoms in a way that is also good for our bone health may be beneficial – some ways these overlaps include:

- Eating a balanced diet
- Exercising (with strength or weight-bearing exercises)
- Making lifestyle changes (like avoiding excessive alcohol use)
- Ask for help when you need it
- Set realistic goals



For more information from the NYCBS Social Work Team, please contact socialworkteam@nycancer.com

Eating Fruit to Keep Hydrated

By Adeeba Peerzade, BS, RDN

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. In addition, nearly 60% of the human body is made up of water, which is why it is so important to remain hydrated throughout the day.

If you're struggling to get eight 8-ounce glasses of water a day this summer, consider incorporating some fruits into your diet. Fruits contain adequate vitamins and minerals to keep your body healthy, plus they contain a large portion of water that can help quench your thirst. According to the USDA, the fruits listed below contain a significant amount of water:

- 1) Watermelon: the name gives it away! Watermelon is made up of 91% water, making it one of the best fruits to eat if you feel dehydrated.
- 2) Strawberries: Similar to watermelon, strawberries are made up of nearly 91% water. These small, red fruits are a favorite sweet treat and a great addition to fruit salads.
- 3) Cantaloupe: mildly sweet melon with 91% water content in one cup.
- 4) Tomato: not only a great addition to any salad or sandwich, but One medium tomato alone provides about a half cup of water. Tomatoes hold almost 95% water in their skin.
- 5) Cucumber: contains 96% water and is another healthy and hydrating fruit to include in your diet.
- 6) Oranges: Not only do oranges contain 87% water, but they also come in a natural container and are easy to take with you. Just peel and enjoy!

Fruit can be a great snack or addition to meals for anyone that needs a little hydration. It can be easy to enjoy a delicious treat while recharging your body with the beneficial nutrients and hydration it needs. So keep hydrated this summer by eating fruit with high water content!

A Focus on Supportive Care



By MaryAnn Fragola, DNP

Palliative care, also known as Supportive Care, may be one of the most misunderstood terms in healthcare. Many people, including patients and families, associate it with hospice care and end-of-life care. But palliative care is much different from hospice. When implemented early, palliative care can bring hope, control, and a chance at a better quality of life for seriously ill patients and their caregivers.

Palliative care has been ingrained as an image of end-stage illness and hand-holding. I recently had the pleasure of discussing palliative care in a different way with many of my advanced practice providers.



We discussed offering it as a support team upfront to normalize the program and alleviate the associated fear or misconception. Our patients are fortunate to meet with many of our wellness programs, such as our nurse educators, social workers, and nutrition team. It would be amazing to include the palliative and supportive team with any patient undergoing chemotherapy. Offering a "support specialist" to review how the treatment is being tolerated and assess side effects opens the door to future conversations. When presented early, palliative medicine becomes more accepted, not so "scary," and normalizes the experience.

Changing the overall outlook and bringing education to the patients by putting the initial palliative focus more on symptom management and supportive care, allows us the time to develop a rapport and alleviate many debilitating side effects. Thus, patients will tolerate treatments better and have an improved quality of life.

Plant Power

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

It's that time of year again when our favorite foods are at their freshest and tastiest. Fruits, vegetables, and other plant foods offer more than just great taste. They come with phytochemicals that have disease-fighting properties. Phytochemicals are naturally occurring plant chemicals and are found in fruits, vegetables, legumes, whole grains, seeds, and nuts. They offer protective effects on plants and us when we consume them. Some well-known phytochemicals include carotenoids, flavonoids, polyphenols, anthocyanins, and glucosinolates and they exert their beneficial effects in different ways.



Here are some mechanisms of action:

- Antioxidant effects (scavenge free radicals).
- Effects on cell differentiation (helps a cell when it starts to become different from the original).
- Increases activity of enzymes that detoxify carcinogens.
- Blocks formations of nitrosamines (which are carcinogens).
- Keeps our cells intact.
- Promotes maintenance of normal DNA repair.
- Increases apoptosis (spontaneous death of cancer cells).
- Decreases cell proliferation (cancer cell division).

Synergistic Effect Theory:

Many people turn to vitamins, minerals, or other over-the-counter supplements to boost their health. However, research studies focused on individual isolated nutrients have shown mixed results and have not proved protective against cancer. Each fruit, vegetable, whole grain, and legume has hundreds of different phytonutrients that work together synergistically to increase disease-fighting potential. This is why eating whole foods is recommended over taking supplements.

Here Are My Takeaways:

- Eat a variety of plant-based foods like fruits, vegetables, whole grains, beans/legumes, nuts/seeds, herbs/spices, coffee/tea. The AICR (American Institute for Cancer Research) recommends consuming 4-5 cups of fruits and vegetables daily. Eat the **R-A-I-N-B-O-W** and include white fruits and vegetables (pears, white peaches, cauliflower, onions) despite what you may have read on the internet!
- Choose whole foods instead of taking supplements!

Remember, your overall pattern matters most in the long run, so include daily exercise (avoid sedentary behavior) for an all-around healthful diet and lifestyle.



CONGRATULATIONS MAY EMPLOYEE OF THE MONTH



Melissa Wolfe

is the Chemistry Supervisor at NYCBS Core Labs. In 2018 she began working as a Chemistry Technologist on the overnight shift, before transferring to the dayshift in July of 2020. She was promoted to Chemistry Supervisor in February of 2021.

As Chemistry Supervisor, she oversees the daily operations of the lab. This past year the chemistry department underwent a complete transformation into a state-of-the-art laboratory. The hard work and long hours from the entire department helped make it a success.

CONGRATULATIONS JUNE EMPLOYEE OF THE MONTH



Vanessa Newell

Vanessa is the Director of Medical Staff Services. She oversees staff services, is instrumental in the onboarding process, and ensures proper credentialing and privileges for physicians and other medical staff.

Social Work Update



Our Social Work continues to grow, and we are looking to fill positions in both NYC and LI. We are relaunching our Support Groups with our Psychology Team and offering our Support Groups on the third Wednesday of each month. In the first quarter, we were able to have 2,233 visits with patients. We recently launched our Nutrition and Social Work Programming Survey, and we are looking forward to offering more programs/services for our patients moving forward. In addition to working to support our patients, we are also working with our Employees to start a Knitting Group for our employees to join to combat stress. We will be placing boxes in different locations for any yarn donations.

Mondays at Racines



Dr. David Chu

Was elected to the board of directors and medical director of Mondays at Racines. Dr. Chu is pictured here with Karla Waldron of Mondays at the grand opening of the new Sayville office.

About Mondays at Racine:

Sisters Cynthia Sansone and Rachel DeMolfetto established Mondays at Racine in honor of their mother, Mildred DeMolfetto, who passed away from breast cancer in 1989 at the age of 58. Throughout her 5 year battle, Mildred's self-esteem plummeted as she struggled with baldness, anxiety and other devastating side effects of cancer treatment.

Cynthia and Rachel remembered how much their mother looked forward to her visits to the beauty salon. Utilizing Rachel's already established and successful shop, Racine Salon & Spa in Islip, NY, they created an oasis of restoration and healing to ease the cancer journey for others, all in Mildred's memory. One Monday a month, the sisters opened their doors to the community to help those with cancer, officially launching Mondays at Racine.

In 2012, HBO released Mondays at Racine, a documentary that showed the struggles and heartache that cancer patients face and the respite they find from this disease at Mondays at Racine. Nominated for an Academy Award in 2013, the film spurred an outpouring of public support, leading Cynthia and Rachel to establish Mondays at Racine as an official nonprofit.

Since 2003, Mondays at Racine has helped more than 10,000 individuals and countless families overcome the physical burden and stressors associated with cancer.

Nutrition Update



• Wendy did a nutrition in-service for the nursing staff on the importance of nutrition consult for cancer patients and how to add a nutrition consult in the EMR. There were a lot of take-home points from the talk, but the most notable one was "Nurses Rock!"

• The Nutrition Team partnered with our Physical Therapy and Social Work teams and the BHOF (Bone Health and Osteoporosis Foundation) for a joint initiative on the importance of bone health. Patients and staff participated in a fun 10-Day Bone Health Challenge.

• Michelle, Lauren and Wendy participated in the NY Cancer Foundation Metastatic Breast Cancer Event.

• We are always planning new activities for our patients and staff. If there is anything you and your team need or if you would like to partner with nutrition, reach out at nutrition@nycancer.com.



The Opening of the NYCBS Executive Center

On Monday, April 4, 2022, we opened the doors to our new 51,000 square-foot administrative building at 1 Research Road in Ridge, located on William Floyd Parkway.

The building houses our growing teams and unites a total of more than 200 team members from different departments who were formerly operating from separate facilities and locations.

Having the Executive Team, People Operations, Quality, Marketing, Billing, Medical Records, Patient Communications, and more under one roof in this new facility will improve communication and collaboration.

This new building attests to our incredible culture and growth and is just one of many new developments underway. It is an exciting time at NYCBS!



Executive Center Main Entrance



Executive Center Conference Room





Candice Hulse

Candice graduated from Stony Brook University with a Master's Degree in Healthcare Administration.



Ian Pederson

Ian graduated with a Bachelor of Science in Healthcare Management and Business Marketing from Stony Brook University.



Taysha Martinez

Taysha graduated from St. Joseph's University with a MBA in Healthcare Administration



Michael Breslin

Michael graduated from Hunter Business School with a Licensed Practical Nursing degree.



Kaitlyn Chen

Kaitlyn graduated from Stony Brook University with a Bachelor of Science in Health Science.

Patient Feedback



Dr. Avi Retter

"Good doctor, very patient and explains in detail to his patients their problem and follows up with them if needed. His office has a very professional staff and they call to remind you of appointments and always follow up with you if you missed one. He is a good doctor and I recommend him!" - **Google, 5-stars**



Dr. David Mangiameli

"Dr. Mangiameli has been taking care of my breast health for years. I find him to be knowledgeable, he explains any and all findings so that you fully understand, will answer all your questions,, and is kind and compassionate as well. I would highly recommend him to anyone needing a breast surgeon.", **Healthgrades, 5-stars**



Dr. Harry Staszewski

"This was my first visit with the doctor. The front desk young man was very pleasant and friendly. Made me feel very comfortable. Was taken right away for blood work. Didn't even wait 5 minutes in the waiting room before I was taken to the exam room. The woman who took my vitals was very pleasant and the nurse that came in the room before the doctor was just as pleasant. Dr. Harry Staszewski made me feel very comfortable and I am very happy that I chose him for my doctor.", **ZocDoc, 5-stars**



Dr. Adriana Guigova

"I was so impressed with how friendly the staff is. Dr. Guigova was amazing. She actually sat with me and answered all of my questions. She really listened to what I had to say. I would recommend her and her wonderful staff to anyone.", **ZocDoc, 5-stars**



NEW HIRES

Alexandra Michel (Infusion RN)

Alissa Kavun (Desk LPN)

Amanda Medina (Call Center)

Andrea Rodriguez (Histology Assistant)

Brenda Baer (Intake LPN)

Chiquita Richardson (Desk LPN)

Erin Ginch (RN)

Francesco Depinto (Receptionist)

Genevia Franklin (LPN)

Gianna DiGangi (RN)

Guitry Charles (MA)

Jaden Reynolds (Patient Communications Operator)

John Epps (Lab MA)

Joramelle Pierre-Louis (Lab MA)

Julia Calvanese (Wellness/Palliative Care AA)

Julius Cobblah Jr. (Senior IT Technician)

Harsha Bajaj (Medical technologist)

Isadora Fischman (Pharmacy Technician)

Ishmael Oduro (CT Technologist)

Karen Hernandez (Desk LPN)

Keyla Banegas (Lab MA)

Kimberly Fuentes (Call Center)

Kulwinder Jaswal (Scanning Coordinator)

Margaret Hu (RN)

Michael Spagnuoli (RN Supervisor)

Nnamdi Nwachukwu (Radiation Therapist)

Reanna Murphy (Lab MA)

Sacha Richards (LPN- part time)

Stephen La Rosa (Flow Technologist)

Te'Shara Trent (Patient Communications Operator)

Ulysses Gonzalez (Lab technician)

Valley Bak (RN)

Valentina Daversa (Float Receptionist)

CAREER OPPORTUNITIES

CAT SCAN (CT) TECHNOLOGIST

Contact: Robert Nicoletti
careers@nycancer.com

REGISTERED NURSES (BSN/RN's)

Contact: Robert Nicoletti
careers@nycancer.com

BREAST IMAGING RADIOLOGIST

Contact: Robert Nicoletti
careers@nycancer.com

RADIOLOGIST

Contact: Robert Nicoletti
careers@nycancer.com

STAFF HEMATOLOGIST/MEDICAL ONCOLOGIST NEEDED AT OUR BROOKLYN HOSPITAL LOCATION

Contact: Eric Jackson
careers@nycancer.com

LICENSED PRACTICAL NURSE-RESEARCH COORDINATOR

Contact: Robert Nicoletti
careers@nycancer.com

HEMATOLOGIST/ONCOLOGISTS

Contact: Robert Nicoletti
careers@nycancer.com

ONCOLOGIST/HEMATOLOGISTS

Contact: Robert Nicoletti
careers@nycancer.com

RADIOLOGY SCHEDULER

Contact: Robert Nicoletti
careers@nycancer.com

EXECUTIVE ASSISTANT TO CHIEF OFFICER

Contact: Robert Nicoletti
careers@nycancer.com

IMPLEMENTATION SPECIALIST, LPN

Contact: Robert Nicoletti
careers@nycancer.com

LICENSED PRACTICAL NURSES (LPN'S)

Contact: Robert Nicoletti
careers@nycancer.com

LPN

Contact: Robert Nicoletti
careers@nycancer.com

INTERVENTIONAL RADIOLOGY REGISTERED NURSE

Contact: Robert Nicoletti
careers@nycancer.com

SURGICAL COORDINATOR

Contact: Robert Nicoletti
careers@nycancer.com

IMAGING SCHEDULE COORDINATOR

Contact: Robert Nicoletti
careers@nycancer.com

MEDICAL ASSISTANT RUNNER

Contact: Robert Nicoletti
careers@nycancer.com

HEAD NURSE

Contact: Robert Nicoletti
careers@nycancer.com

LEAD INTERVENTIONAL RADIOLOGY NURSE

Contact: Robert Nicoletti
careers@nycancer.com

IMPLEMENTATION SPECIALIST

Contact: Robert Nicoletti
careers@nycancer.com

MARKETING ANALYST

Contact: Robert Nicoletti
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REGISTERED NURSES (BSN/RN's)

Contact: Robert Nicoletti
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CHEMOTHERAPY PHARMACY TECHNICIANS

Contact: Robert Nicoletti
careers@nycancer.com

REGIONAL DIRECTOR

Contact: Robert Nicoletti
careers@nycancer.com

RADIOLOGY PATIENT COORDINATOR

Contact: Robert Nicoletti
careers@nycancer.com

INTAKE LPN

Contact: Robert Nicoletti
careers@nycancer.com

TRIAGE REGISTERED NURSE (HYBRID)

Contact: Robert Nicoletti
careers@nycancer.com

NURSE PRACTITIONER (NP) / PHYSICIAN ASSISTANT (PA)

Contact: Robert Nicoletti
careers@nycancer.com

FRONT DESK SUPERVISOR

Contact: Robert Nicoletti
careers@nycancer.com

SURGICAL COORDINATOR

Contact: Robert Nicoletti
careers@nycancer.com

POSTDOC PSYCHOLOGIST

Contact: Robert Nicoletti
jschomber@nycancer.com

MEDICAL FRONT DESK RECEPTIONIST

Contact: Robert Nicoletti
careers@nycancer.com

LICENSED CLINICAL SOCIAL WORKER

Contact: Robert Nicoletti
Dyoungs@nycancer.com

LICENSED CLINICAL SOCIAL WORKER

Contact: Robert Nicoletti
Dyoungs@nycancer.com

POSTDOC PSYCHOLOGIST

Contact: Robert Nicoletti
jschomber@nycancer.com



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.