



# #SPECIALIST



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THE SPECIALIST  
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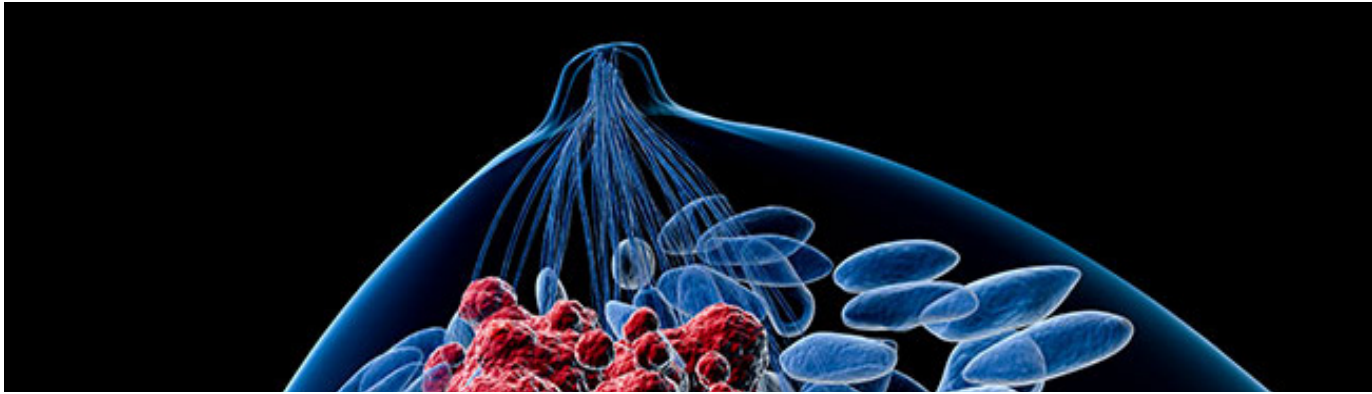
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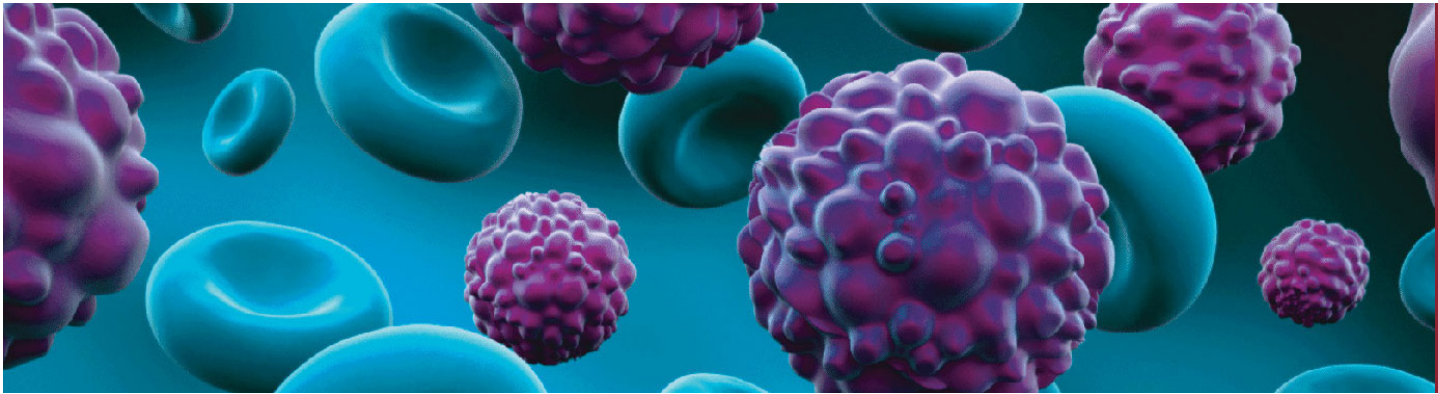
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# A MESSAGE FROM THE CEO

## My Friends,

Well, it's that time of the year again. Spring is here! From the peeping up of crocuses to the saturation of St. Patty's Day decor and all its shenanigans, green and luck are the much-celebrated themes of March.



However, March is also a time to focus on health, as it is National Colorectal Cancer Awareness Month. Regular colonoscopy screenings can prevent or help detect this cancer early. In this issue, you'll read an inspiring story of a woman who advocates for routine screenings after her own colorectal cancer diagnosis. We hope her journey encourages more people to take control of their health.

March is also National Nutrition Month, and our team of Registered Dietician Nutritionists shared some delicious shake recipes that are both nutritious and easy to make. When you fuel your body right, you can help improve mood, energy, and overall well-being. And while what you eat certainly affects how you feel, we look at the connection between cancer and mental health and suggest talking to one of our wellness team members if you have lingering concerns about your mental health.

Warm regards,

**Dr. V**

# Patient Feedback



## Dr. Gerry Rubin

"If I could give more than 5 stars, I would! Dr. Rubin and the staff at NYCB in Babylon have been the rock I needed as I went through being diagnosed with breast cancer a day after my son was born. The entire staff is incredibly knowledgeable, compassionate, and professional. Dr. Rubin was very thorough in the plan of action and was always willing to answer any questions that I had. I highly recommend this office, they are all true angels on earth!!" - Lisa



## Dr. Li-Teh Wu

"Very polite, patient & professional, and experienced!!!!" - Big Blue



## Dr. Samir Patel

"Dr. Patel is currently my father's oncologist, and he has been one of the most caring, compassionate, patient, and thorough medical professionals I have ever met. He goes above and beyond. And If I personally ever had to seek oncology care, Dr. Patel would be the first doctor I would go to. Though I hope I wouldn't have to. Thank you, Dr. Patel, for all the amazing care." - Eric W.



## Dr. Joshua Harris

"If I could, I would give more stars to Dr. Harris and his team, this Clinic is very nice, everyone is very nice, kind, and it looks like they are very happy working with Dr. Harris. I must say Dr. Harris is a very nice person and knows what he's doing, I'm so glad I came to this clinic. Dr. Harris gave me the best treatment for cancer, thank you for everything." - Diamond





# Running Strong

## AGAINST COLORECTAL CANCER

**In the summer of 2022, Tammy Partlow's routine colonoscopy was supposed to be a simple screening for colorectal cancer. However, fate had other plans, and it turned out to be the day that would forever change her life. Upon awakening from the procedure, Tammy was struck with the devastating news that she had been diagnosed with colorectal cancer.**

Despite being a healthy and active individual, Tammy was filled with questions about the impact of her treatment on both her physical health and work life. Trusting her family Gastroenterologist, she sought the expertise of a surgeon and an oncologist. For Oncology, the Gastroenterologist recommended Dr. Alfredo Torres at New York Cancer & Blood Specialists (NYCBS).

"The speed at which they acted was impressive," she said. "Both the surgeon's office and NYCBS called me by 7:30 am the next morning. NYCBS got me an appointment that day and helped me complete all the required testing in their office, including blood work and a CAT scan. They took care of everything, which was a relief as my head was spinning trying to grasp how I could have possibly just been diagnosed with colorectal cancer."

Meeting her Oncologist, Dr. Torres, put Tammy's mind at ease. He answered all of her questions before she could even ask. She shared that as a patient, it is very difficult to go to a doctor you know nothing about, knowing that your life depends on them. However, just

meeting with him the first time, she was convinced she was in the right hands. It was obvious from their conversation that Dr. Torres had in-depth knowledge and background in colorectal cancer treatments and truly had her welfare at heart.

Despite Dr. Torres' initial warning to Tammy that an ileostomy procedure and a permanent colostomy bag may be necessary based on the scan results and surgeon's evaluation, she asked her doctors to avoid those options at any cost. So her surgeon recommended the removal of the aggressive tumor, followed by chemotherapy and radiation treatments. Dr. Torres explained in detail what the chemotherapy and radiation treatments entailed and what she would experience as she progressed through the treatments.

Tammy expressed, "Despite feeling panicked about what was ahead of me, Dr. Torres was always caring and compassionate during every interaction. He made me feel like I was his sole focus and that he would support me every step of the way. He reassured me that their goal was to eradicate the cancer and ensure I went through the process as comfortably as possible. I could always count on him or his assistant, Kayla, to answer my calls promptly. Dr. Torres and his team at NYCBS provided comfort and reminded me that I wasn't alone in this fight."

Following the successful surgical removal of the tumor, Tammy

underwent a 28-day treatment plan that included oral chemotherapy pills in the morning, radiation therapy, and another round of oral chemotherapy pills at night. Despite some anxiety surrounding the treatment of the colorectal area, Tammy felt comfortable and well cared for throughout the process. She stated, "The team always treated me with respect and kindness and ensured that my dignity was a top priority while ensuring the treatment was effective. I never felt uncomfortable." The well-being of Tammy was always a priority, and the Radiation team (Coleen, Steve, Jay, and Sean) checked in on her every morning to see how she was feeling. If she experienced any discomfort, Dr. Cirrone or Georgia, Dr. Cirrone's Nurse, were consulted and would advise Tammy on how to remedy the issue before she left the office.

Tammy expressed her gratitude towards NYCBS, saying, "Dr. Torres was always there no matter what I needed. He made me feel special, like I was his only patient. The NYCBS team is spectacular. They always welcome you with a smile, and they truly make you feel like they are ready to help you get through this fight. At NYCBS, you always feel like you're their focus all the time. Dealing with cancer can be incredibly stressful, but NYCBS understands this and takes the burden off of their patients. They help arrange everything so patients don't have extra worries, such as insurance issues or coordinating diagnostic tests. I loved that NY Imaging could also do all the scans and imaging.



Dr. Torres had my results immediately and I did not have the extra added stress of trying to coordinate getting my results to my doctors in time for the appointments. It is obvious that NYCBS cares about their patients and is built around ensuring patients have top-notch care. An additional perk is that you are not traveling great distances to get to your doctor for treatments. These are people in your own community who form a support group for you during your treatments. It also reduces how much time cancer can take away from your day-to-day life." Tammy also commented that she knew she was in good hands and observed on many of her visits how the staff cared for all the other patients with the same level of compassion on many of her visits.

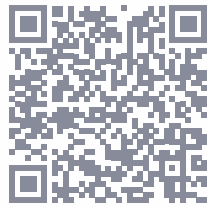
Tammy experienced minimal side effects throughout her treatment but did have some pressure/tightness in her throat that made her feel like she was choking. When the discomfort persisted, she contacted Dr. Torres, who promptly called in a prescription to her pharmacy at 7 pm to ensure her well-being. He ensured that she would be able to obtain the medication and that the pharmacy would dispense it before the close of business. Tammy appreciated the team's responsiveness and how they promptly informed Dr. Torres of the situation, even after hours, to provide the necessary assistance.

Tammy was delighted to discover that her OB/GYN office, Suffolk Obstetrics & Gynecology, was part of the same care network, which meant that imaging and tests could be easily accessed within the system. During a routine OB/GYN visit, abnormal test results were discovered, which could have been related to the radiation treatments. Dr. Cirrone, her Radiologist, was promptly consulted and was able to quickly access Tammy's records and test results. Tammy felt reassured knowing that her Oncologist, Radiologist, and OB/GYN could communicate easily and work together for her benefit.

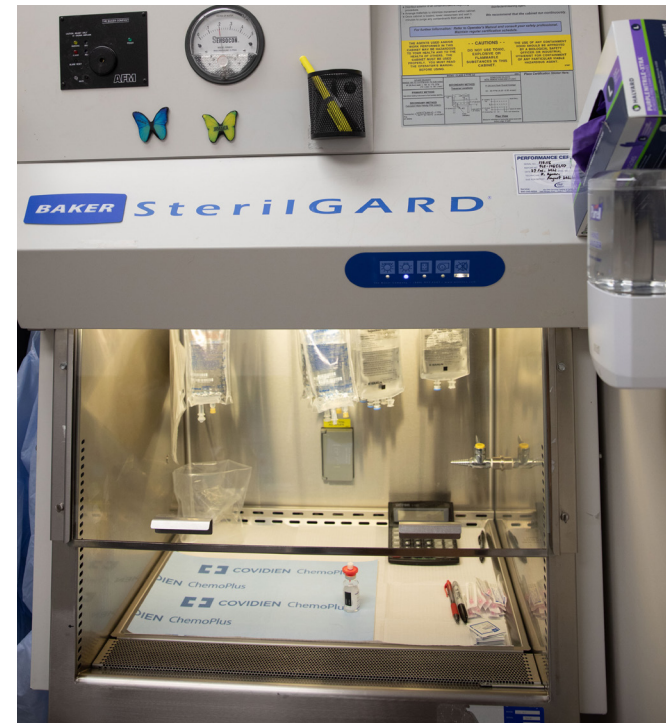
Now that she is cancer-free, Tammy is slowly getting back into running, biking, and finding her new normal. She is grateful to have had such a caring and compassionate team that supported her throughout her difficult journey. She advocates for the importance of routine screenings and urges everyone to prioritize their health. "If abnormalities are found, NYCBS is the team to turn to for help. I am forever indebted to them for saving my life."







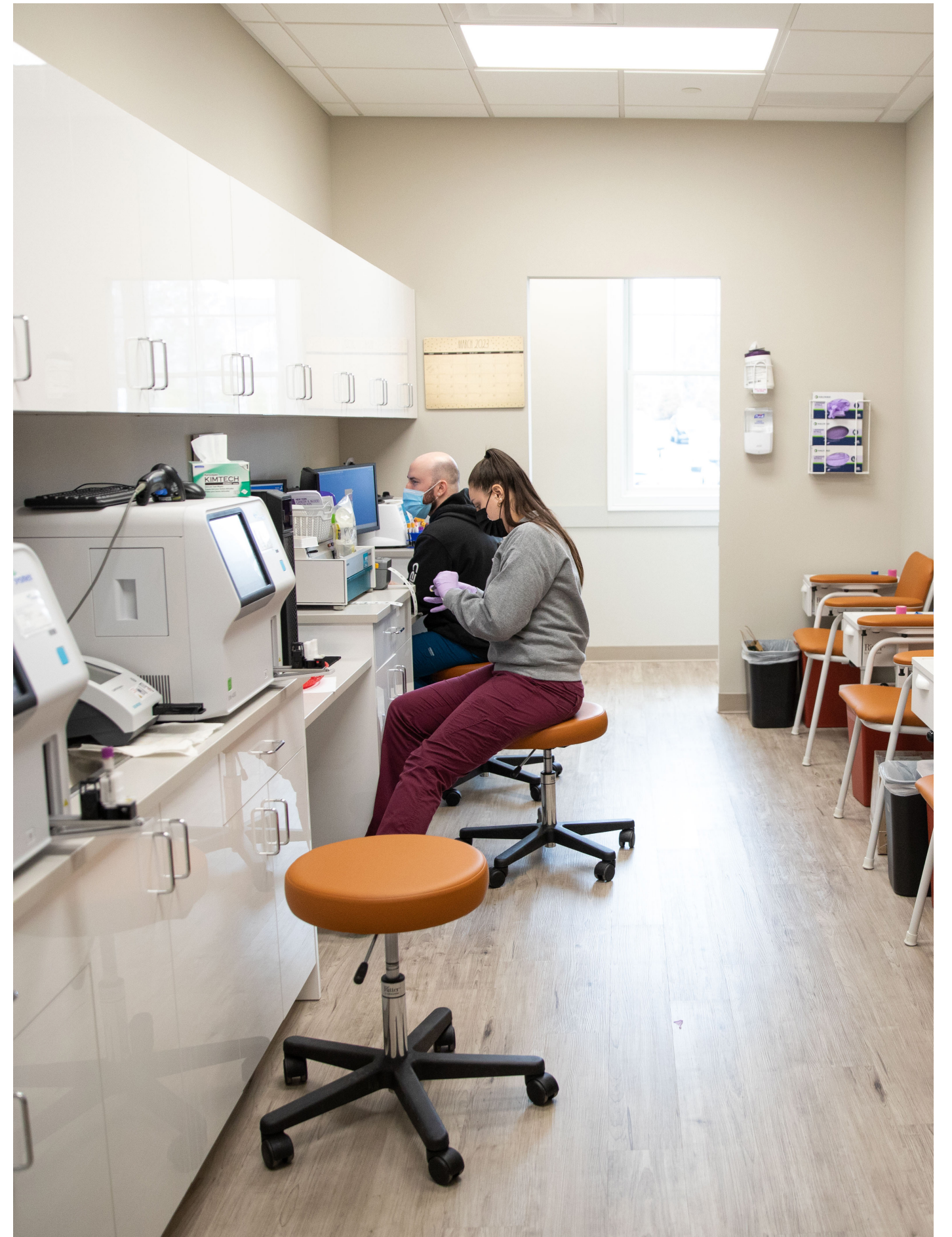
SCAN FOR MORE INFO  
ABOUT OUR NEW  
SMITHTOWN LOCATION



## SMITHTOWN - TERRY ROAD

ON FEBRUARY 27TH, WE PROUDLY OPENED THE DOORS TO OUR NEW STATE-OF-THE-ART MEDICAL ONCOLOGY AND HEMATOLOGY OFFICE LOCATED AT 119 TERRY ROAD. THE NEW BUILDING FEATURES THE LATEST IN CANCER TREATMENT AND ALLOWS OUR PATIENTS TO STILL SEE THEIR DOCTORS IN A SPACIOUS, MODERN SETTING. PLEASE NOTE THAT OUR SMITHTOWN OFFICE AT BUILDING 48, ROUTE 25A, WILL REMAIN OPEN AS WELL. FOR MORE INFORMATION, PLEASE CALL **631-751-3000** OR VISIT **NYCANCER.COM**.







# March is National Nutrition Month

Created by the Academy of Nutrition and Dietetics and celebrated in March, National Nutrition Month is an annual campaign to educate the public about healthful eating.

**This year's theme is "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.**

The nutrition team has a few activities planned for March, including Nutrition Shake days in some infusion centers. There is no one size fits all approach with regard to nutritional needs, especially when it comes to cancer. The team created different shakes to align with taste preferences and medical needs. Let us know your favorite!

## St. Paddy's Power-Up

### Ingredients:

- 1 cup Spinach
- 1 cup mango
- ¼ tsp. fresh ginger
- 1 Tbsp. maple syrup
- ¼ tsp. cinnamon
- 1 container Kate Farms formula
  - ½ cup ice

*Blend and serve*

## Chocolate Banana Dream

### Ingredients:

- Sunflower seed butter (4 Tbsp.)
- 1 Medium banana
- ½ cup ripe avocado
- 1 Tbsp. chia seeds
- ½ cup ice
- 1 carton chocolate Kate Farms formula

*Blend and serve*

## Triple Berry Threat

### Ingredients:

- Mixed berries ( ½ cup raspberries, 1/4 cup blueberries, 4 whole strawberries)
- 1 handful spinach
- 1 banana
- 1 carton vanilla Kate Farms formula (Glucose Support)

*Blend and serve*






# Building a Balanced Diet to Support the Body During Cancer Treatment

**E**ating a healthy, well-balanced diet during cancer treatment is crucial in keeping your body as healthy as possible. Consuming nutritious food can help you feel better and stay stronger during this difficult time. Food is empowering because it is one of the few things you can control during your treatment, so try and make the most out of each meal and snack.

**Cancer treatment can have a wide variety of side effects, including NIS (nutrition impact symptoms) such as nausea, vomiting, constipation, diarrhea, fatigue, and loss of taste, amongst others. This can affect what and how you eat during your treatment.**

Eating a nutritious diet and consuming enough energy and protein can help you maintain a healthy weight during cancer treatment. It will also help improve energy levels which can help you stay strong and improve your quality of life during cancer treatment. It is important to have a balanced diet of protein, healthy fats, and carbohydrates.



**1 Protein:** Protein plays an important role in our health and well-being. It can help with weight management, bone health, immune function, and maintaining muscle mass (which is very important while undergoing cancer treatment). Protein is found in both animal and plant-based foods such as beef, chicken, fish, eggs, beans and legumes, nuts and seeds, and dairy products.

**2 Dietary Fats:** Dietary fats play an important role in our body. In addition to being a source of energy, fat helps regulate many body functions (smooth muscle contraction, immune function, blood clotting, and blood pressure), helps absorb and transport fat-soluble vitamins, and healthy fats help reduce inflammation and improve heart health. Some foods that contain healthy fats include avocados, olive oil, ground flaxseeds, and walnuts.

**3 Carbohydrates:** Carbohydrates are essential because they are our body's main source of energy. That being said, not all carbohydrate foods are created equal. The "healthier" carbohydrates have more fiber and other nutrients that support gut health and overall health. Try to include whole wheat, bran, oats, fruits, and beans in your diet regularly.

***It's always a good idea to make an appointment and discuss your diet with one of our Registered Dietitian Nutritionists (RDNs). They will help you curate the best nutrition plan for you and your health!***



# The Connection Between Cancer & Mental Health

**The cancer journey is a complex and emotionally challenging experience for the patient, their family, and their loved ones. Along with the physical toll of the disease and its treatments, patients often face significant mental and emotional health challenges. Therefore, addressing mental health needs is a crucial part of cancer care, and cancer patients must have access to comprehensive support services, including social workers and psychologists.**

Cancer patients face various mental health challenges, such as anxiety, depression, and post-traumatic stress disorder (PTSD) brought on by the diagnosis, the treatment process, or the uncertainty of the future. Cancer patients may also experience feelings of isolation, loss of control, and fear of the unknown. These overwhelming emotions may lead to social, emotional, and financial stress.

To address these mental health challenges, cancer patients need access to comprehensive services that can support them in different ways. Social workers can help patients navigate the medical and insurance systems, access financial assistance, and connect them with resources to meet their needs. Social workers also help patients and their families with emotional and social support, including counseling, support groups, and education.

Psychologists are critical in addressing cancer patients' emotional and psychological needs. They can help patients manage their feelings of anxiety, depression, and PTSD, as well as help them find ways to cope with the uncertainty of the future. Psychologists may use a range of therapies, such as cognitive-behavioral therapy (CBT), acceptance and commitment therapy (ACT), or mindfulness-based interventions, to help patients manage their symptoms and improve their quality of life.

In addition to the direct support that social workers and psychologists can provide, these services can also help patients feel more empowered and in control of their care. Providing patients with the tools they need to manage their mental health can help them feel more confident in managing the cancer journey.

It is essential that cancer patients have access to comprehensive services, including social workers and psychologists, to support them through the emotional and mental health challenges of the cancer journey. These services can help patients manage their symptoms, improve their quality of life, and provide them with the tools they need to cope with the challenges of cancer. Furthermore, research has demonstrated that individuals who received mental health treatment experienced fewer symptoms of depression and longer average survival times compared to those with more symptoms. Patients who seek treatment typically observe an enhancement in their overall physical condition, are more inclined to adhere to medical care, and experience an improved quality of life.

**At NYCBS, mental health is an integral part of cancer care to ensure patients and their families have greater confidence that they will receive the support they need to manage this difficult journey every step of the way.**



# The Importance of Early Detection for Triple Negative Breast Cancer

**On Triple Negative Breast Cancer Day (TNBC) and throughout the year, let's come together to raise awareness about the importance of early detection for TNBC and support those who are affected by this disease.**

TNBC is a subtype of breast cancer that is characterized by the absence of three receptors: estrogen, progesterone, and HER2. This makes TNBC more aggressive and difficult to treat than other types of breast cancer. Approximately 10-20% of all breast cancer cases are estimated to be TNBC.

Early detection of TNBC is critical because it is more treatable in the early stages of the disease. When TNBC is detected early, it is more likely to be confined to the breast tissue, making it easier to treat with surgery, radiation therapy, and chemotherapy.

## Screening for TNBC

Screening for breast cancer is typically done through mammography or other imaging tests, such as breast ultrasound and breast magnetic resonance imaging (MRI). Your doctor will determine the best test for you based on your individual risk factors.

Understanding the symptoms and risks of triple-negative breast cancer helps you and your doctor better diagnose and treat your cancer.

## Symptoms:

*TNBC may present with different signs and symptoms than other types of breast cancer. These may include:*

- A new lump or mass.
- Swelling in all or part of a breast.
- Dimpled skin.
- Breast or nipple pain.
- Nipple retraction (when your nipple turns inward)
- Nipple or breast skin that's dry, flaking, thickened, or red.
- Nipple discharge that is not breast milk.
- Swollen lymph nodes. This symptom happens when breast cancer spreads to the lymph nodes under your arm or near your collarbone.

## Risk Factors:

While the exact cause of TNBC is unknown, some lifestyle changes may help reduce your risk of developing breast cancer, including:

- Maintaining a healthy weight
- Exercising regularly
- Limiting alcohol consumption
- Not smoking
- Breastfeeding, if possible

## Triple-negative breast cancer can affect anyone but is more likely to show up in those who are:

- People younger than age 50
- People who are Black or Latinx
- People who are living with a genetic condition called BRCA mutation have an increased risk for breast cancer and other forms of cancer.

While anyone can be diagnosed with triple-negative breast cancer it is important to understand your risk and if you are experiencing any symptoms. Triple-negative breast cancers can pop up or be felt quickly and may occur between screening mammograms. So even if you are up to date on your mammogram screening but feel something—get medical attention as soon as possible!

## Personalized Treatment

Treatment for TNBC depends on the stage of the disease and other factors, such as the patient's overall health and medical history. In general, TNBC is treated with a combination of surgery, radiation therapy, and chemotherapy.

At NY Breast Health, our team of experienced breast cancer specialists are dedicated to providing personalized treatment plans for patients with TNBC and other types of breast cancer. Early detection, personalized treatment plans, and ongoing support are key to successful outcomes for our patients.



# Now Offering Brachytherapy for Gynecological Cancers

**Brachytherapy is a type of radiation therapy that has been found to be highly effective in treating gynecological cancers such as cervical, endometrial, and vaginal cancer. This treatment involves placing a small, radioactive source inside or near the tumor, which emits a high dose of radiation to target cancer cells while minimizing exposure to healthy tissues.**

In Endometrial cancers, the brachytherapy source is often inserted into the vagina, close to the vaginal apex. The procedure is usually completed in 3-5 sessions, depending on the individual case. It is often used in combination with other treatments, such as external beam radiation therapy and chemotherapy, to increase the chances of curing the cancer. In some cases, brachytherapy can also be used as a standalone treatment for certain early-stage endometrial cancer after a hysterectomy.

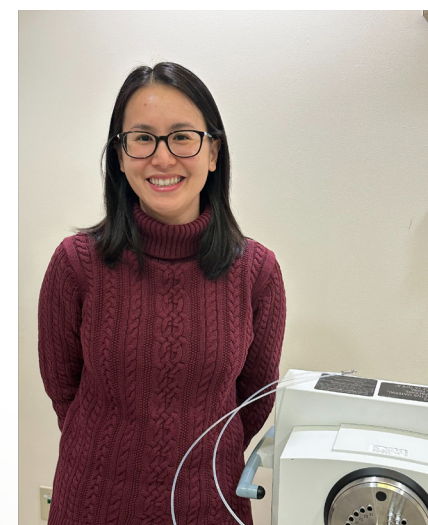
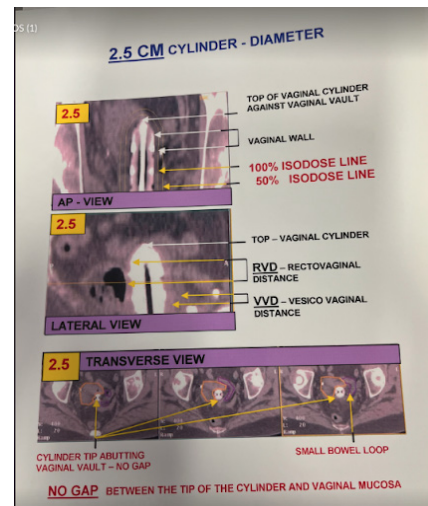
Brachytherapy has been found to be an effective and well-tolerated treatment for gynecological cancers. Its high degree of precision means that it is able to target the cancer cells more accurately and with a higher dose of radiation than

traditional external beam radiation therapy, while minimizing damage to surrounding tissues. This leads to a higher cure rate and a lower risk of long-term side effects.

After the treatment with brachytherapy, follow-up care is important to ensure that the cancer does not return. This may include regular check-ups with a healthcare provider, as well as additional imaging or diagnostic tests to monitor the progress of the treatment. In some cases, patients may also receive a vaginal dilator after completing radiation to prevent scar tissue formation in the vagina. The application is once a week for the first year after the course of treatment. Or as per the doctor's instructions.

If you are in need of treatment for gynecological cancer, brachytherapy may be an option for you. Consult with your doctor to determine if this treatment is right for you, and to explore other treatment options that may be available. New York Cancer & Blood Specialists is proud to offer this procedure in our Brooklyn, Bronx, and Queens locations, with availability in our eastern Long Island locations coming soon.

Remember, early detection and treatment of gynecological cancer can greatly increase the chances of a positive outcome, so don't delay in seeking medical attention if you suspect that you may be at risk.



Minh-Phuong Huynh-Le MD , MAS

***"We are excited to bring brachytherapy to the Brooklyn Cancer Center and to all of our Radiation Oncology facilities throughout the region to allow women to obtain comprehensive gynecological cancer care near their homes."*** - Dr. Huynh-Le

# Nutrition Update

Once again, this March, the Nutrition Team will take over the company's Instagram! Go back and watch the replay if you missed it initially. The Instagram handle is team\_nycbs. During this takeover, we share what a "day in the life of an NYCBS RDN" is like, along with some cool nutrition information and tips.

The team also emphasized the connection between cancer and heart disease in February for American Heart Month. We encouraged patients and staff to include heart-healthy foods such as nuts and fatty fish in their diet and stressed that even small changes can make a big difference in your overall health.

February was also Cancer Prevention Month, and we discussed how incorporating a healthy diet and lifestyle changes can lessen your risk of cancer, cancer recurrence, and other chronic diseases. As always, we offer tips and strategies on taking action to achieve smoking cessation, a healthy diet, being physically active, and limiting alcohol consumption.

All cultural and traditional foods can fit into a healthy meal plan. We will continue to honor this with our nutrition guidance.





# Early Detection is Key: The Importance of Colonoscopy Screenings for Colorectal Cancer Prevention

By Dr. Alfredo Torres

Board Certified Medical Oncology & Hematology



**"Colorectal cancer is one of only four cancers that can be screened for," said Hematologist-Oncologist Dr. Alfredo Torres of New York Cancer & Blood Specialists (NYCBS). Despite the recommendation for colon cancer screening, only half of those recommended actually follow through.**

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of cancer-related deaths. It's also one of the most preventable forms of cancer. Colon cancer screening is designed to find cancers early or remove polyps before they have a chance to transform into cancer.

Colon cancer can often present with no symptoms, which is why colonoscopy screenings are recommended for colon and rectal cancer, starting as early as age 45 or earlier if there's a family history or other risk factors. Symptoms can include blood in the stool, abdominal or back pain, weight loss, anemia, fatigue, and changes in bowel habits.

Colonoscopies are the most performed procedure in the United States. During a colonoscopy, the doctor uses a long, flexible tube with a camera on the end to examine the large intestine. If they detect any polyps, they can remove them before they transform into cancer. A normal colonoscopy means you'll only need another in 5-10 years.

"Screening saves lives," says NYCBS Oncologist Dr. Torres. "Early detection leads to better outcomes and increased overall survival."

Treatment for colorectal cancer can vary, but early detection means less treatment is often needed. The goal is to find high-risk lesions before they advance. Early detection of colon cancer is more likely to be curable and less invasive, making the recovery process easier. Colorectal cancer can be prevented, managed, and overcome through early detection and successful treatment. The best method for achieving this is through a colonoscopy screening. Schedule yours today.

**For more information or to make an appointment, please call NYCBS at: (631) 751-3000 or visit [nycancer.com](http://nycancer.com).**



## The NYCBS Patient-Family Advisory Council

.....  
had the opportunity to meet with MaryAnn Fragola, DNP, Clinical Director of Palliative Care, to learn more about Palliative Care and discuss ways to increase awareness of these services and address common misconceptions of Palliative Care. Meetings are offered in person and virtually!  
.....

## PALLIATIVE CARE

MaryAnn Fragola  
DNP, ANPC, ACHPN  
Clinical Director of  
Supportive and Palliative Care



March brings awareness to Colon Cancer, Kidney Cancer, and Multiple Myeloma, all malignancies which bring a multitude of symptoms requiring aggressive management for better tolerance of treatment regimens and overall improvement in quality and extension of life. We bring awareness and attention to these malignancies to encourage early screening and detection, as well as to promote healthy lifestyle habits that can decrease a person's risk of developing cancer. Because of the advancements in cancer treatment, patients live longer with chronic illnesses and experience more treatment-related side effects.

Patients with colon cancer may experience initial symptoms such as blood in the stool, bleeding from the rectum, and/or change in the appearance of the stool, change in bowel habits, unexplained weakness or fatigue, anemia, unintentional weight loss, persistent cramps of lower back or lower stomach, feeling of being bloated or urge to have a bowel movement and overall pain.

Multiple myeloma patients can cause bone pain, especially in the spine or chest, nausea, constipation, loss of appetite, fatigue, frequent infections, weight loss, and weakness or numbness in the hands and legs. Symptoms of kidney cancer can include blood in the urine, which may appear pink, red, or cola-colored, pain in your back or side that doesn't go away, loss of appetite, unexplained weight loss, and fatigue.

Treatments for all these diseases normally include a combination modality and can consist of chemotherapy, surgery, radiation, and/or immunotherapy. Again, all of these pose different side effect profiles. The importance of this month is to bring awareness not only of the illnesses themselves but the importance of early detection and aggressive management of treatment-related side effects.

Palliative care providers can be an essential element in the care of patients with these diagnoses as we can attempt to minimize treatment-related and disease-related symptoms. Personalizing management based on a patient's feelings improves compliance and outcomes.

As a palliative provider, I recognize the toll these treatments take on our patients and understand that although grateful for the available treatments, the importance of minimizing the ongoing effects is crucial to aid in their compliance.



# NY IMAGING

## Marching Forward With Early Detection

NY Imaging is dedicated to providing advanced imaging services such as Ultrasound, PET/CT, CT, MRI, and 3D mammography to aid in the detection and diagnosis of various types of cancers. With March being National Colorectal Cancer Awareness Month, National Kidney Cancer Awareness Month, and National Multiple Myeloma Awareness Month, we emphasize the importance of early detection and screening for these cancers.

All of these cancers can be serious and life-threatening, but with early detection and treatment, the chances of survival increase significantly. One of the most important tools for early detection is screening and diagnostic imaging.

### Colorectal Cancer

Colorectal cancer is the third most common cancer in both men and women in the United States. Regular screening starting at age 50 is recommended for those at average risk, and earlier for those with a family history or other risk factors. There are several screening tests available, including colonoscopy, which is the most effective at detecting and preventing colorectal cancer. Diagnostic imaging, such as computed tomography (CT) scans and magnetic resonance imaging (MRI), may also be used to diagnose and stage colorectal cancer.

### Kidney Cancer

Kidney cancer is the seventh most common cancer in men and the tenth most common cancer in women. Early-stage kidney cancer may not present with any symptoms, which is why screening is important. Imaging tests, such as CT scans and MRIs, can detect kidney tumors before they become symptomatic. Other tests, such as urine tests and blood tests, may also be used to screen for kidney cancer.

### Multiple Myeloma

Multiple Myeloma is a type of blood cancer that affects plasma cells in the bone marrow. It is the second most common blood cancer after leukemia. There are no routine screening tests for multiple myeloma, but diagnostic imaging, such as X-rays, CT scans, MRIs, and PET scans, may be used to diagnose and stage the disease. Blood and urine tests may also be used to detect abnormal proteins and other markers of the disease.

### The Importance of Early Detection

Screening and diagnostic imaging play a crucial role in the early detection and diagnosis of these cancers. Early detection increases the chances of successful treatment and long-term survival. For example, the five-year survival rate for colorectal cancer is over 90% when caught in the early stages.

*If you are at risk for any of these cancers or are experiencing symptoms, it is important to talk to your healthcare provider about screening and diagnostic imaging options. Don't wait until it's too late. Make an appointment today, by calling (833) 269-4624.*





# Career Opportunities

**RADIOLOGIST**

Contact: Robert Nicoletti - CHRO  
[careers@nycancer.com](mailto:careers@nycancer.com)

**HEMATOLOGIST/MEDICAL ONCOLOGIST**

Brooklyn, NY at our Brooklyn Hospital Location  
 Contact: Eric Jackson  
[eric.jackson@oneoncology.com](mailto:eric.jackson@oneoncology.com)

**POST DOC PSYCHOLOGIST**

Smithtown Medical Oncology, Elmhurst, Queens, Bay Shore Medical Oncology  
 Contact: Robert Nicoletti - CHRO  
[jschomber@nycancer.com](mailto:jschomber@nycancer.com)

**LICENSED CLINICAL SOCIAL WORKER-QUEENS**

Contact: Robert Nicoletti - CHRO  
[Dyoungs@nycancer.com](mailto:Dyoungs@nycancer.com)

**LPN- RESEARCH COORDINATOR**

Contact: Robert Nicoletti - CHRO  
[careers@nycancer.com](mailto:careers@nycancer.com)

**NURSE PRACTITIONER (NP) / PHYSICIAN ASSISTANT (PA)**

Contact: Robert Nicoletti - CHRO  
[apprecruitment@nycancer.com](mailto:apprecruitment@nycancer.com)

**LPN – RESEARCH COORDINATOR**

Contact: Robert Nicoletti - CHRO  
[rmorgan@nycancer.com](mailto:rmorgan@nycancer.com)

**INFUSION LPN**

Contact: Robert Nicoletti - CHRO  
[careers@nycancer.com](mailto:careers@nycancer.com)

**MEDICAL FRONT DESK RECEPTIONIST**

Contact: Robert Nicoletti - CHRO  
[careers@nycancer.com](mailto:careers@nycancer.com)

**LICENSED PRACTICAL NURSES (LPN'S)**

Contact: Robert Nicoletti - CHRO  
[careers@nycancer.com](mailto:careers@nycancer.com)

**HEMATOLOGIST/ONCOLOGISTS**

Contact: Robert Nicoletti - CHRO  
[eric.jackson@oneoncology.com](mailto:eric.jackson@oneoncology.com)

**(FLOAT) INFUSION**

**REGISTRED NURSE (BSN/RN'S)**  
 Contact: Robert Nicoletti - CHRO  
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**HISTOLOGY TECHNICIAN**

Contact: Robert Nicoletti - CHRO  
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**LPN CARE COORDINATION**

Contact: Robert Nicoletti - CHRO  
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**DIRECTOR OF DATA INTEGRATION**

Contact: Robert Nicoletti - CHRO  
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# New Hires

**Aliyah Roy** (Patient Communications Operator)

**Amanda Sahu** (CT Technologist)

**Andrea Mclean** (Care Coordination LPN)

**AnnaMaria Eaderesto** (Per Diem Breast Ultrasound Tech)

**Arianna Castagna** (Scribe)

**Arianna La Gala-Ryan** (Lab MA)

**Ava La Gala Lab** (Phlebotomist)

**Beatrice Huste** (PA-C)

**Brandon Hahl** (PET/CT Technologist)

**Brianna Boehringer** (RN)

**Carlos Damudt** (Patient Communications Operator)

**Chaneyra Cruz** (Surgical Coordinator)

**Chase Williams** (RN)

**Christine Marziliano** (Ultrasound Supervisor)

**Christopher Jacques** (Radiation Therapist)

**Cristin Flores** (RN)

**Daniel Kessinger** (Patient Communications Operator)

**Dayana Gonzalez** (Lab MA)

**Elena Orlava** (Nurse Practitioner)

**Frances Vitale** (Mammography Tech)

**Gina Peter** (Scribe LPN)

**Irmy Jacques-Louis** (OBGYN FD)

**Irmy Jacques-Louis** (Receptionist)

**Jackie Martin** (Xray/IR Tech)

**Jennifer Carroll** (RN)

**Jessica Chapman** (LPN)

**Jessica Skarka** (Lab Assistant)

**Kenna Koenigsberger** (PA)

**Kessya Joshua** (NP)

**Kimberly Anne Ruiz** (Care Coordination LPN)

**Kristen Lapointe** (Suffolk County Liaison)

**Leteria Burrison-Cadena** (RN)

**Lisa Kalogridis** (LPN)

**Nicole Allard** (Radiology Coordinator)

**Nicole Giuffre** (New Patient Coordinator)

**Preeya Patel** (Physician Assistant)

**Rebecca Perez** (Patient Communications Operator)

**Roseann Conkli** (RN)

**Sandra Edon** (LPN)

**Sanna Moiseyenko** (RN)

**Shanice Perry** (RN)

**Shari Puleo** (Breast Radiology Coordinator)

**Shonda Pendleton** (CCM Medical Assistant)

**Stephanie Montalvo** (Lab MA)

**Stephen Machlica** (PA)

**Steven Racioppi** (Radiology Tech)

**Tara Menten** (SOBGYN Float Front Desk)

**Yovanna Kolitsopoulos** (NP)





# 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](mailto:marketing@nycancer.com).