

NEW YORK CANCER & BLOOD SPECIALISTS

JUNE 2024

SPECIALIST

NEWSLETTER



25 pg

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A Message from the

CEO

My Friends,

It's remarkable how quickly June has arrived. It ushers in the warmth of summer and entices us outdoors, perhaps to enjoy a round of golf. With the season comes a flurry of events, like most recently, the New York Cancer Foundation's Hockey for Hope charity game and Raising Hope Golf Classic.

June also marks Men's Health Month, a time when we shine a spotlight on the importance of early detection and treatment of health issues affecting men. It's a time when we acknowledge the reluctance some men face in seeking help for their physical and mental well-being. We urge all men to take this opportunity to prioritize their health and well-being.

In this issue, we explore the significance of lung cancer screening and the remarkable advancements in cancer treatment, which have led to longer lives and improved outcomes. As we celebrate Cancer Survivor Day, let's honor the resilience and strength of survivors, emphasizing their remarkable journey and the importance of maintaining a positive mindset.

No matter where you are in your cancer journey, nurturing a positive outlook can be a powerful tool in managing stress and finding peace. It's not just about the physical aspects of your health, but also about your mental well-being. So, within these pages, you'll discover practical lifestyle tips, like incorporating more fruits and vegetables into your diet to nourish your mind, body, and soul.

Warm regards,
DR. V



Section 1

Health

Discover what new equipment, procedures and treatments are available today!

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Survivorship and Men's Health

By MaryAnn Fragola, DNP, Chief of Wellness Services

National Cancer Survivor Day is celebrated on the first Sunday of June; this year, it is recognized on June 2, 2024. It's a day to celebrate and recognize people who have had a previous cancer diagnosis or who are currently living with the disease. It is also a day to raise awareness of cancer and commemorate the growing number of people who are surviving it.

The official website for National Cancer Survivors Day states that it is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, a gathering of SUPPORT for families, and an OUTREACH to the community (<https://ncsd.org/>). In recognition of this special day, it is essential to bring awareness to survivorship and the importance of offering this to our patient population. Because it is also Men's Health Month, I wanted to focus on Survivorship in Men as this is a time to focus on the health issues they may face and the importance of being proactive for early detection of many diseases.

People are living longer with cancer than ever before due both to earlier detection and the many available new treatment modalities. Cancer survivorship emphasizes the health, well-being, and quality of life of people who are living with cancer. In cancer survivorship, providers monitor and guide the patients from the initial cancer diagnosis through treatment and even to the end of life.

We often think of breast cancer when thinking of survivorship, and typically, it does represent the largest group of patients who seek this program. However, men with prostate cancer are the next largest group. Patients with both breast and prostate cancer also represent the highest survival rates ten years after diagnosis. It is also important to mention that men are significantly



MaryAnn Fragola
ACHPN, DNP

Survivorship and Men's Health

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(continued)

less likely than women to seek out medical care or report symptoms to their health care provider until they feel something is wrong.

There are many issues that prostate cancer patients may face long after they finish treatment, both physical and psychological in nature. Long-term side effects, including fatigue, neuropathy, weight changes, sexual dysfunction, sleep dysfunction, body image changes, anxiety, and depression, are just some of the possible things. Financial considerations and the costs of cancer care are also real issues that patients face both while undergoing treatment and thereafter. Men who are living with prostate cancer can benefit from the guidance of a survivorship provider for symptom management, guidance in making healthy life choices/changes, and long-term active cancer surveillance.

A focus on routine health maintenance is important in the overall care past active treatment. Discussion may be related to lifestyle modifications involving diet, exercise, smoking, and immunizations. Considerations for genetic counseling regarding how their diagnosis distinguishes risk for other family members is also included. Patients receiving androgen deprivation therapy (ADT) may be at risk for various systemic effects. Accordingly, the American Society of Clinical Oncology (ASCO) recommends an annual complete blood count for the evaluation of anemia. Data also demonstrated that ADT is associated with a greater incidence of cardiovascular disease after five years of follow-up.

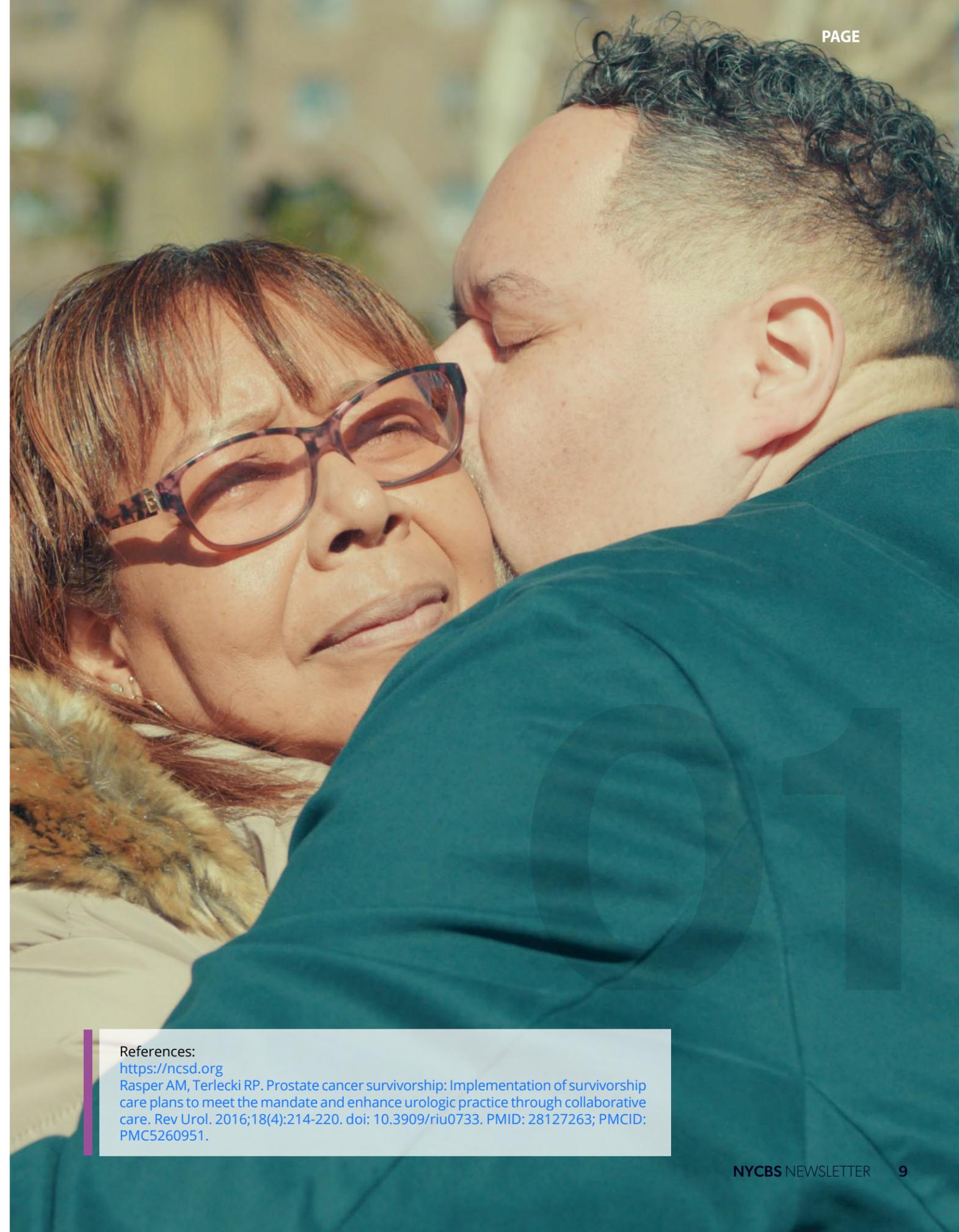
An advisory panel from the American Heart Association, American Cancer Society, and the American Urological Association recommended assessment of blood pressure, lipid profile, and blood glucose level prior to initiation of therapy, 3 to 6 months after first treatment, and annually thereafter (Rasper AM, & Terlecki RP. 2016).

Cancer survivorship is receiving greater recognition overall as part of oncology and supportive care, and these programs also offer support in coping or finding resources. Survivorship models in practice create a more supportive environment for patients and can foster increased collaboration with other providers across specialties. Successfully treating only cancer is not sufficient. The cancer survivor represents an individual in need of continuous monitoring and proactiveness against future potential problems. A well-implemented and well-supported survivorship program not only meets a mandate for accreditation in practice but also logically translates into better patient care.

References:

<https://ncsd.org>

Rasper AM, Terlecki RP. Prostate cancer survivorship: Implementation of survivorship care plans to meet the mandate and enhance urologic practice through collaborative care. *Rev Urol.* 2016;18(4):214-220. doi: 10.3909/riu0733. PMID: 28127263; PMCID: PMC5260951.



Men's Health Month and Lung Cancer Screening



Dr. Gurmohan Syali

Co-Chief Medical Officer, M.D.

Men are statistically less likely than women to visit the doctor for routine health exams, which may contribute to the fact that men, on average, live five years less than women. Annual health checks are crucial for maintaining good health at any age and even more important as you get older when screenings for various cancers are recommended.

Prostate, lung, and colorectal cancers are the three most common cancers in men, accounting for an estimated half of all new cancer cases

in men. Lung cancer is the leading cause of cancer deaths in America, but now there's hope. Screening is used to detect lung cancer early, when it is more likely to be curable. The United States Preventive Services Task Force (USPSTF) recommends annual screening for lung cancer with low-dose computed tomography in adults aged 50 to 80 years who have a 20-pack-year smoking history and currently smoke or have quit within the past 15 years.

"As oncologists, our hope is not to find cancer, but if we do, our goal is to detect it early," said Dr. Gurmohan Syali, oncologist and co-chief medical officer at New York Cancer & Blood Specialists (NYCBS). "Early detection increases the chances of successful treatment and achieving a cure."

NYCBS offers a comprehensive lung cancer screening program that provides low-dose lung CT screening to current and former smokers at risk of developing lung cancer. While smoking remains

the primary risk factor, exposure to chemicals, asbestos, or second-hand smoke, amongst others, may increase your risk. Consult your doctor if you notice a new-onset cough, worsening shortness of breath, blood in sputum, chest pain, unintentional weight loss, or excessive fatigue.

"Targeted therapy has revolutionized lung cancer treatment, offering personalized approaches based on specific genetic mutations," said Dr. Syali. "While this innovation highlights the rapid advancement in technology and medicine, we still have a long way to go in ensuring universal access to early detection and tailored treatment."

If you meet the eligibility criteria and would like to have a lung cancer screening CT, please discuss with your physician or call us at 1-833-CANCER9 or visit nycancer.com.



Taking Care of Your **Mental Health**

Receiving a breast cancer diagnosis can be an overwhelming and stressful experience. Regardless of where you are in your cancer journey, maintaining a positive mindset is a powerful tool to help manage stress and support peace of mind. This Mental Health Awareness Month serves as an important reminder to take care of your mental health every step of the way. Whether you just received a breast cancer diagnosis, are navigating breast cancer treatment, or are in remission, we honor where you are in your journey and encourage you to take care of your mental health every day. Here are steps to follow to nurture your mental health.

Check In with Yourself

Slowing down and making time and space for yourself by tuning into how your body and mind are feeling is pivotal for supporting good mental health. Consider journaling or another creative outlet for a positive release of your emotions. Honor where you are in this moment, and where you want to be. Some days might be harder than others, but that's okay. There might be days you don't want to discuss your diagnosis, which is completely understandable. Set healthy boundaries with friends and family, and let them know when you're not in the mood to talk about your diagnosis. Sometimes, you need a break to focus on yourself and what brings you joy.

The Importance of a Support System

Maintaining a strong support system through friends, family, your healthcare team, or a support group during and after your breast cancer treatment is a pivotal step to take for supporting your mental health. Connecting with other breast cancer survivors or attending a support group is also a beneficial option for additional support.

Make Healthy Lifestyle Changes

Incorporating daily or weekly exercise into your wellness routine is foundational for your mental health. Even getting ten minutes of exercise each day can be helpful. Implementing healthy eating habits is also essential to support your overall well-being. It's crucial to eat a balanced diet to ensure your body receives the key nutrients it needs for optimal physical and mental health.

Share Your Story

Sharing your story with others can help you cultivate community and feel less alone. Consider joining our women's support group to connect with other women about their experience with cancer, and share your story.



Photo by iStock

Practice Yoga

Practicing yoga helps with stress management, encourages relaxation of the mind and body, slows the breath, and supports a focus on the present moment.

Talk to a Therapist

Speaking with a therapist is a great outlet for talking about life's stressors and processing stressful thoughts and feelings. At New York Breast Health, we offer supportive services including social work and psychology.

Prioritize Your Sleep

Good sleep is essential to good health, and getting adequate rest can help reduce your stress levels.

Spend Time in Nature

Nature can be incredibly healing. Evidence reveals an association between nature exposure and improved cognitive function, brain activity, blood pressure, mental health, physical activity, and sleep. Find a way to incorporate spending time in nature into your weekly routine.

Meditate

Meditation is a supportive tool to help you feel more calm and at peace.

Section 2

Wellness

Maintain a positive mindset and physical shape as our care teams assist you on your cancer journey.

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Nourishing Our Health

With the sun shining brightly and an abundance of seasonal produce at our fingertips, this month serves as a reminder of the vital role that fresh fruits and vegetables play in supporting our overall health and well-being.

Here are some tips for incorporating more fruits and vegetables into your daily routine:

Aim for a colorful plate: Include a variety of fruits and vegetables of different colors in your meals to ensure a broad spectrum of nutrients.

Snack smart: Replace processed snacks with fresh fruits or cut-up vegetables for a satisfying and nutritious snack option.

Get creative in the kitchen: Experiment with new recipes and try different cooking methods to make fruits and vegetables more enjoyable and appealing to your taste buds.

Explore local farmers' markets: Support local growers and discover a wide array of seasonal produce that can add freshness and flavor to your meals.

Fresh fruits and vegetables are nature's treasure trove of essential vitamins, minerals, antioxidants, and dietary fibers. They provide our bodies with an abundance of nourishment, helping to strengthen our immune system, improve digestion, and promote overall vitality. By embracing a variety of colorful fruits and vegetables, we can unlock a wealth of health benefits while savoring a diverse and flavorful culinary experience.

Research has shown that certain fruits and vegetables possess cancer-fighting properties. These natural wonders are rich in phytochemicals, such as lycopene in tomatoes, sulforaphane in broccoli, and anthocyanins in berries. These compounds have been associated with reducing the risk of various types of cancer. By incorporating these foods into our meals, we take a proactive step in our fight against cancer and support our overall health.

A diet abundant in fresh fruits and vegetables can significantly contribute to a healthy heart. These foods are typically low in calories and high in nutrients, making them an ideal choice for maintaining a healthy weight and managing blood pressure. Additionally, the dietary fiber found in fruits and vegetables helps lower cholesterol levels, reducing the risk of heart disease.

Fiber-rich fruits and vegetables promote optimal digestion by supporting regular bowel movements and preventing constipation. They provide prebiotics, which serve as food for beneficial gut bacteria, aiding in maintaining a healthy gut microbiome. A healthy digestive system is not only essential for nutrient absorption but also plays a crucial role in overall immune function.

So, let's make the most of National Fresh Fruit and Vegetables Month by incorporating these wholesome foods into our meals and snacks

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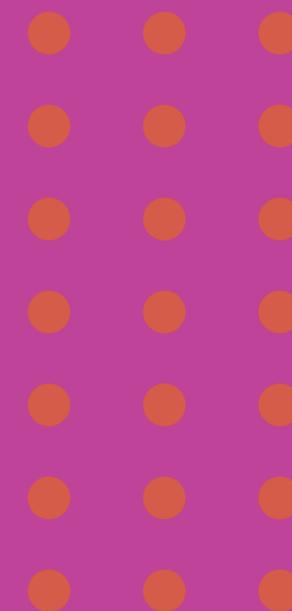
Stories

Section 3

Stories

Learn about our patients and their families through the stories they share.

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From Diagnosis to Rink, Playing for Purpose

In 2021, PJ, 40, started to feel ill, a feeling that persisted daily with symptoms of dehydration. He went to the hospital for answers and a scan determined that he had an encapsulated mass the size of a grapefruit on his kidney. Soon after, PJ was diagnosed with kidney cancer.

PJ was referred to Dr. Alfredo Torres, a Medical Oncologist and Hematologist at New York Cancer & Blood Specialists. Dr. Torres recommended surgery to remove the cancerous kidney, leaving him to live with just one kidney. Once the mass was removed, PJ began his recovery.

"I was very lucky," PJ says. "My recovery involved a lot of rest and walking. Little by little, every day or so, I felt a little better. I had a ton of support from everybody that I knew."

As PJ recovered, Dr. Torres encouraged him to become more active. PJ played ice hockey and travel roller hockey years ago when he was in high school and was eager to play again. When Dr. Torres discovered PJ was a hockey player, he mentioned that the New York Cancer Foundation hosts an annual charity hockey event called Hockey for Hope every year. He decided to join the New York Cancer Foundation hockey team.

"It is a great bunch of guys to play with and Hockey for Hope is a great event to be part of," PJ says. "Every time I play, it gets better and better."

Last year, PJ was honored to start the game with the honorary puck drop. It has now been his third year playing on the team. PJ enjoys the camaraderie and community of the game. Hockey for Hope hosted

its fourth game in April at Clark Gillies Arena at Dix Hills Ice Rink.

PJ's friends and family cheered him on at the games, including his 5-year-old Godson, who now wants to start playing hockey.

PJ returned to work at Union Local 200 after his recovery, where he took it easy getting back into the flow of things. He also made healthy lifestyle changes after his diagnosis.

"Dr. Torres helped guide me to become a better and healthier person and be aware of what I was eating. He put me in touch with the right people for my health and is a really caring doctor," PJ says.

PJ still sees Dr. Torres yearly for checkups and scans.

"I look at life differently. I have a whole different perspective, and I appreciate everything," PJ says. "When faced with different scenarios, my outlook has changed for the better."





Section 3

Bulletin

Hear about what's new and what's going on here at NYCBS.

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UPCOMING EVENTS

Look Forward to Seeing You There!

Run the Vineyards

Sunday, July 21st

Join the New York Cancer Foundation on Sunday, July 21st, at Pindar Vineyards for a 5k run through the vineyard property! After the race, head over to the pavilion for a post-race party with live music by Paris Ray and a complimentary glass of wine! Pawsitive Possibilities Rescue will also join us with puppies for adoption!

Use the code "NYCancerFoundation" for 10% off!

11th Annual Patient Celebration Day!

September 28th, 2024

Our favorite event is almost here! Don't forget to mark your calendars for the 11th Annual Patient Celebration Day on Saturday, September 28th, 2024, at Bald Hill Amphitheater!

We look forward to a fun-filled day with patients, caregivers, and their families! NYCBS will support this event, placing no burden on patients and caregivers. We are actively looking for volunteers! Head over to nycancerfoundation.org to sign up to volunteer! Attendees will enjoy family-friendly activities, including new rides, live music, carnival games, raffles, catering by Felicos, and an area dedicated to Working Paws Training, a dog training and adoption center! The event will also have a pop-up store where patients can find free clothes, shoes, and wigs!

We can't wait to see you there!

NYCF Testimonial

"I had been so lucky in life. All the pieces had come together so I could enjoy a singular pursuit of enjoyment in New York City for decades. No important health issues had ever befallen me. I was lucky, and I knew it.

It would be ideal if everyone had employment that provides a high salary, full healthcare insurance, and retirement benefits, especially in an expensive city like New York. Unfortunately, the state of modern work means people earn money whether it's via full-time, part-time, contractual, or temporary work, including myself.

Life went along seamlessly since I felt healthy with no history of major illness. Life was good.

Then, one day, fatigue becomes a constant companion. Something is not right, Intuition says. As my father would say, always listen to your Intuition since It will not steer you in the wrong direction.

A routine gynecological visit reveals a lump in my breast. A series of tests ensue, and then the word is spoken: Cancer.

From there, the needs are immediate with the diagnosis: How will I pay for everything since I can't work for an unknown period of time? I'm not married, I don't want to burden my family with financial requests, and my savings are not flush with cash. Worry and panic settle in. Who do I talk to about this? Who do I call for any type of advice?

After researching New York and cancer online, the Foundation was the first organization I called. It was a great relief to hear a kind, considerate, inquisitive voice on the other end of the call.

I'm so grateful that the Foundation and staff were a ray of light after life-altering news. They were so warm, patient, and communicative throughout the process that I wish every person could get this assistance. I will return to work soon, and I don't make an exorbitant salary, but I pledge that whatever I make will be shared with the New York Cancer Foundation to do the same for others who just need the peace of knowing the rent will be paid while navigating doctor meetings, tests, and treatment.

There is information available about what happens to the body with cancer, but the mental component is just as crucial in the treatment process. The foundation honored their mission. Since there is no cure, I hope this assistance continues for others who find themselves living with this new reality.

No one gets through this on their own. Thankfully, the New York Cancer Foundation understands that."

-Donna B

6th Annual Raising Hope Golf Classic

The New York Cancer Foundation held its 6th annual Raising Hope Golf Classic at the prestigious Sebonack Golf Club on May 14th, 2024.

Eighty-eight golfers joined us for a beautiful day in Southampton, followed by an evening dinner reception with raffles, a silent auction, live music, and more! One of our grant recipients, LeeAnn Lehuta, spoke to the attendees, reminding them how important fundraising events like this are to cancer patients and that any donation, big or small, makes an impact.

Thank you to all of the attendees, staff, and volunteers who helped make this event a success! All funds raised will go directly to cancer patients to help with household bills.





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Hockey for Hope: Battle for the Cup

On April 27th, 2024, the New York Cancer Foundation faced off against the Suffolk County Sheriff's Office for the 4th Annual Hockey for Hope charity game! Thank you to everyone who came out and showed their support at the Clark Gillies Arena! \$33,000 was raised for the New York Cancer Foundation to help cancer patients with their household bills and transportation to and from oncology appointments!

Congratulations to the Sheriff's office on their win! The series is now tied at 2-2. Join us next year to see who will take home the trophy!





New Hires

Aidan Brady (Associate, Scanning)
Alex Gelman (Technologist, Laboratory)
Amani Brown (Medical Assistant, Lab)
Amanjit Khakh (RN)
Amy Morin (LPN)
Andrea Magliaro (Medical Assistant, lab)
Angie Renderos (MA)
Bradley Hirsch (Technician, Chemotherapy)
Caitlyn Burgbacher (Medical Assistant, Lab)
Carla Bravo (Specialist, Reception)
Carol Rowsell (LPN)
Celine Zapata (Specialist, Reception)
Dineen Cherylann Etienne (Medical Assistant, Lab)
Donna McInerney (Receptionist)
Edelin Ortiz (Specialist, Reception)
Elaina Lafauci (MA)
Iyana Alexandre (Clinical Research Coordinator)
JACLYN BERLOVAN (PET/CT Technologist)
Jade Diaz (PET/CT Technologist)
John Cullen (MA)
Julia Laterza (Medical Assistant, Chronic Care Management)
Kamaljeet Kang (RN, Nurse Navigation)
Keiana Adams (Medical Assistant, Lab)
Khatijah Khan (Coordinator, Radiology)
Lenaya Parrom (Coordinator, New Patient)
Manie Mackin (RN)
Megan Perrier (Technologist, MRI)
Nickolos Spencer (MA)
Pamela Virzi (Coordinator, New Patient)
Ramon E. Salcedo (Inventory Control Specialist)
Rhiana Verdugo (Technician, Pharmacy)
Robert Spiciati (Clinical Research Coordinator)
Rose Rentas (Medical Assistant)
Shanique Casey (LPN)
Stephanie Morris (Medical Assistant, Laboratory)
Veronica Morrell (Specialist, Patient Communications)
Victoria Manfredi (Clinical Research Coordinator)



Doctor Reviews

Jahan Aghalar, MD

"Dr. Jahan Aghalar has been treating me for various Cancers I could not be happier with the results. He treated me like I was his only patient and directed the various other professionals with my care . If needed, I would highly recommend him to anyone, especially in my family. He's the best!! All his staff, whether in the Chemo or imaging departments, are all top in their field and make you feel important and caring when you are going through these difficult times in your life."

John M.

Adriana Guigova, MD

"Dr. Adriana Guigova is concerned for her patients, and her team communicates seamlessly with each other to identify the problems I am having. Her understanding of her specialty made it easy for me to understand and follow through with the next steps in stabilizing my condition. Also one of the nicest people I've spoken with. I could not be more enthusiastic about recommending her to anyone."

Andrew L.

Brenda Panzera, MD

" Friendly, well-organized office. Dr. Brenda Panzera and the physician assistant were caring and attentive and spent time listening and explaining."

Michael G.

Rocco Caruso, MD

"Dr. Rocco Caruso & everyone is very friendly and helpful. It's always nice to feel special every time I go there."

Ruth D.

Armory Novoselac, MD

"Dr. Armory Novoselac & his team at NYCB are excellent!"

Suzanne W.

Career Opportunities

Breast Radiologist
Suffolk

Breast Surgeon
Brooklyn

Hematologist/Oncologist
Bronx, Brooklyn, Hudson River Valley, Manhattan, Nassau, Queens, Suffolk

Oncology Hospitalist
Nassau

Urgent Care Physician
Suffolk

Medical Front Desk Receptionist
(Bilingual English/Spanish- English/Mandarin) Elmhurst, NY

APP (Nurse Practitioner/Physician Assistant) - Float
Newburgh, NY

Assistant Director of Nursing
Middletown, NY

Authorization Specialist
Ridge, NY

Chemotherapy Pharmacy Technician
Brooklyn, NY

CNA/Medical Assistant - Chronic Care Management (CCM)
Shirley, NY

Eligibility Referral Specialist
Ridge, NY

Executive Assistant to the CEO
Ridge, NY

Facilities Associate
Staten Island, NY

Intake LPN - Float
Queens, NY

Intake Medical Assistant - Float
Newburgh, NY

Lab Integration Specialist - Quality Assurance
New York, NY

Lab Medical Aide
Port Jefferson, NY

Lab Medical Assistant
Fresh Meadows, NY

Lab Medical Assistant
Babylon, NY

Lab Medical Assistant
Staten Island, NY

Lab Medical Assistant - Float
Suffolk County, NY

Lab Medical Technologist (New York State Medical Laboratory Technologist license required)
Port Jefferson, NY

Lab Technician (Hematologist) - NYS Lab Tech License Req'd
Port Jefferson, NY

Lab Technologist (Overnight Shift) (NYS Licensed)
Port Jefferson, NY

Licensed Practical Nurse (LPN)
Bethpage, Brooklyn, Manhattan, New Hyde Park, Riverhead, Staten Island, NY

LPN Care Coordination
Astoria, NY

LPN Care Coordination - Float
Nassau County

LPN Care Coordination (Bilingual English/Spanish)
Fresh Meadows, NY

Medical Front Desk Receptionist
Riverhead, NY, NY

Medical Front Desk Receptionist
Southampton, NY

Medical Front Desk Receptionist
Fresh Meadows, NY

Medical Front Desk Receptionist
New Hyde Park, NY

Medical Lab Technologist (NYS Licensed)
Port Jefferson, NY

Medical Office Manager - Bachelor's req'd
Patchogue, NY

Medical Technologist (NYS Licensed)
Port Jefferson, NY

Nurse Practitioner (Psychiatric)
Suffolk County, NY

Patient Communications Operator
Ridge, NY

Physical Therapy Aide
Port Jefferson, NY

Radiation Therapist
Brooklyn, NY

Radiology Systems Analyst
New Hyde Park, NY

Registered Dietitian Nutritionist (RDN, RD, CDCES)
Manhattan, NY

Registered Nurse (BSN/RN's)
Brooklyn, Eastchester, New Hyde Park

Registered Nurse (RN) - Triage
Shirley, NY

Scheduling Coordinator (Hospital)
Shirley, NY

Know of someone looking for a new career with upward mobility?

[CLICK HERE](#)

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



Scan to Donate to the
New York Cancer Foundation

