

THE SPECIALIST

IMAGING SPECIALISTS

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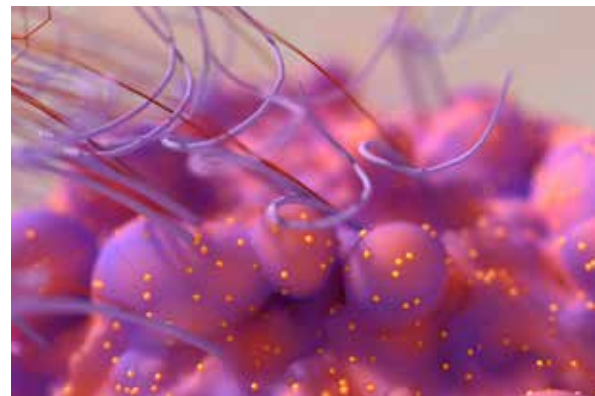
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A MESSAGE FROM THE CEO

My Friends,

I am happy to say that Spring has arrived, and I know that we're all looking forward to warmer temperatures and longer hours of daylight.

We began this month by opening the doors to our brand new executive center and announced an exciting partnership with our friends at the Suffolk County Sheriff's Office. These are just some of the exciting stories you'll read about in this issue of The Specialist.

Since April emphasizes the importance of Esophageal, Head & Neck, and Testicular Cancers, radiation oncologist Dr. Joseph Cirrone shares an inspiring patient case and discusses the treatment for head and neck cancer.

Supportive and Palliative Care also plays an important role in managing the symptoms of these diseases. Chronic physical and emotional stress can have a negative impact on anyone, especially those battling cancer. So our Registered Dietician Nutritionist Michelle Slowey discusses effective stress-relieving strategies for a calmer mind, body, and soul.

You will also learn about our collaboration with GRAIL Inc., a health care company whose mission is to detect cancer early when it can be cured. New York Cancer & Blood Specialists is the first community cancer center in New York to offer patients Galleri®, GRAIL's multi-cancer early detection blood test, as a complement to recommended single cancer screening tests. NYCBS will best utilize this test to improve the health of our communities.

Lastly, since World Earth Day is also recognized in the weeks ahead— in our patient's words, whose personal narrative you will also read— "Being healthy is about loving yourself and others. When you are loving, you are not only rejuvenating your body; you are helping heal the world."

Warm regards,

Dr. V



HEALTH

THE LATEST TREATMENTS & TECHNOLOGY



Head & Neck CANCER

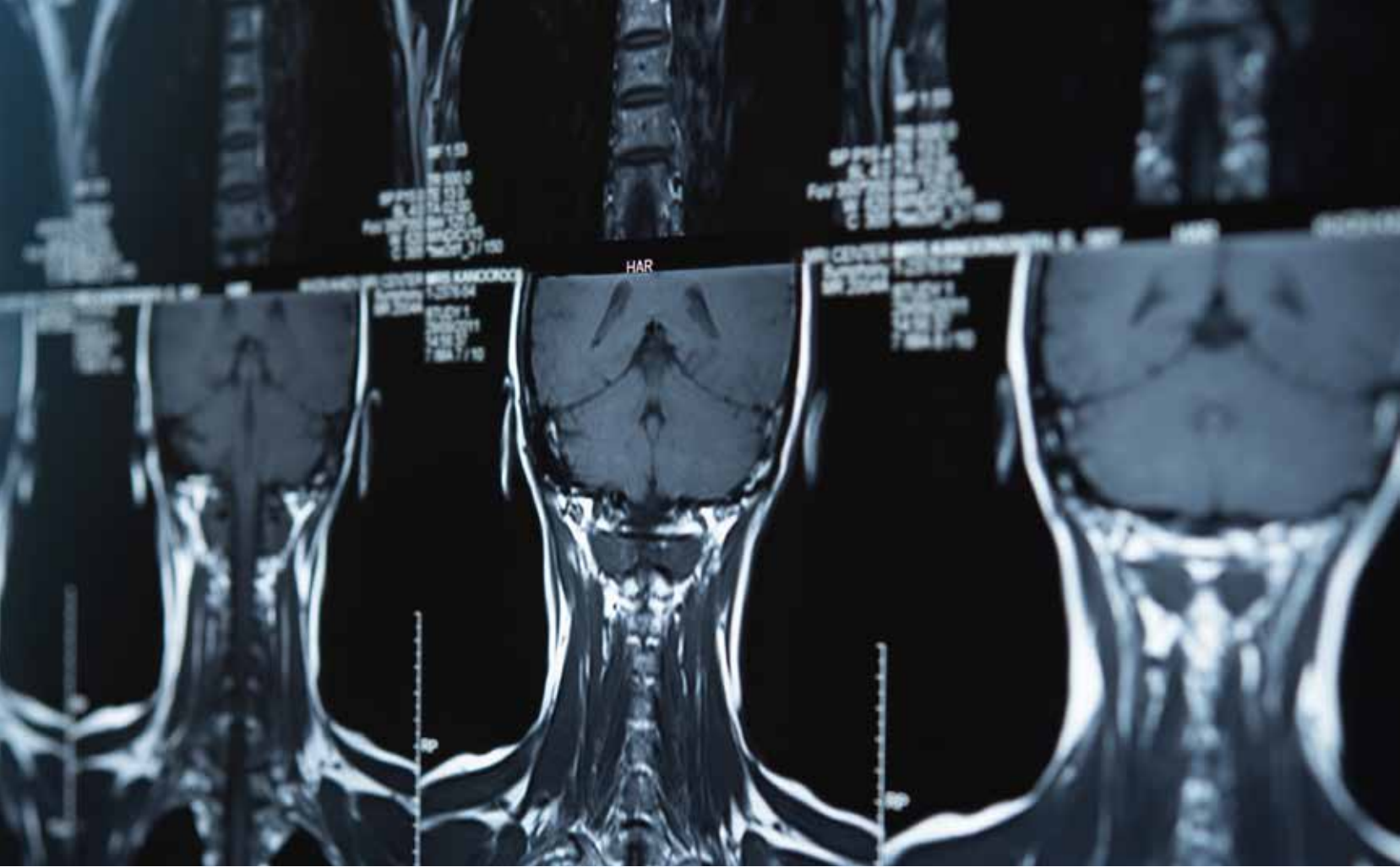
By Dr. Joseph Cirrone

Head and neck cancer are a diverse group of cancers generally related to alcohol and cigarette use. They comprise only 3% of US cancers annually, approximately 60-65,000 cases per year. Areas of the disease include cancers of the Nasopharynx, Oropharynx, Oral cavity, Larynx, Hypopharynx, and Salivary glands. Each site may have multiple subsites for specific treatment. The cancer sites are treated similarly, but each site has its own specific treatment protocol.

At NYCBS, we generally are involved in a multidisciplinary treatment approach for these cancers. There is significant coordination needed between ENT Surgeons, Medical Oncologists, and Radiation Oncologists for optimal treatment of these complicated cases. Patients are initially diagnosed with a specific head and neck cancer and have a formulated treatment plan with CT scans/PET scans (which we can routinely do at New York Imaging).

Patients can have a biopsy alone or tumor excision with or without neck dissection followed by adjuvant (post-op) Chemotherapy and Radiation therapy. Many patients are treated with concurrent Chemotherapy and Radiation therapy.

We have some of the latest treatment machines in our Radiation Therapy offices—Riverhead, Patchogue, Setauket, Forest Hills, Brooklyn, and The Bronx. We can employ the newest treatment techniques for maximal tumor control and minimize side effects. Many patients are treated with IMRT (intensity-modulated radiation therapy) and IGRT (image-guided radiation therapy).



HEAD AND NECK CANCER IS A GROUP OF CANCERS THAT STARTS IN THE MOUTH, NOSE, THROAT, LARYNX, SINUSES, OR SALIVARY GLANDS, WHICH IS ONE RELATIVELY UNCOMMON AREA.

Cancers of the head and neck are further categorized by the area of the head or neck in which they begin:

- Oral Cavity: lips, tongue, gums, the lining of the cheeks, top or bottom of the mouth
- Pharynx: also known as the throat
- Larynx: also called the “voice box”
- Paranasal sinus and nasal cavity
- Salivary glands

More than 53,000 people were said to be diagnosed with head and neck cancer in 2019.

The majority of head and neck cancer patients are over the age of 50. Because men are two to three times more likely to develop the disease, more than twice as many men have head and neck cancer than women.

Treatment courses are generally 15 minutes per day Monday through Friday for 6-7 weeks. Treating such sensitive areas; as the mouth, throat, salivary glands, and neck can lead to difficult side effects for many of these patients. These side effects need to be managed during and after treatment.

At NYCBS, we have ancillary support to help our patients through the course of treatment. Early-stage larynx cancer is a cancer we treat frequently. It is an atypical head and neck cancer as the disease is usually localized to the larynx with minimal or no lymph node involvement. This cancer is treated with radiation alone with a limited field directed to the larynx (vocal cords only). Patients have hoarseness, swallowing issues, and tanning of the anterior neck. Treatments are generally tolerated well. These cancers have a very high local control rate of disease.

PATIENT CASE

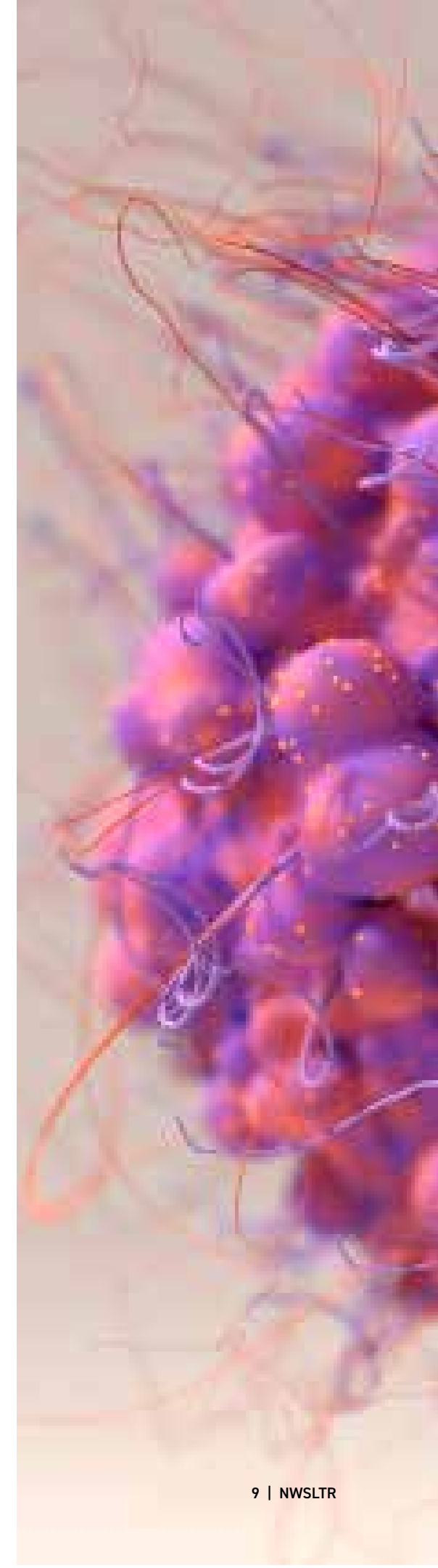
Father Fred Hill is a 78-year-old retired Priest who developed nasal congestion in early 2020. He was diagnosed with locally advanced squamous cell cancer with neck metastases. His medical oncologist is Dr. Rocco Caruso, and he was treated with concurrent CDDP chemotherapy and IMRT radiation therapy for seven weeks. He needed a Peg tube and IV hydration to help maintain his nutritional status during and after treatments. He completed his treatments in July 2020. He had a difficult time, which was not unexpected due to his age and this particular therapy. He has had his Peg tube removed, and his swallowing and taste are improving, but he still needs occasional IV hydration. His follow-up PET scans have shown no evidence of disease to date. He continues to improve clinically. We look forward to his visits to our RT office as he is an excellent baker, and we enjoy the many types of bread he brings for us.

Alcohol and tobacco use (including smokeless tobacco, sometimes called “chewing tobacco” or “snuff”) are the two most important risk factors for head and neck cancers. At least 75 percent of head and neck cancers are caused by the combined use of tobacco and alcohol.

Some common head and neck cancer symptoms include:

- A lump in the nose, neck, or throat, with or without pain
- A persistent sore throat
- Frequent coughing
- Change in voice or hoarseness
- Ear pain or trouble hearing
- A red or white patch in the mouth
- Bad breath that’s unexplained by hygiene
- Nasal obstruction or persistent congestion
- Frequent nose bleeds or unusual discharge
- Trouble breathing
- Trouble Swallowing
- Unexplained Weight Loss
- Headaches

Treatment for head and neck cancer can include surgery, radiation therapy, chemotherapy, targeted therapy, or a





ORAL CANCER

ORAL CANCER is where a tumor develops in a part of the mouth. It may be on the surface of the tongue, the inside of the cheeks, the roof of the mouth (palate), the lips or gums.

11,230

Deaths will occur of oral cancer this year

Symptoms



LOOSE TEETH



EAR PAIN



MOUTH PAIN



PAINFUL SWALLOWING



WHITE OR RED PATCH IN MOUTH



GROWTH INSIDE MOUTH

Risks



GENETICS



AGE



TOBACCO



ALCOHOL

63

is the average age of diagnosis



Treatment



SURGERY



RADIATION



IMMUNOTHERAPY



CHEMOTHERAPY



TARGETED THERAPY



NEW YORK CANCER & BLOOD SPECIALISTS

Conquering Cancer Together™

New York Cancer & Blood Specialists

Becomes the First
Community Cancer
Center in New York to

Offer Galleri®, GRAIL's Multi-Cancer Early Detection Blood Test

New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, today announced its partnership with GRAIL, Inc., a health care company whose mission is to detect cancer early when it can be cured, to offer Galleri®, GRAIL's multi-cancer early detection blood test, as a complement to recommended single cancer screening tests. NYCBS will be the first community cancer center in New York to offer the Galleri test. "This innovative technology detects cancer DNA fragments and their



Galleri®

Multi-cancer early detection

cancer-specific signals that otherwise asymptomatic early cancers shed into the blood," said Jeff Vacirca, MD, CEO of NYCBS. "With our wealth of experience in preventive and compassionate care for those at risk of cancer and those who need treatment for malignancy, we can best utilize this test to improve the health of our communities."

Galleri detects more than 50 types of cancer, most of which are not commonly screened for today. With a simple blood draw and advanced machine learning, the Galleri test provides insights that can determine where in the body the cancer is located with high accuracy. The prescription-only blood test is recommended for use in adults with an elevated risk for cancer, such as those aged 50 or older. The Galleri test is intended to be used in addition to, and not replace, other cancer screening tests.

"When cancer is detected early, the chances of surviving it are much greater. The challenge is that, until now, screening tools have been limited to individually looking for just five out of the more than 100 cancers," said Josh Ofman, MD, MSHS, president and chief medical officer of GRAIL. "With the Galleri test, we are changing the cancer

screening paradigm by vastly expanding the number of cancers we can detect early with a simple blood test that looks for a common signal shared by approximately 50 cancers and does so with great precision."

The Galleri test results may lead to the diagnosis of cancer and its organ of origin in earlier stages, enhancing the possibility of cure. This Galleri test is available for individuals who are at higher risk for developing malignancy by virtue of age, family history, lifestyle, or exposure to known carcinogens, and is not intended to confirm or detect cancer in a patient who has symptoms. A positive test will guide the patient and physician towards further directed testing that helps in diagnosing an otherwise occult early cancer and enables earlier treatment that may be lifesaving.

NYCBS is accredited by the American College of Radiation (ACR), the National Committee for Quality Assurance (NCQA), and the National Accreditation

Program for Breast Centers (NAPBC). The practice performs various screenings for all types of cancer, including lung, breast, prostate, and colorectal.

About New York Cancer & Blood Specialists

New York Cancer & Blood Specialists (NYCBS) is a leading oncology practice in the New York Metropolitan area committed to providing world-class, patient-centered affordable care to patients with cancer and blood disorders in their own communities, close to family and friends. We have more than 30 locations and 35 hospital affiliations throughout Nassau and Suffolk counties in the Bronx, Manhattan, Queens, and Brooklyn. We offer a multidisciplinary and comprehensive approach to care that utilizes the most advanced imaging, state-of-the-art therapies, cutting-edge clinical trials, on-site pharmacies, and an in-house

“With the Galleri test, we are changing the cancer screening paradigm by vastly expanding the number of cancers we can detect early with a simple blood test that looks for a common signal shared by approximately 50 cancers and does so with great precision.”

About GRAIL

GRAIL is a healthcare company whose mission is to detect cancer early, when it can be cured. GRAIL is focused on alleviating the global burden of cancer by developing pioneering technology to detect and identify multiple deadly cancer types early. The company is using the power of next-generation sequencing, population-scale clinical studies, and state-of-the-art computer science and data science to enhance the scientific understanding of cancer biology, and to develop its multi-cancer early detection blood test. GRAIL is headquartered in Menlo Park, CA with locations in Washington, D.C., North Carolina, and the United Kingdom. GRAIL, LLC, is a wholly-owned subsidiary of Illumina, Inc. (NASDAQ:ILMN).

For more information, please visit www.grail.com.



laboratory with a full range of pathology services. Advocating for and ensuring the health and well-being of our patients is and always will be our priority. For more information, visit www.nycancer.com.

Important Galleri Safety Information

The Galleri test is recommended for use in adults with an elevated risk for cancer, such as those aged 50 or older. The Galleri test does not detect all cancers and should be used in addition to routine cancer screening tests recommended by a healthcare provider. Galleri is intended to detect cancer signals and predict where in the body the cancer signal is located. Use of Galleri is not recommended in individuals who are pregnant, 21 years old or younger, or undergoing active cancer treatment.

Results should be interpreted by a healthcare provider in the context of medical history, clinical signs and symptoms. A test result of “Cancer Signal Not Detected” does not rule out cancer. A test result of “Cancer Signal Detected” requires

confirmatory diagnostic evaluation by medically established procedures (e.g. imaging) to confirm cancer.

If cancer is not confirmed with further testing, it could mean that cancer is not present or testing was insufficient to detect cancer, including due to the cancer being located in a different part of the body. False-positive (a cancer signal detected when cancer is not present) and false-negative (a cancer signal not detected when cancer is present) test results do occur. Rx only.

Laboratory/Test Information

GRAIL’s clinical laboratory is certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) and accredited by the College of American Pathologists. The Galleri test was developed, and its performance characteristics were determined by GRAIL. The Galleri test has not been cleared or approved by the U.S. Food and Drug Administration. GRAIL’s clinical laboratory is regulated under CLIA to perform high-complexity testing. The Galleri test is intended for clinical purposes.

About Galleri®

The earlier that cancer is detected, the higher the chance of successful outcomes. The Galleri multi-cancer early detection test can detect more than 50 types of cancer, as defined by the American Joint Committee on Cancer Staging Manual, through a routine blood draw. When a cancer signal is detected, the Galleri test predicts the cancer signal origin, or where the cancer is located in the body, with high accuracy to help guide the next steps to diagnosis. The Galleri test requires a prescription from a licensed health care provider and should be used in addition to recommended cancer screenings such as mammography, colonoscopy, prostate-specific antigen (PSA) test, or cervical cancer screening. It is intended for use in people with an elevated risk of cancer, such as those aged 50 or older.

For more information about Galleri, visit: www.galleri.com





TESTICULAR CANCER

33

is the average
age of diagnosis



TESTICULAR CANCER is a disease that occurs when cancerous (malignant) cells develop in the tissues of a testicle. The development of cancerous cells in both testicles can occur, but is very rare.

Treatment



BONE MARROW
TRANSPLANT



RADIATION



SURGERY



CHEMOTHERAPY

9,470

men in the United
States will be diagnosed
with testicular cancer.

95%

is the five-year-survival rate

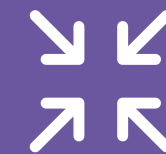
1 in 250

men and boys will be diagnosed with
the disease during their lifetime.

Symptoms



SWELLING OF
TESTICLES



SHRINKING OF
TESTICLES



LUMPS ON
TESTICLES



UNEXPLAINED
WEIGHT LOSS



HEAVINESS IN
SCROTUM



ACHE IN LOWER
ABDOMEN



NEW YORK CANCER & BLOOD SPECIALISTS

Conquering Cancer Together™

Laureen DePetris, RPA-C

Promoted to the Director of Advanced Practice Providers (APP)



Laureen DePetris, RPA-C, has been promoted to the Director of Advanced Practice Providers (APP) at NY Cancer & Blood Specialists (NYCBS). She will be leading our team of physician assistants and nurse practitioners and will continue to work with Diana Youngs, RN, MSN, ANP-C, Chief Clinical Officer.

Laureen DePetris has worked as a physician assistant at NYCBS and has more than 12 years of experience in Hematology/Oncology. First, she worked with our senior partner Dr. Michael Theodorakis, then as CEO, Dr. Jeff Vacirca's Physician Assistant. She will continue to work as Dr. Alfredo Torres's physician assistant twice a week while training new APPs. She has already begun assisting Dr. Gurmohan Syali with the Hematology/Oncology tumor board with Memorial Sloan Kettering Cancer Center.

Laureen graduated from

Hofstra University and followed her passion for taking care of oncology patients, where she then additionally minored in psychology. Throughout the years, she has held other positions as a physician assistant in emergency medicine, Pain Management, Hormone replacement, and is certified in many Aesthetic procedures. In addition, she completed an elective rotation in Mohs surgery/skin cancer after graduation.

Laureen looks forward to developing an APP training program at NYCBS. She currently holds hospital privileges at John T. Mather Memorial Hospital, St. Catherine's, and St. Charles. Previously, Laureen has served in clinical rotations at numerous medical facilities, including Long Island Jewish Medical Center and Nassau University Medical Center.

Laureen has passed her skills

and knowledge on to others, serving as a preceptor for the Physicians Assistants programs at Stony Brook University, Hofstra University, and Touro College. She is currently certified in ACLS, chemotherapy and biotherapy, laser and IPL therapy, and Infection control. Laureen is an integral part of our team, as she always strives to provide the highest compassionate cancer care.

Laureen said, "I am honored to continue working amongst my closest friends. "It is with great pleasure that I accept this opportunity to lead some of the best APPs I have ever known. I will continue to take care of my patients and the new team and do what I love to do. I am beyond grateful to be where I am today."

Her goals include initiating a training program for new APPs that will be developed with

modern and relevant learning content. The focus will be on medical training aligned with

the company objectives. The program will be divided into Ethics, Cancer Biology and

Immunotherapy, Hematologic Malignancies, Solid Tumor Malignancies, Hereditary Cancer Syndromes, Anemia, Platelet Disorders, Hypercoagulability, Factor Deficiencies, Transfusion Medicine, Oncologic Emergencies, Pancytopenia Precautions, and Genetic and Molecular Testing. Additionally, the importance of utilizing Imaging and specialty referrals in diagnosis, pharmacology of our most frequently used drugs, adverse effects of chemotherapy, preventive medicine, and palliative and end of life care.

She said, "My long-term goals are to improve education on wellness, the importance of palliative care, nutrition, and physical therapy. I also plan to expand our psychology

department, help develop an aesthetic medicine division and improve the quality of

care for our patients. I will be collaborating with local APP programs to increase Advanced Practitioner recruitment.

Most importantly, I would like to emphasize the level

of appreciation all of us at NYCBS have for both Nurse Practitioners and Physician Assistants."

"We would like to extend a big thank you to all the Advanced Practice Providers," she continued. "Our Nurse Practitioners and Physician Assistants are truly one of a kind. They have a strong

relationship with their patients and collaborating physicians. They take care of their

patients to the end, listening to their needs from start to finish. Every single day, this

team leads by example, provides exceptional expert care, participates and drives

research, and, most importantly, gives patients and their families hope and perseverance against many odds."

Many underestimate the power of a touch, a kind word, a listening ear, a smile, an

honest accomplishment, or the smallest act of caring. All of these have the potential to

turn a life around. The Nurse Practitioners and Physician Assistants at NYCBS exhibit these gentle acts naturally. There are so many kind words to describe each and every one of them, but here are just a few:

Confident
Optimistic
Memorable
Passionate
Admirable
Sacrificial
Selfless
Intuitive
Open-hearted
Nurturing



ESOPHAGEAL CANCER

Risks



SMOKING



GENETICS



HEAVY
DRINKING



OBESITY

ESOPHAGEAL CANCER occurs when cancer cells develop in the esophagus, a tube-like structure that runs from your throat to your stomach.

no. **6**

Most common cause of cancer deaths worldwide.

12,410

People will die of colorectal cancer this year.

Treatment



RADIATION



CHEMOTHERAPY



BONE MARROW
TRANSPLANT



IMMUNO
THERAPY



TARGETED
THERAPY

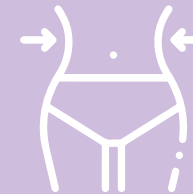
Symptoms



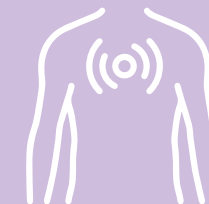
COUGHING



HEART BURN



UNEXPLAINED
WEIGHT LOSS



CHEST PAIN



DIFFICULTY
SWALLOWING



NEW YORK CANCER & BLOOD SPECIALISTS

Conquering Cancer Together™

A blessing in disguise? In my personal case, YES. On that morning three years ago, when I was unable to get out of bed, my life changed forever. After a lung biopsy, my diagnosis was stage four breast cancer. This neither shocked nor frightened me. I wouldn't let it.

A practitioner of metaphysics for over 30 years, I understood the great role our thoughts and feelings play in our physical health. Negative emotions tax our immune system. They create the hormone cortisol, which our immune system interprets as a pathogen. This hormone is poisonous to the system as it causes our immune system to go into overdrive. Too many stressors will deplete your immune defenses, and when this happens, your body will no longer function as it should. You will be open to all manner of disease.

Happily, we have another hormone-serotonin that is produced when we experience positive thoughts. So your mindset is a powerful tool to help heal your body. Once I became aware of the potency of my thoughts, I was hypervigilant about keeping my ego in check. Never one to be controlling, it was relatively easy for me to remain loving to myself and others, thus creating positive thoughts. When I was working, an associate chose to harass me. I refused to get on stage with him (for surely that's where he

CANCER: A Blessing in Disguise?

By: An NYCBS Patient

was). Instead, I did all I could to make him like me. For no other reason than to keep peace and most importantly, to protect myself from potential poisons.

At the time of this writing, I am still in therapy for severe child abuse that began in my crib and continued for years. I have severe PTSD and wake every morning to intense anxiety. When attacked in my crib I was not yet verbal so the horror became a physical memory. Because of the PTSD and accompanying mental illness, I started reading spiritual and psychology books and attending meetings. I was determined to reclaim my life and myself. When I was diagnosed, all that accrued knowledge gelled, and I knew what I had to do.

I immediately went into denial which probably saved my life. The word cancer has a frightening and devastating connotation that's fraught with horror and death. Therefore we must make a conscious decision to monitor our thoughts. Though I couldn't walk because my lungs were full of cancer, I never once said, "Oh my god, this is happening because I have cancer." Instead, I told myself that the long years of struggle and stress had thrown my immune system into disrepair and I just needed to build it back up. Also, I maintained a joyous thought about how healthy I was becoming, which put me in a great mood. When the shot nurse asked me how I was doing, I replied, "absolutely terrific!"

Within eight months of starting therapy, I was in remission. I stayed on the drugs for two years, then decided to stop. I went back to all my old unhealthy practices, thinking I was invincible now that I had "beaten" cancer. Three months later the cancer reappeared in a PET scan.

Once again, I am healing like a champ. I am back juicing and taking vitamins and having quinoa for healthy bowel movements. Though this regimen is so not me I followed my intuition, which directed me to different healing options. When you send the message, "I am now healing" to your subconscious, it follows that directive. That's why affirmations work so well. You saturate your subconscious with a strong belief. This, in a sense, gives you control over your life. Your subconscious is simply a biocomputer-it does not know if you are flying a plane or reading about flying a plane. Yet, if you are reading and the plane crashes, you will probably experience body tension. You know you are just reading, but your subconscious is clueless.

Having cancer has been a great blessing for me. It brought me, true friends, forced me to eat healthily and exercise (when I can). And ultimately, cancer brought me much closer to the divine energy (intuition) in all of us. Being healthy is about loving yourself and others. When you are loving, you are not only rejuvenating your body; you are helping heal the world.



New York Cancer & Blood Specialists & The Suffolk County Sheriff's Office Collaborate to Offer New Starts

New York Cancer & Blood Specialists (NYCBS), one of the leading oncology practices, has teamed up with The Suffolk County Sheriff's Office to offer formerly incarcerated individuals "A New Start." Through The Sheriff's Transition and Reentry Team (S.T.A.R.T.) Resource Center, the initiative seeks to connect the Suffolk County reentry population with NYCBS employment opportunities and reduce recidivism.

"This partnership is very special to us, and we are excited to showcase its success along with all of the wonderful work the START program has been accomplishing," said Jeff Vacirca, MD, CEO of NYCBS.

"The Suffolk County Sheriff's Office is proud to partner with New York Cancer & Blood Specialists to offer job placements through our S.T.A.R.T Resource Center. I am proud of the work the S.T.A.R.T

Resource Center has done to get formerly incarcerated individuals access to the services, employment, and resources they need to get "a new start." About 85% of justice-involved individuals in the Suffolk County Correctional Facilities return back to our communities, making it even more important that we work with them to help reenter our neighborhoods as productive members of society," said Suffolk County Sheriff Errol D. Toulon, Jr.



In February 2020, Sheriff Toulon launched the S.T.A.R.T Resource Center to assist justice-involved individuals in re-entering the community, starting on day one of incarceration. The program has become a national model for rehabilitation and reentry, assisting inmates with services including employment assistance, mental health, addiction support, identification and housing to immediately help put them on a

better path upon finishing their sentence.

The "A New Start" partnership with the Sheriff's Office and NYCBS aims to identify individuals reentering the community with an opportunity to secure employment at NYCBS. The program recently identified a match for the NYCBS Patient Communications Operator role. The individual's determination and drive to be as professional as

possible are true testaments to START's success. The partnership identifies NYCBS' opportunities that best fit the individual. The START Resource Center is available to anyone previously incarcerated that resides in Suffolk County. For more information, visit suffolksheriff.com.

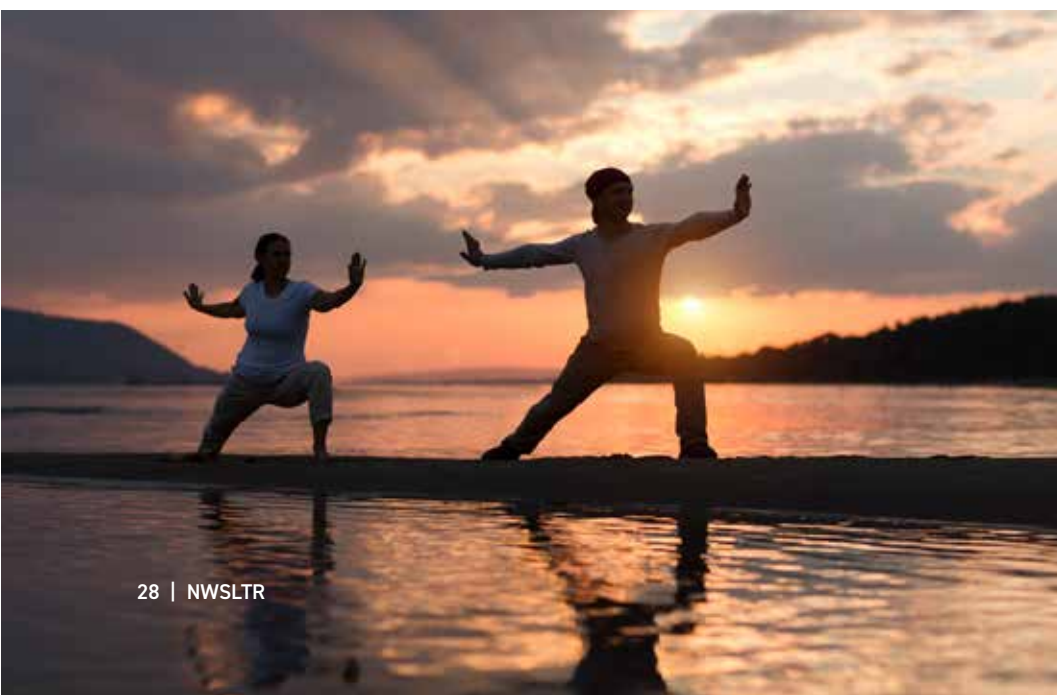
For more information, visit nycancer.com.



WWE FINANCE

STRESS MANAGEMENT STRATEGIES

By Michelle Slowey, MA, CDCES, CDN



Chronic physical and emotional stress negatively impacts most people's daily lives; however, effective stress relievers can calm your mind and body, and regular self-care practices can keep stress levels at bay.

Studies have shown that people with diabetes and anxiety have poorer glycemic control and higher hemoglobin A1C levels because stress can lead to less adherence to a treatment plan. However, daily stress-reducing activities can improve hemoglobin A1C and blood sugar levels.

Regular practice of meditation is associated with reducing the stress hormone catecholamine. Decreased stress hormones affect glucose transport and how sensitive the body is to insulin. Therefore, practicing yoga several times per week can provide many health benefits. Studies have shown that people with Type 2 diabetes who practice yoga could lower blood glucose levels, LDL, and triglyceride levels.

Mental health can also be affected by one's diet. Although no one diet is appropriate for everyone,

eating a variety of vegetables, fruit, lean proteins, whole grains, and heart-healthy fats with an emphasis on omega-3 fatty acids can be beneficial for most people. Not being properly hydrated can cause stress-like side effects such as headaches or fatigue. Limit your caffeine and alcohol intake and consume at least 64 ounces of fluid per day to maintain adequate hydration.

Processed foods do not contain adequate nutrients and are often high in trans fats, sugar, and salt. Chronic consumption of these foods can affect neurotransmitters in the brain, leading to depression, anxiety, fatigue, and difficulty concentrating. In addition, high doses of sugar such as high fructose corn syrup can raise your blood glucose levels and cause a surge of adrenalin, a stress hormone.

Benefits come from regular exercise. It is recommended to participate in 150 minutes of physical activity per week. By finding an activity that you enjoy and varying the types of exercise, you can keep it fun and sustainable. When making positive changes in your life, begin by setting realistic and attainable goals that will not overwhelm you. Physical activities include weight training workouts, hiking, kayaking, yoga, or pilates.

Qigong, Tai Chi, Reiki healing,

guided visual imagery, journaling, and aromatherapy are just a few suggestions. Tai Chi is a series of slow, purposeful flowing movements accompanied by deep breathing. Qigong is similar to Tai Chi. It is a type of moving meditation practice that combines movement, breath, mindfulness, and meditation.

Breathing in a calming scent like lavender can take you out of a stressful moment and soothe feelings of anxiety. Various breathing exercises can help to center and balance. Being present in the moment leads to less worry, being grateful for all you have, and encouraging a joyous life. Keeping a private journal is a great way to express all your feelings and thoughts without judgment.

Guided visual imagery is a meditative type of technique in which you use your imagination to take you to a peaceful environment. Regular guided imagery work can help to lower stress levels and blood pressure and lessen pain.

Reiki is a healing treatment through gentle touch, which promotes a feeling of peace and well-being. Reiki enhances the body's natural ability to heal itself.

Complementary or alternative therapies such as meditation may be quite helpful in the path to a healthy and balanced life.



APRIL is

Testicular, Esophageal, Head, and Neck Cancer Awareness Month

By MaryAnn Fragola, DNP

In the continued theme of raising awareness, April is Testicular, Esophageal, Head, and Neck Cancer Awareness Month.

All these diagnoses bring fear and anxiety about what the treatments may entail. Often treatment requires a combination of different modalities that may include chemotherapy, radiation therapy, and/or surgical interventions, all of which lead to specific side effects that may be distressing to the patient and the family. Effective decision-making is essential. Whether curative or palliative intent, decisions need to be made that will focus on the overall quality of life of the patient. Some of these decisions are difficult, including placement of feeding tubes in patients with head and neck cancers or esophageal cancer, advance care planning and considerations for airway management, fear of distress or difficulty breathing, and sperm banking for patients diagnosed with testicular cancer.

Palliative and supportive care aims to improve the quality of life of patients suffering from any of these illnesses. Often achieved by preventing side effects, early assessment of pain and other symptoms, and early treatments aid in managing such. By implementing early palliative and supportive care consults, we can provide symptom management to allow them to

tolerate treatments better.

Patients diagnosed with head and neck cancer or esophageal cancer are a special group of patients in which specialized palliative and supportive care are especially important. They often suffer many ailments related to treatments such as difficulty swallowing, difficulty breathing, pain, malnutrition, dehydration, increased secretions or xerostomia, nausea, vomiting, and constipation. These specific side effects can be debilitating and increase the feelings of anxiety and depression, leading to frustration for a patient who just wants to get better. Head and neck cancer patients may also often have a sense of disfigurement if they have had previous surgical intervention.

Patients with testicular cancer also have decisions regarding

Palliative and Supportive Care Aims to Improve the Quality of Life of Patients Suffering from any of these Illnesses.

future therapies and face emotional turmoil. They usually have concerns about how their treatment will affect their sexual health, fertility, and future. Treatment works very well for testicular cancer but can cause side effects and complications. Common side effects from chemotherapy

for testicular cancer include fatigue, nausea and vomiting, numbness and tingling in the hands and feet, high-pitch hearing loss, and ringing in the ears. Supporting them early in their diagnosis aids in quick assessment and intervention of the potential side effects they may experience. Taking the time to educate them, support their family members and be proactive in what lies ahead lessens the overall burden.

Management of any of these diseases is best provided by an interdisciplinary team that includes individuals from all our NYCBS disciplines and wellness teams. By providing comprehensive care to patients with malignancies of the head and neck, esophagus, and diagnosis of testicular cancer, we can increase the likelihood that patients and their families will be able to obtain the

best possible outcomes and improve how they tolerate their treatments leading to a better overall quality of life.



NEW YORK CANCER & BLOOD SPECIALISTS



Meet the

Quality Assurance Team!

Who is on the team?

Jenny Cabrera, Daniela Sanchez, Eunisha Barton, Sonya Alvarez, Brittany Marchese, Christopher Almonte, Crystal Kalil and Jose DaCosta

Where do they work?

All NYCBS & NYH Satellite laboratory locations.

Our hardworking and dedicated team goes above and beyond in providing outstanding patient care. The team performs numerous different tasks, including assisting in the detection, reduction, and correct deficiencies in laboratories analytical processes to release patient results for all NYCBS & NYH locations.

The QA team trains support staff in the appropriate use of CBC Analyzers and other point of care testing machines such as IDNOW, iSTAT, Piccolo etc.

They assess the effectiveness of the lab's policies and procedures via CLIA Standards.

The QA Team assists in new office Go-Lives alongside the Implementation team, as well as new hire orientation.

How does this impact/improve patient care?

Quality assurance is to give relevant, reliable, timely test results which are interpreted correctly. This ensures both precision and accuracy of patient sample results.



Jose
DaCosta



Eunisha
Barton



Brittany
Marchese



Crystal
Kalil



Jenny
Cabrera



Sonya
Alvare



Daniela
Sanchez



Christopher
Almonte



JERYL AROCHO: Vice President of People Operations

New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is excited to announce the promotion of Jeryl Arocho, Corporate Recruiter/Director of Human Resources, to Vice President of People Operations. Arocho will focus on evaluating the people-related business strategy to retain and recruit top talent.

"Jeryl's appointment supports our efforts to recruit top talent, leading to continued support and growth," said Jeff Vacirca, MD, CEO of NYCBS." In addition, her experience and proven track record will help support and accelerate the organization's continued growth goals."

Arocho joined NYCBS in 2016 and has been an integral part of the staffing leadership team, previously serving as an administrative assistant for the chief officers. Her previous experience in management has helped provide the leadership skills that are evident today. Jeryl earned a bachelor's degree in business from SUNY Old Westbury. In addition, Jeryl will complete her Human Resource certification in HR transformation this coming April 2022 from Cornell University.



“This is an exciting next step in my career, I look forward to the opportunity to shape an impactful People Operations Department that contributes to the organization’s strong and healthy culture rooted in patient-centered care.”

CONGRATULATIONS Employee of The Month



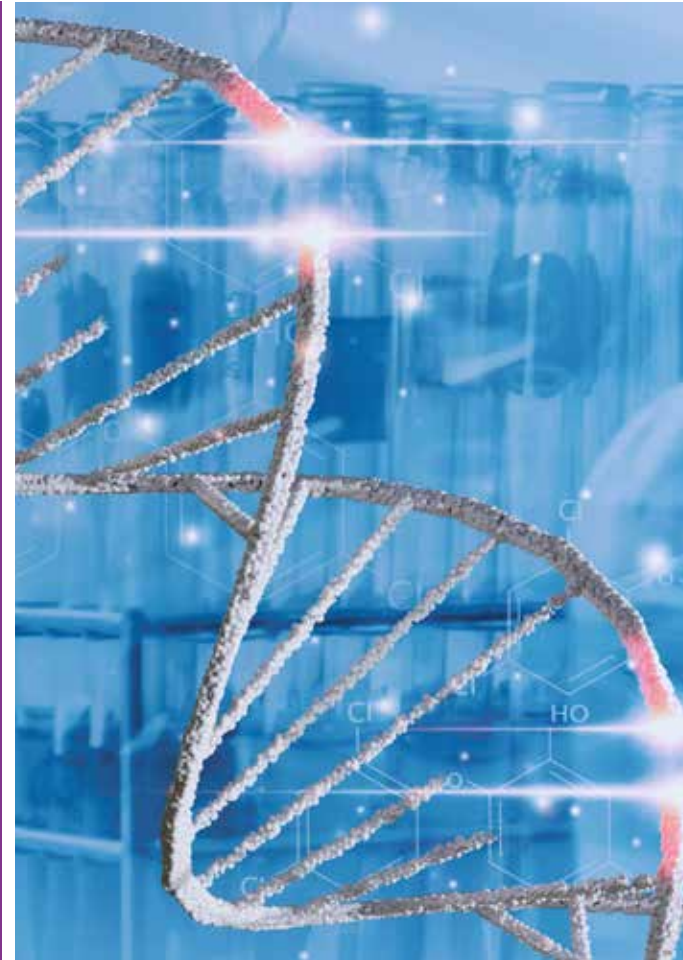
Sarah Kim, LPN

Social Work Update



In February, the Social Work team completed over 700 visits with patients. We expanded into new New York Health Offices as well as NYCBS locations. Additionally, Laura Germaine achieved her LCSW license, a great accomplishment for herself and our program!

Research Update



It is increasingly important for everyone to comply with the recommended testing to screen for cancer according to current guidelines that aim to save lives that would otherwise be lost to this disease. This is especially crucial as many people postponed these tests during the pandemic. Unfortunately, there are still many cancers that do not have approved screening tests.

NY Cancer and Blood Specialists and NY Health are partnering with GRAIL, Inc. to offer the Galleri blood test. This innovative technology detects chemical modifications of snippets of tumor DNA that are released into the bloodstream by otherwise asymptomatic early cancers in individuals who are at higher risk for developing malignancy by virtue of family history, lifestyle, or exposure to known carcinogens.

NYCBS will be the first community cancer center in New York to offer Galleri. The Galleri multi-cancer early detection test, detects more than 50 types of cancer, many of which are not commonly screened for today. With a simple blood draw, the Galleri test provides early detection insights that can determine where in the body the cancer is located with high accuracy. The prescription-only blood test is recommended for use in adults with an elevated risk for cancer, such as those aged 50 or older. The Galleri test is intended to be used in addition to and not replace other cancer screening tests.

The test result may lead to the diagnosis of cancer and its organ of origin in earlier stages enhancing the possibility of cure. It is important to emphasize that this test does not replace currently approved screening tests such as mammography and colonoscopy and it is not intended to confirm or detect cancer in a patient who has symptoms. A normal test does not necessarily prove that a patient is or will be cancer-free. An abnormal test, though, will guide the patient and physician towards further directed testing that helps in diagnosing an otherwise occult early cancer and enables earlier treatment that may be lifesaving.

Nutrition Update



- Congratulations to Adeeba on passing her RD exam. We know you will continue to accomplish great things!
- So far March has been quite busy with National Nutrition Month happenings. Our team has been taking over the NYCBS Instagram account every Wednesday this month. Missed it? No worries, check out and "Like" the NYCBS Instagram, team_nycbs and catch us in the Highlights!
- There is now an official Radiation-Wellness partnership for nutrition consults in order to ensure the best possible care for our patients.
- Some of our team members will be attending the lecture, "What You Can Do Today For your KRAS G12C-Mutated NSCLS" sponsored by Amgen.
- The Nutrition Team says "Happy Social Worker Month" to our Wellness counterparts, Liz, Alyza, Anthony, Jason and Laura!
- Have any ideas for Nutrition? Is there some you want to see? Let us know!



CONGRATULATIONS

Dondre Thompson

Promoted to
Supervisor of Nuclear Medicine
and Theranostics.



CONGRATULATIONS

Abigail Pidoto

Promoted to
Lead PET/CT Technologist.



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!

NEW HIRES

Adalia Caruso (Call Center)

Alba Arias (Receptionist)

Alyssa Sam (Intake LPN)

Ariana Schlick (Front Desk Supervisor)

Arleni Pichardo (Lab MA)

Athena Rivera (Medical Assistant)

Barbara Pena (Medical Assistant)

Briana Molina (Call Center)

Brianna Jackson (Receptionist)

Candice Cheng (RN)

Christina Valente (Pet/CT Tech)

Craig Hamilton (Registered Nurse)

Deanna Cunha (Lab Assistant)

Deepa Persaud (LPN)

Donna Ferrari (Medical Assistant)

Fahmida Hussain (LPN)

Faradine "Farrah" Kebreau (Intake LPN)

Fiona Torres (Float Receptionist)

Gabriella Foster (Call Center)

Gabrielle DiPrima (RN)

Genesis Diamantakis (Intake LPN)

Jacdel Feliz (Receptionist)

Jennifer Diaz (Lab MA)

Jessica Bass (Intake LPN)

Karyna Galdamez (Office Manager)

Katrina Hodge (Chemo Tech)

Kevin Viola (Office Manager)

Kiely Hagland (Foundation Admin Assistant)

Kim Higdon (RN)

Lauren Lauria (LPN)

Liliana Figueroa (Lab MA)

Margaret Ortiz (Lab MA)

Maria Da Silva Rodriguez (Medical Assistant)

Mariecia Moses (Medical Assistant)

Mariela Pascual (Receptionist)

Marion R. Golden (Nurse Practitioner)

Mary Pereda (RN)

Meleny Safaralizadeh (LPN)

Meriyen Hernandez (Receptionist)

Miriam Cota Ruedas (Lead MA)

Miriam Jacome (Receptionist)

Mollie Marten (Float Receptionist)

Monique Zimpelman (Medical Technologist Histo tech)

Na'oni Haywood (LPN)

Nelida Lorenzo (RN - Nurse Navigator)

Nilsa Herrera (Lab MA)

Patricia Lin (Physician Assistant)

Rajminder Kaur (MRI Technologist)

Shanika Hutley (LPN)

Sharon La Scalla (RN)

Shatevia Wilkins (RN)

Shreya Mullick (Intake LPN)

Soraya Baudin (LPN)

Sterve Michel (Receptionist)

Tess Bell (Lab MA)

Tsering Tsomo (LPN)

Tyler Spagnolo (Administrative Assistant)

Victoria Sun (Receptionist)

Wanda Torres (RN)

CAREER OPPORTUNITIES

ULTRASOUND TECHNICIAN

Contact: Robert Nicoletti
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CAT SCAN (CT) TECHNOLOGIST

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FRONT DESK RECEPTIONIST FLOAT

Contact: Robert Nicoletti
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HEMATOLOGIST/ONCOLOGISTS

Contact: Robert Nicoletti
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**HEMAPATHOLOGIST FELLOWS
 7/2022 START DATE LONG ISLAND AND NYC**

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REGISTERED NURSES (BSN/RN's)

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BREAST IMAGING RADIOLOGIST

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PET/CT SCANNER

(Full Time/Part Time/Per Diem)
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PATIENT SCHEDULER

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**VICE PRESIDENT OF CLINICAL
 DEVELOPMENT & RELATIONSHIPS**

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RADIOLOGIST

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FRONT DESK SUPERVISOR

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STAFF HEMATOLOGIST/MEDICAL ONCOLOGIST

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ONCOLOGIST/HEMATOLOGISTS

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IMPLEMENTATION SPECIALIST, LPN

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**FLOATING MEDICAL FRONT DESK
 RECEPTIONIST**

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OUR PATIENTS & THEIR FAMILIES

Our patients and their families tell the story of conquering cancer like no other. They help us connect, inspire, and empower. If you know a patient or have a family member who would like to make an impact and share their experience with us, please have them contact marketing@nycancer.com.