

SPECIALIST



**NEW YORK
CANCER & BLOOD
SPECIALISTS**
Conquering Cancer Together

NYH OPENS NEW MEDICAL CENTER

NYH is pleased to announce it has opened its brand new state-of-the-art care center.

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WE'RE THANKFUL FOR OUR PATIENTS!

We recently asked our patients to share what they're grateful for. Their responses are truly remarkable.

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NYCBS LAUNCHES NEW BIOBANK

A significant step forward in expanding opportunities in cancer innovation.

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OUR MISSION

Is to deliver world-class, patient-centered and accessible care for those facing cancer and blood disorders in their own communities, close to the support of family and friends.

A MESSAGE FROM THE CEO



As we close out another remarkable year, I am filled with immense pride and gratitude for everything we have accomplished together. Our mission—to provide world-class, compassionate care close to home—has guided every step we've taken, and this edition of our newsletter highlights just how far that mission has carried us.

First, I am delighted to welcome the newest members of our NYCBS team. These extraordinary physicians and leaders bring unmatched expertise, diverse clinical backgrounds, and a shared commitment to delivering exceptional care to our patients. Their dedication strengthens our practice and ensures we continue to meet the growing needs of the communities we serve.

Across New York Health, we continue to elevate care through groundbreaking services like Motion Renew, offering relief to patients suffering from chronic pain and joint conditions. We also proudly celebrated the opening of our state-of-the-art multi-specialty medical center in Patchogue, a facility designed to bring comprehensive, coordinated care under one roof.

What inspires me most, however, are the stories of the people we serve. Whether it's patients like Elizabeth Stokes, whose courage reminds us why our work matters, or the more than 1,500 individuals who joined us for Patient Celebration Day, these moments reflect the heart of our organization. Our community of supporters—through walks, galas, fundraisers, and partnerships—continues to unite behind our mission in extraordinary ways.

Thank you to every provider, staff member, volunteer, partner, and patient who makes our vision possible. As we look to the year ahead, we will continue expanding access, strengthening our services, and standing firmly beside every individual who turns to us for care.

Together, we are building a future filled with hope, healing, and possibility.

Dr. Jeff Vacirca

CEO, New York Cancer & Blood Specialists

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WELCOME TO OUR PRACTICE!



Anthony Danilenko, MD

Dr. Anthony Danilenko is a board-certified diagnostic radiologist specializing in breast imaging. Dr. Danilenko earned his Bachelor of Science in Physics from Stony Brook University, graduating Cum Laude and earning Dean's List honors. He went on to receive his Doctor of Osteopathic Medicine from NYIT College of Osteopathic Medicine.

Dr. Danilenko completed his internship at Stony Brook Southampton Hospital, followed by his diagnostic radiology residency at Nassau University Medical Center, where he also served as Chief Resident. Dr. Danilenko further specialized through a fellowship in breast imaging at North Shore University Hospital.



Justas Lauzadis, PhD

Dr. Justas Lauzadis is the Chief Research Officer at New York Cancer & Blood Specialists (NYCBS), where he leads clinical research initiatives to advance cancer treatment and improve patient outcomes.

Dr. Lauzadis earned his PhD in Cellular and Molecular Pharmacology from Stony Brook University, giving him deep expertise in how medications work at the cellular level. He is currently pursuing his MBA from the University of Massachusetts, Amherst, combining his scientific knowledge with business leadership skills to better serve patients and advance medical research. To deepen his understanding of patient well-being beyond the clinical setting, he also pursued and passed the Certified Financial Planner (CFP®) exam. This background provides him with a rare, holistic view of the patient journey, encompassing the scientific, operational, and financial aspects of care.

We're excited to welcome the following new providers to NYCBS! These dedicated medical professionals continue to increase the standards for our practice, as we continue providing world-class, compassionate care close to home for our patients.



Lynette M. Mendoza, MS, DO, FACS, FSSO

Dr. Lynette Mendoza is a board-certified breast surgical oncologist, who served as Director of the Mercy Breast Program and Chief of Breast Surgical Oncology at Catholic Health Services at Mercy Medical Center. With fellowship training in Breast Surgical Oncology from Advocate Christ Medical Center and additional expertise in surgical critical care, Dr. Mendoza brings comprehensive surgical experience to the treatment of breast cancer, high-risk conditions, and benign breast disease.

Dr. Mendoza's academic background includes a Master of Science in Molecular and Developmental Biology from the University of Cincinnati College of Medicine and her Doctor of Osteopathic Medicine from the New York College of Osteopathic Medicine. She completed her general surgery residency and surgical critical care fellowship at NYU Langone-Brooklyn.



Ramtin Moradi, MD

Dr. Ramtin Moradi completed his specialized training in Hematology and Oncology at SUNY Downstate Medical School in Brooklyn and his Internal Medicine training at Richmond University Medical Center in Staten Island, where he was named Resident of the Year for two consecutive years.

Dr. Moradi earned his medical degree from Mashhad University in Iran and is board-certified in Internal Medicine by the American Board of Internal Medicine.

REDISCOVER

Life Without Pain

Osteoarthritis can make even the simplest tasks feel impossible, with symptoms like pain, stiffness, and reduced mobility. Our low-dose radiation therapy (LDRT) is a safe, painless, and effective treatment designed to reduce discomfort and restore movement.

WHY CHOOSE MOTION RENEW?

Noninvasive

No surgery, no downtime.

Fast, Painless Treatments

A simple process with big results.

Minimal Side Effects

Safe for most patients with great therapeutic outcomes.

Proven Results

Relief from pain, improved mobility, and a better quality of life.

CONDITIONS WE TREAT

- Knee Osteoarthritis
- Hip Osteoarthritis
- Hand Osteoarthritis
- Ankle Osteoarthritis
- Shoulder Osteoarthritis
- Plantar Fasciitis
- Elbow Syndrome
- Dupuytren's Contracture
- Ledderhose Disease

At NYH, we're committed to offering cutting-edge care that goes beyond expectations. Discover how Motion Renew can transform your life.

Motion Renew at New York Health offers a revolutionary, noninvasive solution for painful osteoarthritis and other joint conditions.

IS IT RIGHT FOR ME?

LDRT may be right for you if:

- You have chronic joint pain not relieved by medications or injections
- You're not ready for or not a candidate for surgery
- You want a noninvasive option with minimal side effects

FREQUENTLY ASKED QUESTIONS

Will I feel anything during treatment?

No, the procedure is completely painless.

How long does it take?

Each session lasts less than 15 minutes.

Are there side effects?

They are rare and mild. There is no hair loss or skin damage. You can continue your normal routine

Will insurance cover this?

Coverage varies but most insurances will cover this treatment. Our team will help verify your benefits.

Can I continue physical therapy or medications during LDRT?

Yes. LDRT can complement other treatments like physical therapy, NSAIDs, or injections.

At New York Health we're committed to offering cutting-edge care that goes beyond expectations. Discover how Motion Renew can transform your life.

Motion Renew is available at the following Locations, please call 866-2NY-RAD2 to make an appointment or make an appointment on your way out of our offices

BROOKLYN HOSPITAL (BROOKLYN)

121 DeKalb Avenue
Brooklyn, NY 11201

SETAUKET

181 North Belle Mead Rd
East Setauket, NY 11733

BROOKLYN NOSTRAND AVE (BROOKLYN)

2236 Nostrand Ave
Brooklyn, NY 11210

MANHATTAN

201 E 71st St, Lower Level
New York, NY

EASTCHESTER CANCER CENTER

2330 Eastchester Road
Bronx, NY 10469

FOREST HILLS (QUEENS)

92-37 Metropolitan Ave
Forest Hills, NY 11375

PATCHOGUE

365 East Main Street
Patchogue, NY 11772

STATEN ISLAND

2801 Richmond Avenue
Staten Island, NY 10314

RIVERHEAD

750 Old Country Road
Riverhead, NY

NY HEALTH

OPENS STATE-OF-THE-ART MULTI-SPECIALTY MEDICAL CENTER IN PATCHOGUE

FLOOR



Led by the team of Drs. Lance Edwards, Farzana Garcia, Paul Lograno, Jennifer Marshak, John Petraco, Patrick Schreiber, Mindy Shaffran, Jennifer Slagus, Dennis Strittmatter, and PA Sarah Burns.

FLOOR



Under NY Breast Health, and headed by Dr. David Mangiameli, a renowned surgical oncologist specializing in breast cancer. His dedicated expertise focuses on enhanced screening for high-risk patients, minimally invasive breast surgery, oncoplastic surgery, and customization of surgery for cancer in women who are universally and intrinsically unique.

Led by Dr. Muhammad Ahsan, a Pain Medicine specialist dedicated to helping patients manage chronic pain and improve quality of life.

FLOOR

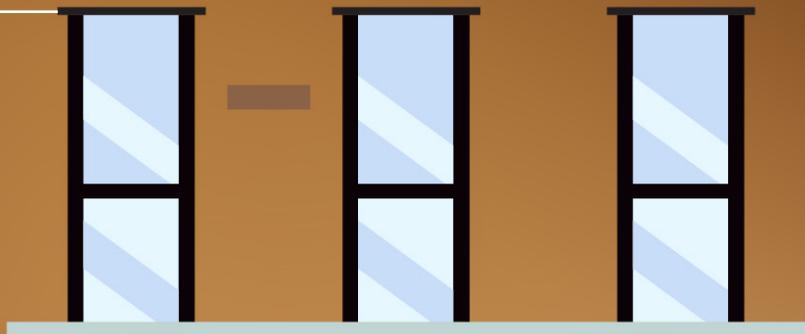
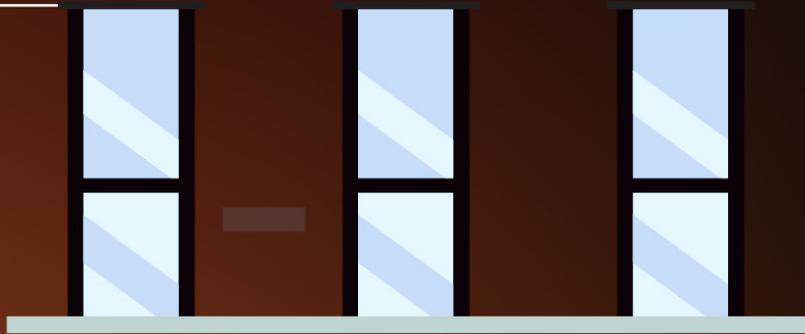


Under NY Imaging Specialists, the new center offers a range of imaging modalities, including Bone Density, Breast Imaging, Breast Biopsy, CT, Interventional Radiology, Mammography, and Ultrasound.

NY Health Primary Care, Led by Dr. Faiza Mallick, a board-certified Family Medicine Physician providing comprehensive care for patients of all ages.

An acute treatment center that is available for existing patients and staff.

THE MILLTOWN



PATCHOGUE, NY

November 24, 2025 – New York Health (NY Health) is pleased to announce it has opened its brand-new multi-specialty treatment facility in the heart of Patchogue, located at 214 E Main Street.

The three-story center offers a full range of specialties and services, all under one roof, providing patients with convenient, coordinated care close to home.

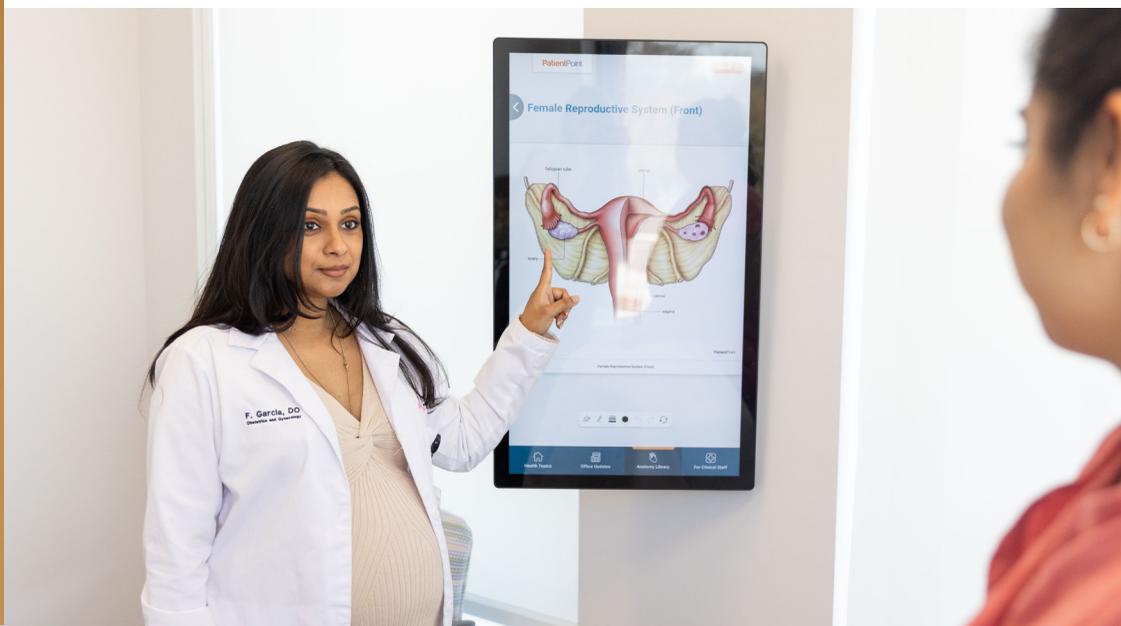
Patients no longer need to travel to multiple other locations to receive the treatment they deserve. The following modalities are available at the new center:

ABOUT NY HEALTH

At New York Health, our mission is to provide exceptional, compassionate, and personalized healthcare across a full range of specialties. We are dedicated to improving community well-being through innovative, accessible, and patient-centered care that prioritizes outcomes that matter most.

TO LEARN MORE

or schedule an appointment at the new Patchogue location, visit nyhealth.com.







A VOICE FOR THE VOICELESS

Elizabeth Stokes Story

She thought to herself, “Isn’t it ironic? I spent a lifetime helping others, and now I need to put my faith in someone who will help me.” When Elizabeth (Liz) Stokes was diagnosed with Stage I lung cancer, the retired community activist knew she was in good hands from the moment she entered New York Cancer & Blood Specialists.

Liz spent 34 years in community outreach, serving as Riverhead library’s patron services coordinator, helping people find resources, and always offering a listening ear or providing a voice for the voiceless. For 12 years, Liz volunteered with a women’s empowerment group at the county correctional facility. She would bring books from the library into the facility to help the women find careers. Liz did that volunteer work through the Riverhead chapter of the nonprofit Council for Unity, through which she also helped children learn to lead nonviolent lives and stay out of gangs. She also served on the town’s veterans advisory committee.

Shortly before retiring in 2019, Liz came down with a case of recurrent pneumonia. Since she had been a smoker for 40 years, her doctor suggested she have a CT scan. The test showed a small tumor on her lung. Days after retiring, Liz went out to celebrate with her colleagues. Unfortunately, the evening ended in a trip to the emergency room after she suffered an allergic reaction to sulfates in the wine she was drinking. She stayed in the hospital to have a biopsy, which pierced her lungs, resulting in a five-day stay in intensive care. The results were inconclusive, but there was no doubt in Liz’s mind, “If this is retirement, retirement sucks.” Then the COVID-19 pandemic hit.



For two years, Liz prayed the tumor would not grow or spread. Then, in 2021, she had it biopsied and was referred to NYCBS' Dr. Deepali Sharma.

"When you're diagnosed with cancer, first you go into shock," Liz explained. "Then your heart breaks. So you need to find someone who can not only help you physically but can fix your broken heart." For Liz, that was Dr. Sharma.

Dr. Sharma made her feel safe and secure. She explained to Liz her treatment options, and Liz opted for TrueBeam non-invasive radiation therapy. So for one week, Liz would go to the office every day and receive twenty minutes of radiation. She followed each visit with a two-mile walk. Everyone in the office took the time to ease her mind, answering her questions and showing her how the modalities worked.

After radiation, Liz underwent six months of immunotherapy. "Cancer care has come a long way," said Liz. "And this place is a miracle." Since treatment, her tumor marker levels have decreased, and her PET/CT scans show no evidence of disease. She quit smoking cold turkey and has been smoke-free for over a year. Liz walks for an hour a day and has even changed to a Mediterranean diet. She goes to the office for follow-up appointments every six months.

Liz has finally found enjoyment in her retired life. She spends time with her six grandchildren and one great-grandchild and continues to help others whenever she can. She fills her time listening to the sounds of the waves crashing at the beach, between the pages of a good book, or simply relaxing at home. "Some days, I stay in my pajamas all day, and it's okay," said Liz. "We get so busy in our lives. When you get diagnosed with cancer, you appreciate the little things." And Liz couldn't be more grateful for NYCBS in her community. Her daughter-in-law has even joined its team as a licensed practical nurse (LPN) and is now in the nursing program.

"NYCBS is a gift for Riverhead," she said. "It's a gift for any town with this organization."



NYCBS MAKES STRIDES

Against Breast Cancer



This past October, New York Cancer & Blood Specialists (NYCBS) once again joined thousands of survivors, caregivers, families, and community partners in the American Cancer Society's (ACS) Making Strides Against Breast Cancer Walks. Each year, these inspiring events unite communities across Long Island and New York City with one powerful purpose: to raise awareness, advance research, and support those affected by breast cancer.

NYCBS was proudly represented across multiple walk locations—including Jones Beach, Riverhead, Brooklyn, and Staten Island—where team members from every corner of the organization came together. Clinical providers, administrative staff, volunteers, and our dedicated event crew all stepped forward to show their support. Their presence highlighted not only the strength of our team but also our unwavering mission to conquer breast cancer close to home.





By participating in these walks, NYCBS helps amplify the voices of patients and families who face breast cancer every day. These events serve as a reminder of the collective strength found in community action. From fundraising efforts that help drive scientific breakthroughs to providing vital patient resources, Making Strides continues to play a critical role in improving outcomes and offering hope.

For NYCBS, the cause hits close to home. Our physicians and care teams see firsthand the courage of patients undergoing breast cancer treatment, and our participation is a testament to the commitment we share in advancing preventive care, screening, and cutting-edge treatment across the region.

We extend our heartfelt thanks to everyone who walked alongside us, donated, volunteered, or cheered from the sidelines. Together, we continue to make strides—for awareness, for research, and most importantly, for every individual impacted by breast cancer.

NYCBS looks forward to another year of walking with our community and strengthening our promise to deliver world-class breast cancer care close to home.





WE'RE THANKFUL FOR Our Patients

In this spirit of giving thanks, we recently asked our patients what they're grateful for. We are honored to share words below:

Tough year. Glad to be here. Thanks to all medical workers for their great support. Thanks to my family for their support. Happy Thanksgiving, all.

I am thankful for my family and good friends who have surrounded me during the good and bad times in my life. I am also so thankful for the dedication of health care professionals who, through their knowledge and experience, have guided me to a healthy life. Without them, I would not be alive today and enjoy another Thanksgiving.

My wonderful oncologist who supported me every step of the way this year. My blood tests show no traces. I am grateful for every sunrise, every laugh, every act of kindness I was shown this year by amazing people in the healthcare industry. You are all angels on Earth, and I am very thankful.

The gratitude our patients express for their loved ones and for good news along their journey never gets old. Every clear scan, every milestone reached, these aren't just medical outcomes. They're life continuing, families staying together, and dreams still within reach.

The wonderful people I have met through this office over the years. Always caring, always patient. The doctors and nurses here make you feel a little less worried about your visits. I am truly grateful that I found this office over 20 years ago!

In March of 2026, I will be 20 years cancer-free. Thanks to all the wonderful doctors who cared for me along my journey.

I am very grateful for the staff and the doctors at New York Cancer. It has been a long journey, sometimes difficult, sometimes easy, but the staff and doctors have always been steadfast in my treatment protocols. I am so thankful and grateful to be here four years later after my diagnosis. Wishing all at New York Cancer a great holiday season.

I am thankful for all of the nurses, receptionists, and radiology staff because their smiles, compassion, and care mean the world to me. Dr. George, with his compassion and kindness and expert care, has kept me going and has allowed me to have many family occasions that I would have missed without his support, so yes, this year I'm enormously grateful for you all.

Honestly, I'm thankful for the staff for always working with a smile. And the small chats and giggles. You don't know how much it means to us who are usually scared or sick. Happy holidays.

My Daughter, who has taken time from her family to take care of me.



I am most thankful for 2025 that I have good health, good friends and family, and that the holidays are upon us. I wish everyone happy holidays.

What stands out in these messages is how often patients mention the people who walked alongside them. The small gestures matter, the smiles, the compassion, the way someone remembers your story and treats you like family, not just another appointment on the schedule.

As we reflect on these messages, we're reminded of why we do what we do. To every patient who has trusted us with your care, thank you. Your courage and your trust in our team mean everything. This Thanksgiving, we're grateful for you!

My family and my health

I'm very thankful for the care and compassion I received from Dr Syali and his staff in Babylon clinic. Also I'm thankful to every nurse I encountered who treated me with professionalism and respect. This place provides me with great comfort during a very difficult time.

I'm thankful for a new life since my cancer is in remission.

Many things to be thankful for, but today, as I went for my last radiation treatment, I am especially thankful and grateful for the nice and friendly staff at NYBCC, the cheerful fire in the fireplace downstairs - always putting a bright spot in my day!

I am thankful for our most wonderful and gracious Lord Jesus and Heavenly Father for everything we have, health, shelter, food, being able to wake up for another day, family, friends, neighbors, doctors and for the kind people we meet each and every day Amen.

I am thankful for waking up every morning at my age 79. God bless all at this holiday time and throughout the year.

The incredible GREED that permeates our health system- although you as health "professionals " may be proud of your accomplishments in extending lives, you need also to acknowledge your complicity in destroying patients' limited savings and in ruining them financially. Hopes and dreams disappear rapidly when a patient sees death on the horizon and no way out. Some of us on limited incomes are being tortured by the health system you are a part of, our lives as we know it are over. We become walking dead with no hope and no future. Happy Thanksgiving!

My wonderful 7 grandchildren who make me proud of them everyday

Dr. Chu, for finding a marker that began my journey relative to Pancreatic Cancer surgery, followed up treatment and participation in a research vaccination program.

Friends that are there when you don't have any family & Drs who truly are concerned about your well being.

The care I received from all the members of your team. I have moved from New York but you have continued to follow up with me, I hope the team here will be as caring as you were to me. Thank you all.

My doctors work so hard to give me a quality of life that makes me independent and self-sufficient. Thank you Dr. N.

My wife and children and all the family and friends who call visit and offer any help

I may need Most of all my oncologist Dr. Cyriac his team and all the people in your Group for the caring they do.





Regular physical activity, including walking, stretching, and resistance training combined with a balanced diet and adequate hydration, helps preserve bone strength and muscle function. Each person's plan should be tailored to their individual needs and medical background.

Dr. Frangis adds that one of the most common misconceptions about physical therapy is that it's only for athletes or those recovering from surgery. "Physical therapy has the potential to improve function and reduce or eliminate pain," he explains. "You don't have to wait until you're injured to take care of your body."

Through individualized treatment and a hands-on approach, NY Health's physical therapy program empowers patients to move with confidence, reduce pain, and maintain a healthier, more active life.

To make an appointment, please call (631) 574-8303. For more information, visit nyhealth.com.

KEEPING YOUR JOINTS IN MOTION

How Physical Therapy Supports Orthopedic Health

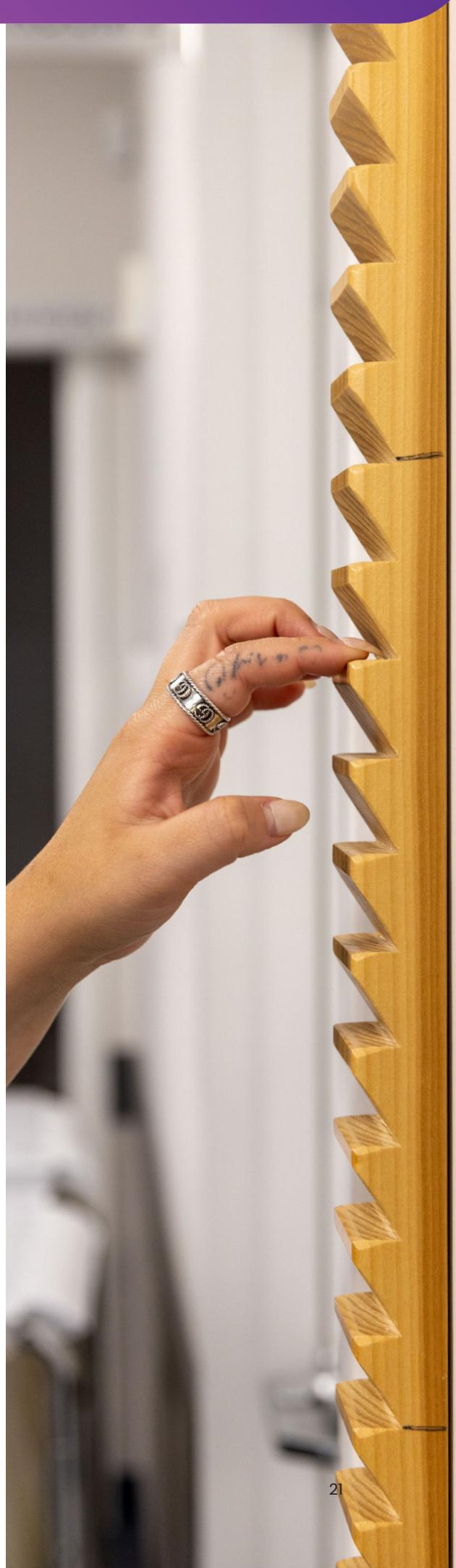
Healthy bones, joints, and muscles are essential to living an active and independent life. They form the framework of the body, allowing movement, balance, and stability. When that system is compromised, even everyday activities, like walking, climbing stairs, or carrying groceries, can become difficult.

At New York Health (NY Health), the physical therapy team focuses on restoring that function and preventing long-term complications. With more than twenty years of experience Nickolas Frangis PT, DPT, CLT, has seen how maintaining orthopedic health can dramatically improve quality of life.

Orthopedic issues are among the most common reasons people seek care. Physical therapists routinely treat repetitive-strain injuries such as tendonitis, bursitis, and carpal tunnel syndrome, as well as spine-related pain, arthritis, sports injuries, and post-surgical rehabilitation. In the majority of cases, therapy aims to reduce inflammation, improve range of motion and strength and restore function.

"Movement is medicine," says Dr. Frangis. "We're not just treating pain, we help patients restore mobility and build functional strength that allows them to improve their ability to move and stay active."

Early warning signs of orthopedic problems often include pain, weakness, or a gradual loss of mobility. Addressing these issues promptly through physical therapy can help patients avoid surgery or chronic limitations. Treatment plans typically include manual therapy, supervised exercise and patient education on posture, body mechanics. Safe lifting techniques that can assist in preventing recurring strain on vulnerable joints.



IMPORTANCE OF LUNG CANCER SCREENING

for Early Detection and Intervention

Getting the proper screening test at the right time is one of the best things a person can do for their health. Lung cancer surpasses breast, colon, and prostate cancers combined, making it the leading cause of cancer-related deaths for both men and women. Fortunately, lung cancer screening has been proven to save lives.

“Lung cancer screening can detect cancer at earlier stages, leading to improved outcomes and increased overall survival,” said Dr. Amishi Desai, medical oncologist-hematologist at New York Cancer & Blood Specialists (NYCBS).

The lung cancer screening program at NYCBS offers low-dose lung CT screening to individuals who meet specific criteria. This includes current and former smokers between the ages of 50 and 80, those who currently smoke or quit within the past 15 years, or individuals with a 20-pack-year smoking history.

“Early detection of lung cancer can make a significant difference in prognosis,” Dr. Desai said.

While smoking remains the primary risk factor, exposure to radon, asbestos, second-hand smoke, occupational hazards,



Dr. Amishi Desai
Medical Oncology & Hematology





lung scarring from types of pneumonia, or a diagnosis of COPD or emphysema may increase your risk. Keep an eye out for new-onset cough, worsening shortness of breath, blood in sputum, chest pain, unintentional weight loss, or excessive fatigue. If you experience any of these symptoms, it is important to consult your doctor.

“Lung cancer screening should be a standard practice,” Dr. Desai said. “It has the potential to save lives.”

To schedule an in-person low-dose CT scan, a doctor’s prescription is required. If you do not have a prescription or a primary care doctor, please call NYCBS to discuss your risk for lung cancer.

For more information about screening, to book an appointment, or to inquire about insurance coverage, please call **1-833-CANCER9**.

NYCBS LAUNCHES STATE'S FIRST

Personalized Nutrition Care Program for Cancer Patients New Initiative Closes a Critical Gap: Proactive, Personalized Nutrition Support from Diagnosis Forward

About NYCBS

New York Cancer & Blood Specialists (NYCBS) is pioneering a new standard in community oncology—delivering academic medical center-caliber precision treatment combined with innovative supportive care programs closer to home. With over 100 physicians across more than 30 locations throughout New York, NYCBS integrates cutting-edge therapeutics with proactive, technology-enabled care models designed around patient needs. Learn more at nycancer.com

NEW YORK, NY – November 17, 2025 – Cancer treatment has achieved molecular precision. Yet one fundamental barrier remains: keeping patients strong enough to complete the therapies oncologists prescribe. Up to half of cancer patients experience severe malnutrition, leading to more side effects, treatment delays, and poorer Outcomes.

Most cancer programs still lack systematic nutritional support when it matters most— from the moment of diagnosis.

Today, New York Cancer & Blood Specialists (NYCBS) is changing that. In collaboration with Agilix Health, NYCBS launches New York State's first virtual, nutrition-led supportive care program—intervening early, before malnutrition compromises treatment, with personalized support continuously adapted throughout each patient's journey.

"We've achieved extraordinary sophistication in targeting malignancies," said Dr. Jeff Vacirca, CEO of NYCBS. "But precision therapy requires patients strong enough to receive it. For too long, nutritional support has been reactive—we wait for problems, then try to fix them. This program is proactive, personalized from the start. It's food as medicine in its most powerful form."

PROACTIVE, NOT REACTIVE

Each patient is paired with a registered dietitian at diagnosis. Connected monitoring tools enable ongoing assessment, and as treatment evolves and metabolic needs change, individualized protocols adjust accordingly. When early signs of distress emerge, NYCBS team intervenes immediately with tailored strategies. Research shows patients receiving early nutritional intervention tolerate therapy better, experience fewer side effects and achieve improved outcomes.

"The data are clear— early supportive care preserves quality of life and enhances survival," said Dr. MaryAnn Fragola, Chief of Wellness



agilix HEALTH

Services at NYCBS. “But it must be personalized. A breast cancer patient on hormone therapy faces completely different challenges than a pancreatic cancer patient on chemotherapy. That personalization at scale is the breakthrough.”

PERSONALIZED FROM DAY ONE

“Cancer metabolism is profoundly dynamic,” explained Dr. Rakshit Sharma, CEO of Agilix Health. “Tumors alter metabolism. Chemotherapy adds nausea, affects appetite. Radiation can make swallowing difficult. Each patient’s response is unique. You can’t fix this with generic advice given at diagnosis, or when it is too late. You need adaptive, expert intervention personalized from day one.”

Dr. Fragola emphasized the need to treat patients holistically, “Nutrition is a cornerstone of whole-patient cancer care. Personalized nutrition—tailored to each patient’s diagnosis, treatment plan, and individual needs—is essential. By supporting strength, healing, and quality of life, good nutrition empowers patients to better tolerate therapy and actively engage in their recovery.”

The initiative translates decades of nutritional-oncology research into daily clinical practice and patient care—integrating seamlessly with NYCBS’s electronic health records to give oncologists a complete, continuous view of each patient’s health and Progress.

“Every patient deserves the full benefit of the therapies we prescribe,” said Dr. Vacirca. “Truly comprehensive cancer care means precision medicine for the disease and precision support for the person fighting it.”

The program launches immediately across NYCBS’s network, delivering adaptive, at-home nutrition care that strengthens patients, supports caregivers, and helps keep treatments on course.

About Agilix Health

Agilix Health transforms cancer supportive care through virtual, evidence-based nutrition programs that prevent malnutrition and optimize outcomes. The company’s platform delivers personalized, continuous, registered dietitian-led care throughout patients’ treatment journeys, integrating seamlessly with health system workflows. Agilix supports more than 250 providers across five states, bringing translational nutrition science and technology to oncology programs nationwide. Learn more at agilixhealth.com



A YEAR OF HOPE

Celebrating Community, Compassion, and Impact

This past year was filled with incredible moments of generosity, unity, and compassion, all made possible by our amazing supporters, partners, and friends.



5TH ANNUAL RAISING HOPE GALA

On Friday, October 3rd, 2025, a group of people came together at the Ziegfeld Ballroom for the 5th Annual Raising Hope Gala. It was an unforgettable evening of generosity, unity, and compassion that has already raised more than one million dollars to help cancer patients and their families with everyday expenses like rent, utilities, food, and

transportation. Thanks to our sponsors, donors, and guests, the Foundation will continue to ensure that no patient has to choose between paying rent, keeping food on the table, or getting to lifesaving care.

The highlight of the night was the debut of our Ribbons of Hope Video, a moving photo series which included

photos and interviews with our dear friend Nigel Barker, and featured patients Denise, Eileen, Holly, and Stephen. Their courage and resilience reminded everyone why this mission matters, to stand beside families at their most vulnerable moments and provide hope when it is needed most.



PATIENT CELEBRATION DAY

Our team was so proud to be a part of Patient Celebration Day in partnership with New York Cancer & Blood Specialists (NYCBS). It's more than a carnival— Patient Celebration Day is a Thank You!

Held at the beautiful Bald Hill Amphitheater in Farmingville, we transform the space into a massive, fun-filled event designed just for our patients, their caregivers, and their families. This year, over 1,500 people joined us for a day dedicated solely

to them, removing any financial burden so they could simply enjoy the moment.

We pulled out all the stops to create a welcoming and joyful environment. The day was packed with excitement, from carnival games and fun rides to a tie-dye station and exciting raffles. Guests enjoyed delicious complimentary catering by Felico's while soaking in the atmosphere created by live music.

As a Foundation, we know that the journey through cancer can be isolating. Our Patient Celebration Day is designed to foster a powerful sense of unity, allowing patients to connect, caregivers to feel supported, and families to make new, joyful memories.

Thank you to everyone who joined us for this unforgettable gathering. Your presence made the day a genuine celebration of life and hope!

RUN THE VINEYARD

What an amazing day for a run! The New York Cancer Foundation extends its heartfelt thanks to everyone who laced up their sneakers for our recent Run the Vineyards event at the beautiful Pindar Vineyards.

In partnership with our friends at A Good Day For A Run, we hosted an incredible morning featuring both 5K

and 8K courses that wound through Pindar's stunning 300 acres of vines. From seasoned runners challenging themselves on the longer distance to cheerful walkers enjoying the scenic vineyard views, the energy and community spirit were simply infectious. It was more than just a race—it was a powerful gathering fueled by compassion.

We're thrilled to announce that, thanks to every registration, every step taken, and every generous heart, the Run the Vineyards event brought in an outstanding \$1,200 for the New York Cancer Foundation!



7TH ANNUAL RAISING HOPE GOLF CLASSIC

On Monday, August 18th, friends, supporters, and community partners gathered for the 7th Annual Raising Hope Golf Classic—a day filled with sunshine and generosity, all in support of the New York Cancer Foundation.

From the very first tee-off to the final putt, the energy on the course was incredible. More than 150 golfers participated this year, uniting not just for the love of the game, but for a greater cause: bringing hope and financial relief to patients battling cancer across New York State.

After the tournament, guests enjoyed a celebratory dinner, raffles, and an awards presentation. Together, we raised nearly \$200,000—funds that will directly support transportation grants, non-medical expense assistance, and essential resources for patients on their cancer journey.

A heartfelt thank you goes out to our sponsors, volunteers, and every participant whose generosity made this event possible. Your commitment ensures that no patient has to walk this difficult road alone.

As we look ahead to our upcoming Raising Hope Gala, Ribbons of Hope, on October 3rd, we're reminded once again of the power of community. Together, we're making a tangible difference in the lives of those who need it most.

Here's to another successful year—and to continuing the fight with love, strength, and hope.

BARK AND BAR

The NY Cancer Foundation extends a huge thank you to everyone who joined us for our unique fundraising event on Saturday, October 18th!

It was a day of fitness and philanthropy as participants completed an invigorating Bar Method Express class at Bar Method Port

Jefferson. We're thrilled to announce that your energy and generosity helped us raise a total of \$750 to support our mission of providing assistance to cancer patients and their families. We also loved teaming up with Pawsitive Possibilities Dog Rescue! Not only did your kind donations help fill their supply bins, but

the day became even brighter when two wonderful puppies found their forever homes.

Thank you for making this event a success for both our community and our furry friends!

RALLYE LEXUS

We are incredibly thankful for our partnership with Rallye Lexus of Glen Cove! Through their annual bake sale, they provided a generous \$4,000 donation to support our mission. This contribution was made for Breast Cancer Awareness Month (October), a time of deep significance for us, as 67% of the patients we help are battling this specific disease.

Rallye's President and CEO, Juliana Terian, said their success means driving positive change, and we couldn't agree more, as they provide essential financial assistance to cancer patients right here on Long Island!

This incredible \$4,000 gift is enough to help two to three families in our community. This means we can help patients focus on healing by easing their burdens with payments for household bills, Uber rides for oncology appointments and food gift cards.

Thank you, Rallye Lexus, for bringing hope and relief exactly when it's needed the most!

Valletta Charity Softball Game (NYCBS WAS HERE)

We are so thankful to the Valletta family and Tri-Hamlet Baseball for hosting an event that successfully raised generous funds to relieve the financial burden of patients' non-medical expenses! We were thrilled to be there and share the day with our supportive friends from New York Cancer and Blood Specialists.

This event holds special meaning, as we heard from Rich Valletta, son of the late Robert Valletta. Robert passed on December 21, 2023, after a 10-year battle with breast cancer. Rich shared, "Because of you, he was able to live his life like he wanted to, and I thank you and your team for that." He also mentioned that his mom, Carol

Valletta, "thinks very highly of you and would recommend you to anyone who needs treatment."

We are deeply honored to have supported Robert, who, as Rich said, "was always there for me and my family and always loved watching my kids play baseball and me coaching my kids. Dad coached me when I was growing up and I'm doing the same to my kids."

This amazing support helps us directly provide financial assistance grants for non-medical expenses and transportation to qualifying patients in New York State. It's all about ensuring patients may focus on their treatment, not their household bills!



MUDITA YOGA

We're thrilled to share the fantastic energy and success from our recent collaboration with Mudita Yoga Studio & Boutique for our Breast Cancer Month Fundraiser! The first of two special days of yoga classes brought our community together to stretch, breathe, and support our cause.

Thanks to the incredible generosity and participation of everyone who joined, the series raised \$1,500 for the New York Cancer Foundation! These proceeds directly benefit the NYCF, helping us provide financial assistance grants and transportation for cancer patients in New York State.

UPCOMING EVENTS

3rd Annual Great Gatsby Affair

March 5, 2026

11th Annual Clinical Education Conference

April 17-18, 2026

13th Annual Patient Celebration Day

September 9th, 2026

6th Annual Raising Hope Gala

October 16, 2026

BREAST CANCER

Why Early Detection Matters Now More Than Ever

One in eight women will develop breast cancer in her lifetime. This is a statistic we repeat often, but one that needs repeating, especially within the Caribbean community. While breast cancer affects women of all backgrounds, outcomes vary widely.

For Black women, the mortality rate is about 38% higher than for White women, despite having lower diagnosis rates. This disparity is not due to biology alone. It's about access, awareness, and timing.

The good news? Many of these deaths can be prevented with the right tools.

Black women are more likely to be diagnosed with triple-negative breast cancer – an aggressive form that grows quickly, doesn't respond to hormone therapy, and often appears before the age of 50. Inflammatory breast cancer, another form of aggressive breast cancer, is also more common in Black women, including those of Caribbean origin.

These types of breast cancer often go undetected until later stages, leading to lower survival rates – underlining the importance of screening and prompt diagnosis.

Early detection saves lives. When caught early, breast cancer is often curable. The most common tool for breast cancer screening is a mammogram, a low-dose X-ray of the breast. While guidelines vary, the consensus is that women should begin mammograms at the age of 40 and continue to have them every 1-2 years until at least the age of 74.

Furthermore, women who have a high lifetime risk of breast cancer, have certain genetic mutations, or have received radiation to the chest wall at a young age, benefit from an additional annual MRI of the breast starting at the age of 30.





By: Dr. Amar Parikh
Medical Oncology & Hematology



These strategies should be personalized – and that starts with an informed conversation with your physician.

Some risk factors can't be changed – like age, genetics, dense breasts, family history or age at first menstruation.

But many are lifestyle-related and within your control:



Alcohol Use

Limit alcohol intake to no more than one drink per day.



Smoking

Quit smoking.



Obesity, especially after menopause

Maintain a healthy weight. Talk to your primary care provider to determine what a healthy weight looks like for you.



Sedentary lifestyle

Aim for at least 150 minutes of moderate-intensity exercise a week. Activities like brisk walking, Zumba, weightlifting, Pilates, or yoga are great options.



Unhealthy diet

Avoid ultra-processed meats and foods. Focus on whole foods such as fruits, vegetables, and fresh meats. Limit factory-produced, packaged foods.



Hormone therapy

If needed, discuss which therapies are safer with your doctor.



Breastfeeding

Breastfeeding has shown to reduce the risk of developing breast cancer.



ADDRESSING THE MYTHS

There is a lot of misinformation about breast cancer that can lead women to delay screening and treatment. Let us address a few of these. Many women delay screening or treatment because of negative stories they've heard —painful side effects, hair loss, or fear of chemotherapy.

These concerns are valid, but treatment has come a long way. Many women today don't need chemotherapy. Newer treatments, such as targeted therapies, hormone blockers, and personalized medicine, can be effective and come with fewer side effects. And while hair loss can happen, it's usually temporary, and hair often grows back stronger.

Not all women with breast cancer feel lumps, and not all lumps are cancerous. While breast self-exams are no longer routinely recommended, it's still important to be familiar with what's normal for your breasts.

Having smaller breasts is not protective against breast cancer. Breast cancer typically begins in the ducts or lobules, not the fatty tissue of the breast. In fact, it is more important to be aware of your breast density, which can be determined by a mammogram. Women with denser breasts are at an increased risk of developing breast cancer. Men can get breast cancer too. While not nearly as common as women, being a man does not mean that you are exempt from breast cancer.

A CALL TO ACTION

In many Caribbean households, discussing health, especially breast health, is considered private. We must break that silence. Talk about symptoms. Share family histories. Encourage screening. If you notice a lump, nipple discharge, or skin changes, don't wait. See a provider.

Learn your family history: Has your mother, sister, or aunt had breast or ovarian cancer? Have they been tested for BRCA mutations? This knowledge can shape your personal screening plan.

Breast cancer doesn't have to be a death sentence - not for Black women, not for Caribbean women, not for anyone. Early detection, timely treatment, and open dialogue are essential.

Breast cancer is beatable.

But only if we face it together.





NATIONAL HOSPICE & PALLIATIVE CARE MONTH 2025

Theme: We See the Whole You.

This year's theme for National Hospice & Palliative Care Month 2025 highlights the importance of caring for patients as whole people—not just treating a disease. This year's theme, "We See the Whole You," reminds us that true patient-centered care requires attention to physical, emotional, and spiritual well-being.

In the outpatient setting, palliative care is an essential component of whole-person care. By focusing on comprehensive symptom management—addressing pain, fatigue, nausea, shortness of breath, anxiety, and other distressing symptoms—palliative care enables patients to maintain quality of life while continuing necessary treatments. It empowers patients and their families to actively participate in care decisions and provides

support that extends beyond clinical interventions. Palliative care also emphasizes early intervention, helping patients navigate the challenges of chronic or serious illness before crises occur. By addressing symptoms proactively and supporting emotional and social needs, outpatient palliative care helps patients stay engaged in daily life, reduces unnecessary hospital visits, and fosters a sense of control and dignity.

At its core, palliative care is about recognizing the whole person—their goals, values, and experiences—and tailoring care to meet those needs. This National Hospice & Palliative Care Month, we celebrate the collaborative effort of our patient care teams and wellness services offered at NYCBS, that make this holistic, compassionate care possible, and we reaffirm our commitment to seeing and supporting every patient as a person, not a diagnosis.

Palliative care is a specialized approach to improve patients quality of life by managing symptoms like pain, nausea, and fatigue, and providing emotional, social, and spiritual support. It is often confused with Hospice care and it is important to understand that it is not the same as hospice



care. Palliative care and treatments can be given at any stage of illness, even alongside curative treatments like chemotherapy, radiation, or surgery. The overall goal of palliative care management is to help patients and their families live as well as possible while living with a serious illness.

KEY ASPECTS OF PALLIATIVE CARE FOR CANCER PATIENTS

Symptom management

Palliative care teams help relieve symptoms caused by the cancer or its treatment, such as pain, shortness of breath, fatigue, and nausea.

Support for the whole person

It addresses the physical, emotional, and spiritual needs of the patient, as well as the psychological impact on caregivers.

Can be given with other treatments

Patients can receive palliative care at the same time as they are getting active, curative treatments like chemotherapy or radiation to shrink the tumor.

Focuses on quality of life

The aim is to improve overall symptoms, comfort and well-being.

Aids in communication

The team can help facilitate difficult conversations between patients, families, and doctors about treatment goals and options.

Involves a team approach

A team of specialists, including doctors, nurses, social workers, and others, provides the care.

Provides support for caregivers

It also offers practical and emotional support to the family and friends of the patient.

Not limited to end-of-life care

While it includes end-of-life care, palliative care can start as soon as a serious illness is diagnosed and can be ongoing





Bring Holiday Magic

TO OUR PATIENTS & FAMILIES

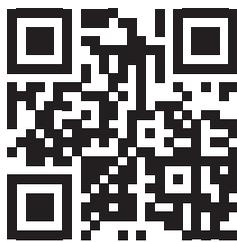
We're excited to announce our annual Adopt-A-Family program is in full-swing, and there's still time to be part of it!

Each year, Adopt-A-Family brings us together as a team to make the season a little brighter for those we serve – and we want your help!

About the Adopt-A-Family Program

This cherished tradition began with Gerri Shumway, a Chemotherapy Scheduler in our Setauket office, who devoted her holiday seasons to raising funds that provided meals and gifts for our patients and their loved ones. In honor of Gerri's generosity, we proudly continue this tradition, spreading joy to families who need it most.

Donate



Donate now and spread the holiday cheer.
Let's make this year's Adopt-A-Family our best one yet and bring joy to more families than ever before!



NYCBS LAUNCHES NEW BIOBANK

to Advance Cancer Research

NYCBS is excited to announce the launch of its new Biobank, a significant step forward in strengthening our research infrastructure and expanding opportunities in cancer innovation.

A biobank is far more than a storage facility. It is a critical resource that brings together patient biospecimens and clinical data to support scientific discovery. For cancer research, biobanking is essential, enabling the study of biomarkers, disease mechanisms, and personalized therapies.

Though still in its early stages, the NYCBS Biobank is quickly becoming a “logistical key for research,” laying the foundation for future clinical trials and translational studies. The team has spent the past several months developing the systems needed to ensure proper sample collection, tracking, and regulatory compliance. Reliable platforms such as Rees temperature monitoring play an essential role in safeguarding specimen quality.





A unique opportunity to fill a major gap in the research and clinical trial model over the next five years.



A significant focus of the Biobank's growth is the integration of AI and advanced data analytics. AI-driven tools can enhance patient screening for clinical trials, streamline data analysis, and help structure complex clinical information using large language model frameworks. While challenges such as HIPAA compliance and data privacy remain, the team is committed to adopting technology responsibly and securely.

Looking ahead, NYCBS plans to expand clinical trial capabilities, support research collaborations, and explore sustainable biobanking models. These include ethically governed sample sharing and partnerships that will increase the Biobank's scientific impact.

Andrew Lee, the Biobank Director, shared his excitement about building a meaningful resource for the organization: the Biobank represents "a unique opportunity to fill a major gap in the research and clinical trial model over the next five years."

The launch of the NYCBS Biobank marks a significant milestone — one that will directly support our mission to deliver world-class care and accelerate progress against cancer.

NYCBS ACHIEVES REACCREDITATION

From the American College of Radiology

New York Cancer & Blood Specialists (NYCBS) today proudly announces that its Radiation Oncology division has achieved reaccreditation from the American College of Radiology (ACR).

This remarkable accomplishment was made possible through the tireless, painstaking efforts of NYCBS's dedicated providers and radiation support staff. The reaccreditation is a symbol of NYCBS's commitment to providing patients access to high-quality radiation treatment, closer to where they live.

The rigorous ACR-accreditation process promotes patient quality and safety. Through the radiation oncology practice accreditation (ROPA), an impartial third party provides an evaluation of the practice's staffing, equipment, treatment planning, and treatment records, as well as patient safety, procedures, and quality assurance/quality control (QC/QA).

"This is an amazing accomplishment, and I am proud that our dedicated radiation team was able to obtain this reaccreditation," said Dr. Talha Shaikh, Chief of Radiation Oncology of NYCBS. "Obtaining reaccreditation by a renowned organization clearly demonstrates NYCBS's commitment to providing patients with the high-quality radiation care they deserve."

With numerous state-of-the-art radiation facilities across Long Island and New York City, NYCBS patients have convenient access to high-quality radiation treatment closer to home. NYCBS radiation sites offer a wide range of comprehensive radiation services, including Brachytherapy, Intensity-Modulated Radiation Therapy (IMRT), and Stereotactic Body Radiotherapy (SBRT).

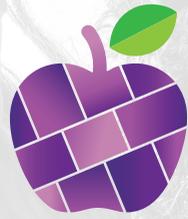
FOR MORE INFORMATION, please visit nycancer.com or call (866) 2NY-RAD2 (866-269-7232).





THIS IS AN AMAZING ACCOMPLISHMENT

ARIAN
CARE SYSTEMS



NEW YORK CANCER FOUNDATION

Advocates For Hope

Supporting Cancer Patients with Financial Assistance and Transportation Since 2016

Our Mission

Our mission is to help relieve the financial stresses experienced by patients who are under care for a cancer diagnosis



Our Story

Founded in 2016, the New York Cancer Foundation was created with the goal of helping patients in our community keep up with their non-medical expenses. Since then, we have watched this vision come to fruition, expanding our scope to all of New York State and assisting more and more patients each year.



How We Help

Each of our grant recipients send us their bills so that we may pay the creditors directly. Whether it's their mortgage, utilities, car payments or even cell phone bills, our team makes sure our patients stay in their homes, get to and from their appointments and in some cases, keeps the lights on. And each year the grant recipient is able to reapply!



Our Approach

Our Organization seeks to reach maximum impact by responding to as many requests as possible in a timely manner, and, ideally, providing individualized assistance based on the patient's needs. Our dedicated staff and volunteers ensure that we maximize the funds raised by supporting those struggling members of our community.



Who We Serve

Cancer patients who live in low socio-economic status neighborhoods pass away an average of eight months earlier than those in higher-status neighborhoods with the same disease. We strive to eradicate this disparity by focusing on members of our community who undergo this stress so they may prioritize their treatment and concentrate on healing.

PROGRESS AND GOALS

We aim to continue expanding the scope of our assistance to prioritize patients.



Years	Details	Outcomes/Goals
2023 Patient Support Program	<ul style="list-style-type: none"> • Assisted 529 families • Provided 2,540 UberHealth rides. • Paid out \$1.3MM in grants 	<ul style="list-style-type: none"> • 24% increase in applications • 12% increase in UberHealth rides. • 28% increase in grants paid
2024 Patient Support Program	<ul style="list-style-type: none"> • Assisted 746 families • Provided 3,294 UberHealth rides. • Paid \$1.6 Million in grants 	<ul style="list-style-type: none"> • 41% increase in applications • 32% increase in UberHealth rides. • 30% increase in grants paid
2025 Patient Support Program	<ul style="list-style-type: none"> • Aiming to assist 1,000 families • Provide 4,000 UberHealth rides. • Pay out \$2.2MM in grants 	<ul style="list-style-type: none"> • Targeting a 35% increase in applications • 21% increase in UberHealth rides • 31% increase in grants paid

Our Ask for 2025:

To meet with Foundations and Organizations whose mission aligns with our own and build mutually beneficial partnerships enabling the New York Cancer Foundation to continue its growth trajectory and help as many cancer patients as possible in New York State.



CONQUERING CANCER.
CLOSE TO HOME.

