

THE SPECIALIST

EDITION HIGHLIGHTS

Memorial Medical Care, PC
A practice of MSK physicians

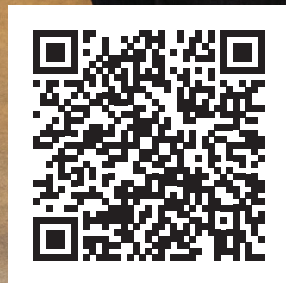


Memorial Sloan Kettering
Cancer Center



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A MESSAGE FROM THE CEO

My Friends,

As we welcome the beginning of April and the arrival of spring, it's worth noting that the Latin origin of the word April is "aperio," which means "to open up." This theme of new beginnings and growth is especially fitting as we recently celebrated the opening of our new cancer care practice in the Flatbush section of Brooklyn.

In partnership with Memorial Medical Care (MMC), PC, a practice of Memorial Sloan Kettering Cancer Center (MSK) physicians, we commemorated the official ribbon-cutting ceremony and announced the launch of a monthly free breast screening program exclusively for residents in the community. These events demonstrate our unwavering commitment to providing exceptional cancer care services to our patients while supporting the communities we serve.

Our staff is also dedicated to going above and beyond for our patients, as exemplified by the inspiring story of one of our nurse practitioners who selflessly served those in need on a mission trip to Honduras. We are proud to have a team that is passionate about making a positive impact in the lives of our patients and the world around us.

In this issue of *The Specialist*, we also highlight four types of cancer: head and neck, esophageal, and testicular. April is an important time to recognize these diseases, many of which are preventable through lifestyle choices and highly treatable. You'll also learn about the crucial role of palliative care in providing comfort and support to patients, how Interventional Radiology helped improve one woman's quality of life, and why clinical trials are essential to finding better treatments and improving patient outcomes.

As we move forward into this new season, let us continue to cultivate growth and progress in our personal and professional lives. May the stories you find inside these pages keep pushing you forward with hope and determination, just as the budding plants outside remind us that new growth is always possible.

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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Ribbon Cutting Nostrand Avenue

On Saturday, April 1, 2023, New York Cancer & Blood Specialists (NYCBS), and Memorial Medical Care (MMC), PC, a practice of Memorial Sloan Kettering Cancer Center (MSK) physicians, held a ribbon-cutting ceremony to celebrate the official grand opening of their new cancer care practices in the Flatbush section of Brooklyn. The 39,000-square-foot state-of-the-art facility is conveniently located at the intersection of Flatbush and Nostrand Avenues, near Brooklyn College.

The event featured remarks MMC President Dr. Lisa and CEO Dr. Selwyn Vickers, officials and members of the ribbon cutting and remarks. Following the ceremony, available for attendees, practice (Mammography, technologically advanced



by NYCBS CEO Dr. Jeff Vacirca, DeAngelis, MSK President along with community Chamber of Commerce. The began promptly at 12 pm. tours of the facility were including the Radiology MRI, PET/CT), and medical center.

The new facility provides state-of-the-art therapies clinical trials. The patient collaborative approach team of specialists resulting goal of delivering the best

patients with access to and cutting-edge cancer care model utilizes a among a multidisciplinary in personalized care with the possible outcomes.

Through this unique collaboration, people who require more complex cancer care, such as surgery, will also have access to services at MSK's main hospital in Manhattan and through its network of outpatient locations, including in Downtown Brooklyn.

The event was well attended by community officials and residents, and even included a performance by students from PS 249 who sang songs from the musical Annie. Members of the Chamber of Commerce presented wall art to welcome the new facility to the community.

Ribbon Cutting

Nostrand Avenue *(continued)*

Overall, the ribbon-cutting ceremony to honor the official grand opening of NYCBS and MMC's new cancer care practices was a great success. It was a wonderful day filled with insightful remarks from esteemed speakers, engaging tours of the state-of-the-art facility, and delightful performances by the community's young talent.

With this new collaboration, patients in the Flatbush section of Brooklyn now have access to a wider range of oncology services, personalized care, and cutting-edge clinical trials. It was a great day for everyone involved, and the start of a new era in cancer care for the Brooklyn community.



Nursing a Passion for Mission and Community Outreach

Nurse Practitioner Donna Galgano from our Great Neck Breast Health office has been actively involved in mission trips for over five years. She has completed five international trips to Nicaragua, Puerto Rico, and Honduras and has also organized two trips to Brooklyn and Baltimore to serve low-income areas in Maryland.

Nursing has always been her calling. After her first mission trip, she established a Not For Profit Community Outreach Center called People Loving People, where she serves those in need regularly. The center supports a food pantry that feeds over 160 families a week, offers a Homework Helpers Program for children of Spanish-speaking parents, and an ESL program. Donna offers her services as an NP for free to those in need without insurance and has vaccinated over 200 people from the community. The center also offers a free mammo van and a health screening van twice yearly.

On her recent trip to Honduras, Donna, together with her husband and daughter, who is also a nurse, directed the medical clinic, where they saw over 400 patients in four days. Despite waiting for up to four hours in 90-degree weather to be seen by a doctor, the patients appreciated the medical services provided. In addition to directing the medical team, Donna and her team dug a cistern to provide fresh water to a village without access and conducted a "fun" camp for the kids of patients while they waited. Donna's work in Honduras was extra meaningful since many of the families from her food pantry immigrated from Honduras. She also video-called her clients from home during the trip to show them all the work being done there.

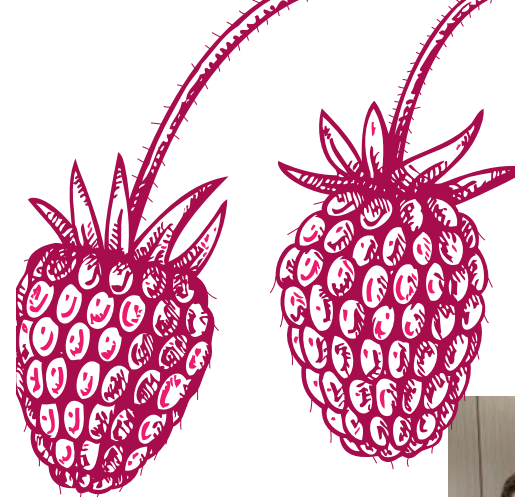


A cistern (well) for fresh water to a village that has no access



NUTRITION TEAM NEWS

March is National Nutrition Month & the 2nd Wednesday of March is Registered Dietitian Nutritionist Day! Every year the Academy of Nutrition & Dietetics puts forth a theme to celebrate the month. This year's theme was "Fuel For The Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. There is no one size fits all approach with regard to nutritional needs, especially when it comes to cancer. Working as oncology dietitians, we see cancer patients strive to do their best every single day, and we do our best to learn about and honor all cultures, practices, and traditions.

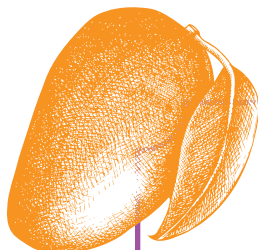


OUR MARCH SHAKE DAYS WERE AN INCREDIBLE SUCCESS!

HERE ARE A FEW HIGHLIGHTS:

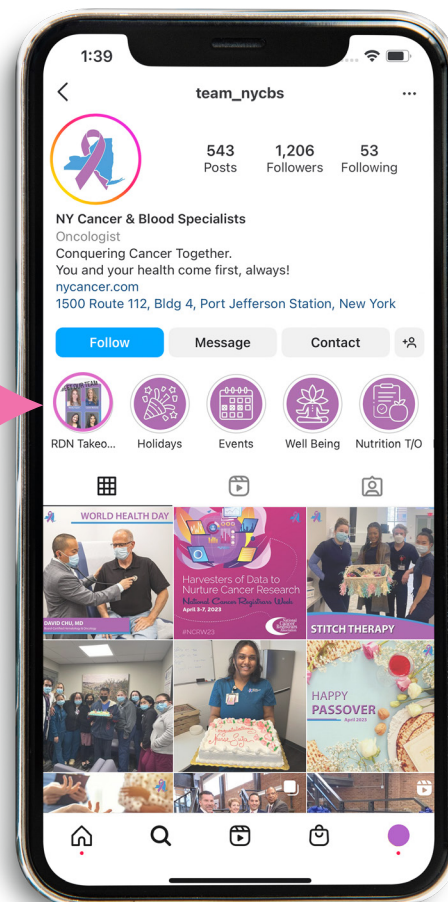


- Patients were engaged and excited to try new ways to increase calorie and protein intake, which can be critical during extensive treatment.
- Practitioners and Staff were eager to learn more about the recipes, methods, and usage for patients, improving education throughout the continuity of care.
- The Registered Dietitian Nutritionists had a chance to develop and explore new recipes (and, of course taste them) to again enhance education provided to patients.
- Thank you so much to Kate Farms for teaming up with us for this amazing initiative. We look forward to more events in the future!



We started the National Nutrition Month celebration with our first "Shake Day" in our Lake Success office on March 3rd. Then, throughout the month, we served homemade smoothies in our Port Jefferson, Patchogue, and Central Park offices. All had a good time!

Once again, the Registered Dietitian Nutritionists planned a few "NYCBS Instagram Takeover" Days! Hopefully, you had fun watching and engaging and gained some insight about a day in the life of an RDN, food and nutrition-fun facts, recipes, and some personal information about us. If you didn't catch the Nutrition Team Takeovers live, the stories are housed in the "Highlights" of the **team_nycbs** Instagram account. Go check it out!



REMINDER:

Nutrition consults are always available to NYCBS, NY Health, and OB-GYN patients. Huge thank you to our Marketing Team for all your help in executing our projects and letting us take over the Instagram account!

What Is the Role of Palliative Care in Outpatient Oncology?

MaryAnn Fragola, ANP-C, DNP

Palliative care is focused on managing symptoms and providing emotional, psychosocial, and spiritual support to individuals with chronic illnesses, particularly those nearing the end of life. However, it is becoming increasingly recognized that palliative care can also play an important role in the overall treatment of patients with chronic illnesses, such as cancer, at all stages of their disease.

In my practice, I focus on symptom management, particularly in patients with a new cancer diagnosis no matter what the treatment trajectory, whether curative or supportive. This not only allows for the introduction of palliative services but also gives me time to build



a rapport with patients and their families. In fact, randomized controlled trials (RCTs) have shown that early palliative care interventions have positively impacted survival in patients with advanced cancer and depressive symptoms.¹

Aggressive treatment of early-stage cancers is often associated with serious side effects. These patients deserve the same palliative and supportive care as patients in the later stage of life to improve tolerance of treatment side effects, which will improve overall

outcomes. By managing symptoms such as nausea, vomiting, lack of appetite, constipation, diarrhea, fatigue, and insomnia, patients are more likely to comply with treatment regimens and have a better quality of life.

Palliative care should be viewed as a supportive element of care for patients with chronic illnesses at all stages of their disease. Preventing and managing symptoms while optimizing the quality of life throughout the disease process are among the many goals of palliative medicine. If someone expresses a fear of nausea, for example, that creates an opportunity to listen and treat their symptoms for a better outcome. No matter what the symptom, if it is distressing then it is worth addressing.

When I see a patient with a multitude of malignancies, I think about whole patient care beyond the diagnosis. It is important to focus on

symptom management as well as emotional, psychosocial, and spiritual support to improve the overall quality of life for patients and their families. Acceptance is part of a wellness plan, emphasizing living better and changing a person's mindset.

Unfortunately, there often does come a time when comfort becomes the focus of care. As we have established a relationship with our patients, we are comfortable discussing that transition.

Early palliative care improved quality of life and satisfaction with care in caregivers of patients with advanced cancer in one study, highlighting the shared experience of living with advanced cancer among patients and their caregivers.² These findings add to the body of evidence supporting early palliative care in the setting of a diagnosis of advanced cancer.² Research findings also suggest that defining palliative care interventions for patients with heart failure may improve quality of life, depression, anxiety, and overall understanding of the disease process and prognosis.³

References

1. Prescott AT, Hull JG, Dionne-Odom JN, et al. [The role of a palliative care intervention in moderating the relationship between depression and survival among individuals with advanced cancer.](#) *Health Psychol.* 2017;36(12):1140-1146. doi:10.1037/hea0000544
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3. Chuzi S, Pak ES, Desai AS, Schaefer KG, Warraich HJ. [Role of palliative care in the outpatient management of the chronic heart failure patient.](#) *Curr Heart Fail Rep.* 2019;16(6):220-228. doi:10.1007/s11897-019-00440-3

Education is key to breaking down some of the misconceptions about palliative care.

Common misconceptions include:

- I am not ready for palliative care
- I am giving up or my doctor has given up on me
- You can only receive palliative care at the end of life
- You cannot receive other treatments alongside palliative care programs
- Palliative care is only for end-stage cancer
- Palliative care is hospice

Palliative care can be provided at any stage of any illness coinciding with current aggressive treatments such as chemotherapy, surgery, radiation therapy, and dialysis. In other words, palliative care can be provided alongside therapies intended to cure, control, or support the person's disease and can be provided to patients who still have many years to live, including those who are expected to recover from their illness. Some of the diseases that may benefit from coordination with a palliative care team include chronic obstructive pulmonary disease (COPD), heart failure, Alzheimer dementia,

Parkinson disease, chronic rheumatologic disease, and chronic kidney disease. All of these chronic diseases would benefit from having an extra layer of supportive care.

Similar to palliative care, hospice is focused on a person's overall comfort, including emotional, physical, and spiritual well-being. In fact, hospice is considered a form of palliative care. However, receiving palliative care doesn't necessarily mean the patient is in hospice.² Hospice care is simply a form of palliative care that's given near the end of life when the life expectancy of the patient is 6 months or less.

The Journey to Relieving My Blood Clot Pain

"I was in pain for eight years," says Fatemah, a saleswoman who had been under the care of hematologist-oncologist Dr. Daniel Benasher at New York Cancer & Blood Specialists (NYCBS). When she complained of discomfort and swelling in her right leg, Dr. Benasher performed a sonogram that confirmed her fears – a blood clot. Even after the clot disappeared, she continued to suffer from chronic residual pain and swelling in her legs, a "post-thrombotic syndrome." Fatemah's job required her to be on her feet for extended periods, which made her symptoms worse and made her life "unbearable."

Dr. Benasher referred Fatemah to the office of Interventional Radiologist Dr. Michael Drabkin for further treatment. She underwent two procedures, the first involving shrinking her fibroids which had been pushing on her veins and contributed to her clots and leg swelling. The second procedure, performed a few months later, involved placing a stent in the vein in order to improve the flow out of the veins in her legs, thereby decreasing leg pain and swelling and reducing the risk of developing future clots.

"After the procedure, I experienced no pain," she said. "He saved me. He worked hard with my insurance to get authorization for both procedures, and I really appreciate it."

Fatemah expressed her gratitude towards the staff, who worked diligently with her insurance provider to ensure she could receive the necessary treatment. After each procedure, she was able to go home the same day. She now reports no pain or discomfort.

"Now I'm so comfortable," Fatemah said. "I can walk and stand on my feet again. I can see a change I couldn't see for too long."

Overjoyed, Fatemah credited Dr. Drabkin and the NYCBS staff for their exceptional care, allowing her to regain mobility and enjoy a pain-free life. She was thrilled to resume her favorite activities, such as shopping, and praised Dr. Drabkin as "the best surgeon in the world."



CANCER TREATMENT & INFERTILITY

When someone is diagnosed with cancer, there can be a lot going on in their mind. There are a lot of important decisions to make, including how treatment will affect your fertility. At New York Cancer & Blood Specialists, doctors recognize the complexity of these decisions and provide guidance to patients on how cancer treatments may affect their ability to have children. By offering options like egg or sperm freezing, patients can take steps to preserve their fertility before treatment begins.

This is important to highlight because, in many cases, cancer surgery or treatments can be more likely than cancer itself to affect your reproductive process and your ability to have children. However, it is important to know how cancer treatments affect your future health, even if they may harm reproductive organs and glands that control fertility. The way these treatments affect your body may be temporary or permanent.

Knowing your options prior to treatment is the best way to make an informed decision. The process is different for men and women, but the most common way for this to occur is to freeze your eggs or sperm.

The process of freezing your eggs takes about two weeks. Your

doctor performs a procedure in which mature eggs are removed from your ovary to be frozen and stored for possible use in the future. They can be frozen as unfertilized eggs or fertilized with sperm and frozen as embryos. It is best to do this before treatment because some

chemotherapy medications destroy eggs. This decrease in the number of eggs may lead to infertility after treatment.

For men freezing your sperm can be a much easier process. It simply involves collecting a sample of semen and freezing it. Sperm must be banked before any chemotherapy or pelvic radiation therapy begins in order to avoid storing damaged sperm. The sperm can be thawed later and used for intrauterine insemination or in vitro fertilization.

Ultimately, the decision to address fertility concerns before treatment is up to the patient. However, having a thorough understanding of the options available and potential effects



on fertility can help inform decision-making. Make sure to speak with your doctor either way and discuss the best options for your treatment.

At NYCBS, knowing your options is key. Your physician works closely with you as well as fertility experts, to modify your treatments and prepare for your best possible options.

BY OFFERING OPTIONS LIKE EGG OR SPERM FREEZING, PATIENTS CAN TAKE STEPS TO PRESERVE THEIR FERTILITY BEFORE TREATMENT BEGINS.

Sridhar Reddy, MD

Joins New York Cancer & Blood Specialists

New York Cancer & Blood Specialists (NYCBS), one of the nation's leading oncology practices, is proud to announce the addition of board-certified hematologist-oncologist Sridhar Reddy, MD. Dr. Reddy will practice at NYCBS locations in Downtown Brooklyn and East New York.

"We are thrilled to welcome Dr. Sridhar Reddy to our team of exceptional physicians," said Jeff Vacirca, MD, CEO of NYCBS. "His commitment to providing patients with comprehensive care and support is unmatched. He is a remarkable addition to our practice as we continue to expand in Brooklyn."

A native of Kansas, Dr. Reddy's inspiration to pursue medicine stemmed from watching his father, who was a surgeon and primary care provider in their rural community for over 40 years. Dr. Reddy desired to help people in need and to serve as a source of comfort during difficult times.

Dr. Reddy prides himself in close and effective communication, taking time to ensure patients have a complete understanding of every aspect of their diagnosis and treatment. "My greatest satisfaction as a hematologist oncologist is the close relationship I develop with patients and their families," Dr. Reddy said. Dr. Reddy treats all

aspects of benign and malignant hematology, medical oncology and has an interest in lymphomas, multiple myeloma, breast cancer, and lung cancer.

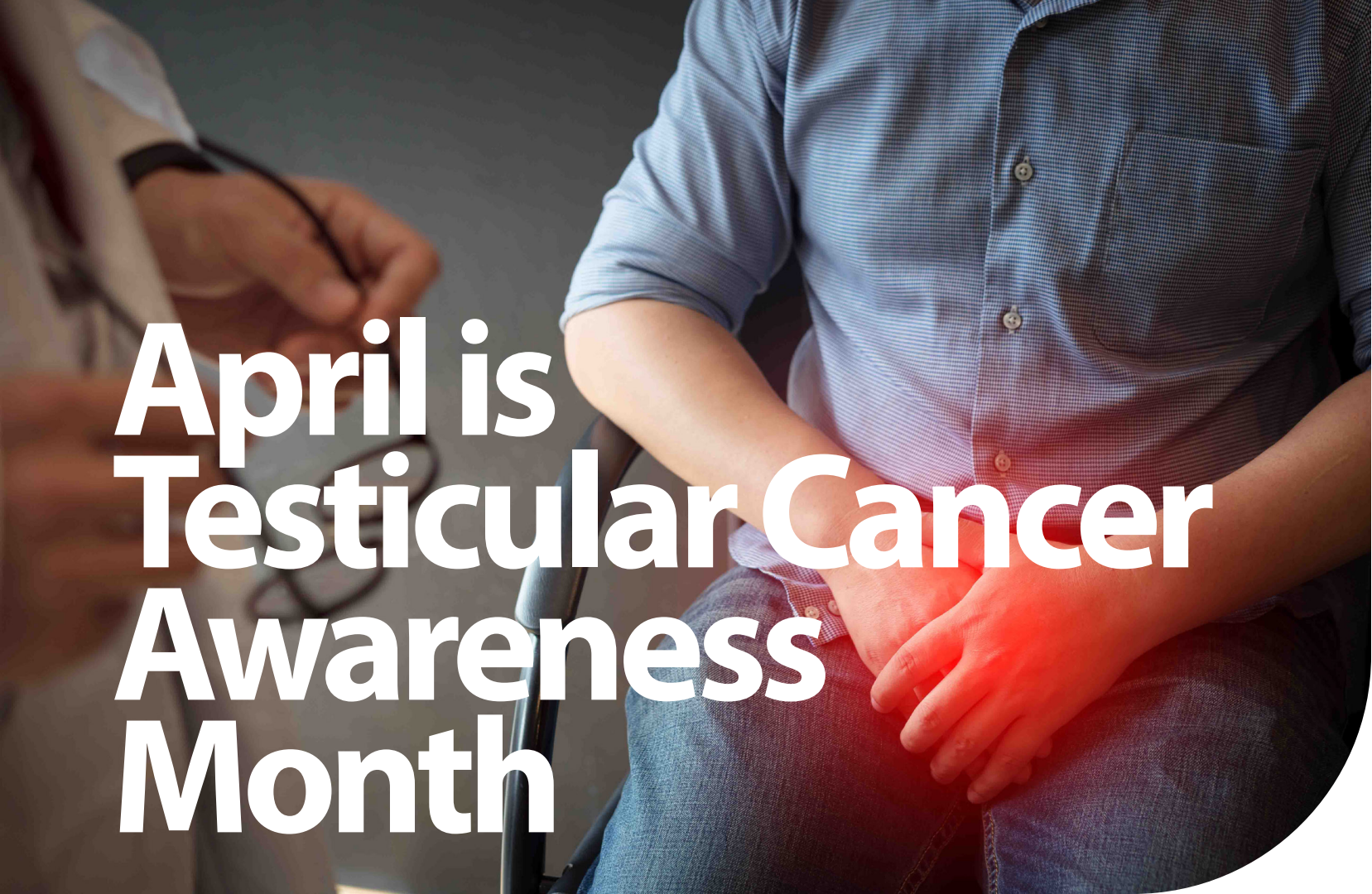
"I am excited to be a part of a world-class organization that provides unparalleled cancer care," Dr. Reddy said. "It is thrilling that patients will be able to access the latest and most advanced therapies, including immunotherapy and access to clinical trials, in their own neighborhood."

Dr. Reddy received his medical degree and graduated with the highest distinction from the University of Kansas. He completed a residency in internal medicine at the University of Texas Southwestern Medical Center, followed by a fellowship in hematology and oncology at NYU Langone Medical Center, a nationally recognized comprehensive cancer center.

He is an avid runner and enjoys reading, following Kansas Jayhawks basketball, and spending time with his wife and two young children.

To make an appointment, call 718-732-4049. For more information, visit nycancer.com.





April is Testicular Cancer Awareness Month

Testicular Cancer Awareness Month is a time to raise awareness and educate people about this often-misunderstood disease. Testicular cancer is a rare but serious disease that affects the testicles, which are the male reproductive glands located in the scrotum. New York Cancer & Blood Specialists is proud to raise awareness about testicular cancer and the importance of early detection.

Testicular cancer is most common in young and middle-aged men, and it is one of the most treatable forms of cancer when detected early. However, like many other cancers, it can spread to other parts of the body if left untreated. This is why it is crucial to know the signs and symptoms of testicular cancer and to seek medical attention as soon as possible if you experience any of them.

Some common symptoms of testicular cancer include a lump or swelling in the testicles, pain or discomfort in the testicles, a dull ache in the lower abdomen or groin, and a feeling of heaviness in the scrotum. It is important to note that not all of these symptoms indicate testicular cancer, but if you

EARLY DETECTION IS KEY TO BETTER RESULTS

experience any of them, it is important to get them checked out by a doctor.

Testicular cancer is typically diagnosed through a physical examination, blood tests, and imaging tests such as ultrasounds or CT scans. If testicular cancer is suspected, a biopsy may be performed to confirm the diagnosis.

Treatment for testicular cancer depends on the type and stage of the cancer. Surgery to remove the affected testicle is the most common treatment for early-stage testicular cancer. In some cases, chemotherapy or radiation therapy may also be necessary.

Early detection is key to successfully treating testicular cancer. Men should perform self-exams regularly and report any abnormalities to their doctors. Routine physical exams can also help detect testicular cancer early on.

At New York Cancer & Blood Specialists, we are committed to providing comprehensive care for patients with testicular cancer. Our team of experienced oncologists and cancer specialists offers cutting-edge treatments and personalized care to help patients achieve the best possible outcomes.

This Testicular Cancer Awareness Month, we urge men to educate themselves about the disease and to take steps to protect their health. If you have any concerns or questions about testicular cancer, do not hesitate to reach out to our team for guidance and support.

Ali Naboush, MD

JOINS NEW YORK CANCER & BLOOD SPECIALISTS



New York Cancer & Blood Specialists (NYCBS), one of the nation's leading oncology practices, is proud to announce the addition of board-certified hematologist-oncologist Ali Naboush, MD. Dr. Naboush will practice at NYCBS locations in Astoria, Bayside, and Valley Stream.

"We are thrilled to welcome Dr. Naboush to the NYCBS family. His expertise and passion for patient-centered care perfectly fit our mission to provide the highest standard of care," said Jeff Vacirca, MD, CEO of NYCBS. "With his extensive experience and commitment to innovation, we are confident that Dr. Naboush will positively impact the lives of our patients."

Dr. Naboush is a dedicated physician committed to providing his patients with the highest standard of care. He believes in a patient-centered approach that considers each patient's unique needs, preferences, and hopes. He is passionate about his work and always strives to stay up-to-date with the latest breakthrough treatments and clinical trials.

Throughout his career, Dr. Naboush has worked in some of the top medical facilities in the country, including Brown Physicians Inc. and Lifespan Cancer Institute in Providence, Rhode Island, and Oncology Institute of Hope and Innovation in St. Petersburg,

Florida. He has been published multiple times in Hematology and Oncology and is interested in Melanoma and Immune Checkpoint Inhibition.

"I am excited to join NYCBS," Dr. Naboush said. "Given that it is a state-of-the-art cancer center that strives to meet all patients' expectations, it is a place where I can see myself growing with the support of a great team and leadership."

Dr. Naboush received his medical degree from the University of Balamand in Lebanon. He completed his Internal Medicine Residency at Staten Island University Hospital/Zucker School of Medicine at Hofstra/Northwell. Dr. Naboush earned the Resident Research Award during his residency and published several peer-reviewed articles. He completed his fellowship in Hematology and Oncology at SUNY Downstate Medical Center in Brooklyn, New York. He is fluent in English and Arabic.

In his free time, Dr. Naboush enjoys spending time with his wife and son, hiking, and being outdoors. He is a valuable addition to NYCBS, and the team looks forward to working with him to provide the best possible care for their patients.

To make an appointment, call 833-CANCER9.
For more information, visit [nycancer.com](https://www.nycancer.com).



Left to right:
 Jessica Nemeth
 Lauren Gianelli, LPN
 Olivia Horan

Trust in science & take the leap of faith.

with a mutation that could not be treated with traditional chemotherapy and biological infusion. That’s when the research team at NYCBS and Dr. Zuhoski presented Laura with an alternative option - a clinical trial involving a subcutaneous injection in the stomach, which was a 17-cycle immunological treatment every three weeks instead of traditional chemotherapy.

Initially apprehensive, Laura’s fears were allayed after speaking with the research team, who addressed all her concerns and provided her with comprehensive information about the possible side effects. Laura’s friend’s positive experience with a clinical trial further boosted her confidence, and she decided to participate in the trial.

Clinical trials allow researchers to find better treatments for others in the future, and without volunteers, these treatments would not be found. Laura’s experience with the clinical trial was positive, and although she experienced a few minor side effects like rashes and peeling skin, the NYCBS staff was always available to provide her with hydration and answer any questions.

Laura advises other patients who are on the fence about participating in clinical trials to speak to their doctors and research teams and consider the benefits. She also notes that clinical trials have come a long way, and with the constant advancements in medicine, patients can be hopeful about finding new ways to fight cancer.

Clinical trials allow researchers to find better treatments for others in the future and without volunteers, these treatments would not be found.

Dr. Zuhoski acknowledged that Laura’s follicular lymphoma might return in the future, but he is optimistic that with the immunotherapy, her body will retain the ability to fight it effectively.

Laura’s journey highlights the importance of exploring all possible treatment options, including clinical trials, and trusting in medical science to improve the lives of cancer patients. With each advancement in medicine, the future looks brighter for cancer patients like Laura.

Patient’s Positive Experience With Clinical Trial Offers Hope For Cancer Treatment

“Trust in science and take the leap of faith,” advised Laura, a patient of New York Cancer and Blood Specialists (NYCBS), who was diagnosed with follicular lymphoma after her annual mammogram and sonogram in April 2021. Despite being asymptomatic initially, Laura’s doctor at NYCBS, Dr. Alexander Zuhoski, decided to closely monitor her cancer with PET scans every six months.

However, in July 2022, Laura’s cancer progressed to become a double-hit follicular lymphoma

ANTHONY
PETERSON

CHIEF OF BUSINESS
DEVELOPMENT



Anthony Peterson

Promoted to

Chief of Business Development for New York Cancer & Blood Specialists

New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is excited to announce the appointment of Anthony Peterson to Chief of Business Development.

"Anthony's promotion to Chief is a significant step in our ongoing efforts to create an organization that provides exceptional value to our partners, patients, and the community," stated Jeff Vacirca, MD, CEO of NYCBS. "With his demonstrated ability to embrace change and think creatively, we are confident that he will be instrumental in leading the organization towards improved outcomes, benefiting healthcare providers and patients alike. I am excited to see the next stage of business growth for NYCBS under his leadership."

Peterson previously served as Vice President in the development, management, and driving of strategic partnerships and key business opportunities. As Chief, he will continue to work

closely under the direction of OneOncology's Chief Development Officer, Jimmy Harper, and Vice President of Development, Henry Varnell, to cultivate and strengthen relationships and

"This appointment is a testament to NYCBS' unwavering commitment to fostering diversity and developing leadership talent."

growth at a national level.

"I am thrilled and grateful to have been promoted to the role of Chief," said Peterson. "This appointment is a testament to NYCBS' unwavering commitment to fostering diversity and developing leadership talent. I am excited to align our business development efforts with our strategic direction and execution, and to contribute to the continued growth and success of the company."

Breast Screening Event in Brooklyn

NYCBS and Physicians of Memorial Sloan Kettering Cancer Center Host Breast Cancer Screening Event



Memorial Medical Care (MMC), PC, a practice of Memorial Sloan Kettering Cancer Center (MSK) physicians and New York Cancer & Blood Specialists (NYCBS), hosted a free breast screening event on Saturday, April 8th, 2023, at their new comprehensive cancer care located at 2236 Nostrand Ave, Brooklyn, NY 11210.

The event empowered women to take charge of their breast health and will provide clinical breast exams to women over 40 years old. Participants had the opportunity to learn about breast self-care, early detection, breast imaging, and more. Women in the U.S. have a 1-in-8 lifetime risk of being diagnosed with breast cancer. Mammograms can help find or detect breast cancer early, even before a lump can be felt. Annual mammograms are

recommended for women ages 40 and older who do not have a family history of breast cancer.

The free public event included light refreshments and allowed attendees to tour the facility.

To learn more about MMC, visit [mskcc.org](https://www.mskcc.org). To make an appointment with an MMC provider, call **833-203-8007**. To learn more about NYCBS, visit [nycancer.com](https://www.nycancer.com). To make an appointment with an NYCBS provider, call **718-406-9454**.



What is a Baseline Mammogram?

What will it be like?

Getting ready for your first mammogram can be a little scary. Knowing what is happening and why it is so important can be a key factor in settling those nerves.



It is also important to highlight that routine breast cancer screenings are recommended for all women, regardless of family history. Not only is keeping your breasts as healthy as possible good for your overall health it is also important for finding breast cancer. Mammograms allow doctors to see things in your breast that you may not even be able to feel, and that's because a mammogram uses low-dose X-Rays to create an image of the breast tissue.

For most women, a mammogram is the best way to find breast cancer as early as possible. This is such an important thing because, in the United States, about 1 in 8 women will be diagnosed with breast cancer in their life.

Knowing what you are walking into for your baseline mammogram is important for your own well-being. The entire mammogram procedure takes about 30 minutes. Each of your breasts will be compressed for only 20 to 30 seconds. This may seem intimidating, and while compression can be uncomfortable, it's also very important. It allows the breast tissue to spread and flatten. This gives a clearer view of the entire breast and therefore gives your doctor more information.

Our state-of-the-art imaging centers offer the most comprehensive breast imaging services, including advanced 3D mammography, breast ultrasound, and breast MRI equipment. While having a baseline mammogram may seem overwhelming, knowing how important it is and how quickly it will be over is also important.



A baseline mammogram is usually the first screening mammogram a woman gets.



Women age 35 to 40 may obtain one baseline mammogram.



It's used for comparison with follow-up screenings.

Head & Neck Cancer:

Understanding the Causes, Symptoms, and Treatments

Head and Neck Cancer is a broad term encompassing cancers of the throat, larynx, nasal cavity, sinuses, and mouth. In this blog post, we will explore the various aspects of Head and Neck Cancer, from its causes and risk factors to its treatment options and supportive care.

One of the primary causes of Head and Neck Cancer is tobacco use, which includes cigarettes, cigars, and smokeless tobacco. Excessive alcohol consumption, exposure to certain chemicals, and infections such as human papillomavirus (HPV) can also increase the risk of developing this type of cancer. Symptoms of Head and Neck Cancer can include a lump or sore that does not heal, difficulty swallowing or speaking, and changes in the voice.

Treatment for Head and Neck Cancer depends on the stage of the cancer, the location of the tumor, and the patient's overall health. Treatment options may include surgery, radiation therapy, chemotherapy, targeted therapy, and immunotherapy. In some cases, a combination



of these treatments may be used.

Supportive care is an essential component of Head and Neck Cancer treatment, as patients may experience a range of physical and emotional side effects. These can include difficulty eating and swallowing, changes in taste and smell, dry mouth, fatigue, and anxiety.

In addition to traditional treatment options, clinical trials are also available for eligible patients. These trials can offer access to cutting-

edge treatments and therapies that are not yet widely available.

It is important to note that early detection is key in improving the prognosis for Head and Neck Cancer. Regular check-ups with a healthcare provider and self-examinations can help detect any potential issues early on.

At New York Cancer & Blood Specialists, we are committed to providing the highest level of care and support to our patients with Head and Neck Cancer.

Our multidisciplinary team of specialists, including oncologists, radiation oncologists, surgeons, and supportive care specialists, work together to provide comprehensive and compassionate care throughout the treatment journey.

If you or a loved one is facing a diagnosis of Head and Neck Cancer, know that you are not alone. Contact us today to schedule an appointment and learn more about our approach to care.

CYBER SECURITY

If you haven't checked to see if your email account has been involved in a data breach, HOP to it. Use haveibeenpwned.com to check to see if any of your emails have been involved in any known attacks because no-BUNNY likes to have their credentials leaked online.

The NYCF FOUNDATION EVENTS!!!

We are so excited for our 3rd Annual Living with MBC event on **April 15th, 2023**, at Danfords in Port Jefferson, sponsored by Pfizer. We will be joined by our amazing New York Cancer & Blood Specialists' physicians and our Physical Therapy team, Nutrition team, Financial Counselor team, and Social Work team. We are so appreciative to have our wonderful staff in attendance to participate. We will have giveaways and educational exhibit tables from Coastal MD, Tactile Medical, Pfizer, and Mondays at Racines! We can't wait to see everyone there for a Day of Love, Support, and Education!

How Clinical Trials are Advancing Esophageal Cancer Research and Treatment

Esophageal cancer is a devastating disease that affects the tube connecting the throat to the stomach. It is a highly aggressive form of cancer and is often not diagnosed until it has already progressed to an advanced stage. While treatments like surgery, radiation therapy, and chemotherapy can be effective in some cases, there is still much to be learned about esophageal cancer and how it can be treated. That is where clinical trials come in.

Clinical trials are research studies that involve human volunteers. They are designed to test new treatments or procedures to determine their effectiveness and safety. Clinical trials are a critical step in the development of new treatments for esophageal cancer. There are currently several clinical trials underway that are focused on advancing esophageal cancer research and treatment. Some of these trials are looking at new drugs or drug combinations that may be more effective than the standard chemotherapy regimens currently used. Other trials are focused on developing new surgical techniques or exploring the use of radiation therapy in combination with other treatments.

One area of research that is showing great promise is immunotherapy. Immunotherapy is a type of treatment that harnesses the power of the immune system to fight cancer. This approach involves using drugs or other substances to help the immune system recognize and attack cancer cells. Several clinical trials are underway to test the effectiveness of immunotherapy in treating esophageal cancer.

Another area of research that is gaining attention is the use of precision medicine. Precision medicine involves using genetic testing and other advanced techniques to develop targeted therapies that are tailored to the specific genetic makeup of a patient's cancer. This approach is still in the early stages of development, but it holds great promise for improving outcomes for patients with esophageal cancer.

One of the benefits of participating in a clinical trial is that patients may have access to treatments or procedures that are not yet widely available. However, it's important to remember that clinical trials do come with some risks. Potential side effects and complications should be carefully considered before deciding to participate in a trial.

Overall, clinical trials are a vital component of esophageal cancer research and treatment. They offer hope for the development of new treatments and therapies that may improve outcomes for patients with this devastating disease. If you or a loved one has been diagnosed with esophageal cancer, talk to your doctor about the possibility of participating in a clinical trial. Together, you can explore your options and determine if a clinical trial is right for you. For more information on clinical trials for esophageal cancer, visit clinicaltrials.gov.

Patient Community Meeting

Coming Together to Inspire, Share, Learn & Support You Throughout Your Cancer Journey



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:

INHALES.

Wellness Yoga Studio

NYCBS
49 Nesconset Hwy,
Port Jefferson Station,
Waiting Room

When:

Wednesday
April 19th @ 6PM

Light Refreshments Served

As Always Caregivers Are Welcome!



Women's Cancer Support Group

Social connectedness is a key component for thriving, so we hope this will help fulfill the need for emotional and peer support while creating meaningful connections. Each week we will discuss different topics.

***Although the Women's Cancer Support Group is based in our Lake Success office, all are welcome to attend.**

The Women's Cancer Support Group will be held at:

Lake Success Office, 1 Delaware Drive, New Hyde Park, NY 11042

Every second Wednesday of each month from 6-7 pm

Facilitated by:

Dr. Janaya Raynor,
Wendy Kaplan, RDN,
and Dr. Yelda Nouri

A patient with questions can email

nutrition@nycancer.com

Career Opportunities

RADIOLOGIST

Contact: Robert Nicoletti - CHRO
careers@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

LICENSED CLINICAL SOCIAL WORKER-QUEENS

Contact: Robert Nicoletti - CHRO
dyoungs@nycancer.com

NURSE PRACTITIONER (NP) / PHYSICIAN ASSISTANT (PA)

Contact: Robert Nicoletti - CHRO
apprecruitment@nycancer.com

MEDICAL FRONT DESK RECEPTIONIST

Contact: Robert Nicoletti - CHRO
careers@nycancer.com

HEMATOLOGIST/ONCOLOGISTS

CONTACT: ROBERT NICOLETTI
eric.jackson@oneoncology.com

HISTOLOGY TECHNICIAN

Contact: Robert Nicoletti - CHRO
careers@nycancer.com

HUMAN RESOURCES ASSOCIATE

Contact: Ryan McLearn and Isabelle Lamy
rmclear@nycancer.com

INFUSION LPN

Contact: Robert Nicoletti - CHRO
careers@nycancer.com

LICENSED PRACTICAL NURSES (LPN'S)

Contact: Robert Nicoletti - CHRO
careers@nycancer.com

LPN – RESEARCH COORDINATOR

Contact: Robert Nicoletti - CHRO
rmorgan@nycancer.com

New Hires

Alexia Smith (Care Coordinator LPN)

Allison D'Ambrosio (Patient Communications Operator)

Angela Anselmo (Float Medical Assistant)

Angelina Deloughery (Imaging Priors Coordinator)

Betty Babadzhyanov (Registered Nurse)

Briana Gilliam (Care Coordination LPN)

Brittney Gwinn (Medical Assistant)

Celina Vandunk (Patient Communications Operator)

Christian Craig (Patient Communications Operator)

Christine Schindlar (Surgical Tech/MA)

Courtney Poitras (Lab MA- Float)

Daizy Perales (Medical Assistant)

Damaris Espinosa (Patient Communications Operator)

Danielle Tedeschi (Medical Biller)

Danilo Sulit (Hematology Supervisor)

Danny Yang (Pharmacy Technician)

Debra Fredericks (LPN)

Denise Nicotri (Breast Radiology Coordinator)

Diana Scarth (LPN)

Dina Leiner (Ultrasound Technologist)

Dionca Robinson (LPN)

Divya Thakur (Ultrasound Technologist)

Dmitriy Voyevodin (Medical Technologist)

Domonique Medina (Ultrasound Technologist)

Erica Weiss (LPN)

Franklin Bruce (Eligibility Referral Specialist)

Haley Gardino (Registered Nurse)

Jackie Martin (Xray/IR Tech)

Jacqueline Devery (Front Desk Receptionist (Float))

Jillian Maute (LPN Nephrology)

Juan Rodriguez (Facilities Associate)

Kally McClave (LPN- Care Coordination)

Kara Kern-Volkman (Ultrasound Technologist)

Karen Williams (Lab MA)

Kayla Bejarano (Medical Assistant)

Kristen Green (Float Medical Assistant)

Kristen Roach (Research Coordinator, LPN)

Leighanna Williams (Medical Assistant)

Linh Nguyen (Infusion RN)

Melissa Ramirez (Hospital Coordinator)

Nayeli Tunche (Medical Assistant - Pain)

Priscila Caguana (Medical Assistant)

Rosaisela Rojas (Lab MA)

Samantha Custor (MA Float)

Sara Naeem (Physician Assistant)

Sara Valencia (New Patient Coordinator)

Shakeena Escobar (MA)

Smeera Dass (Ultrasound Technologist- Per Diem)

Steven Telemaque (Inventory Control Specialist)

Thomas Park Jr. (Registered Nurse)

Wilda Tineo (Medical Assistant)

Wilsa Augustin (Ultrasound Technologist)



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.