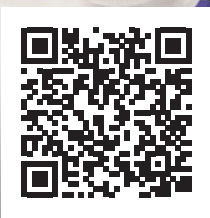




#SPECIALIST



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THE SPECIALIST
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Facing Off to Fight Cancer 2023

A MESSAGE FROM THE CEO

My Friends,

Welcome to the June issue of The Specialist. As we commemorate Father's Day, it is the perfect opportunity to raise awareness about the importance of men's health and preventive measures.

This month is all about Men's Health Awareness, emphasizing the significance of early detection, disease prevention, and overall well-being for men. Yet, it serves as a reminder for everyone to prioritize their health by adopting healthy habits, such as maintaining a nutritious diet, staying physically active, quitting smoking, and prioritizing mental health.



In this issue, we highlight the significance of lung cancer screening and the symptoms of prostate, testicular, and breast cancer. In addition, we feature exciting advancements in medical technology, highlighting the first-ever Percutaneous Minimally Invasive Lumbar Fusion (PMILF) procedure on Long Island. Most importantly, we celebrate cancer survivors and share an inspiring patient story of how one woman's diagnosis led to an empowering documentary.

I'm also excited to share that we have a series of exciting events lined up in the upcoming weeks. I encourage all of you to join us as we continue conquering cancer together in our community.

Warm regards,

Dr. V

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

PATIENT FEEDBACK

▶ Dr. Steven Gruenstein

Dr "G" is very professional, positive, and for a patient's concern (such as mine). He respects a patient who seeks a "healthy journey". On my recent Bone Marrow biopsy, Dr "G" walked me through the biopsy (yes, it hurt despite using Lidocaine while he performed the TEST). But his compassion helped me as he collected my bone marrow specimen after numbing the area! He walked me through collecting THANK YOU, Dr. Steven "G"!

★★★★★

▶ Dr. Helen Shum

My Dr. Shum is the best, hands down. She is so smart and attentive to your health she cares about her patients. She takes her time and explains in detail how to cure any ailments and the best way to prevent any other illness. I love her!

★★★★★

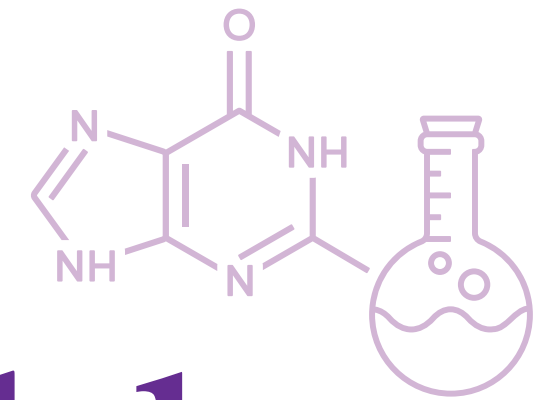
▶ Dr. Amory Novoselac

Highly recommend - he is sincere, caring, and actually takes the time to listen.

★★★★★



SECTION **1** Health
ONCOLOGY & MORE



6 Self Care for Caregivers

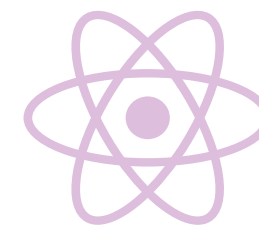
Caregiving is an act of selfless love and compassion, but it can be a challenging and exhausting task, both physically and emotionally.

8 Importance of Lung Cancer Screening for Early Detection and Intervention

The old adage still rings true on this topic...better safe than sorry. Take the time to read about the benefits of early detection.

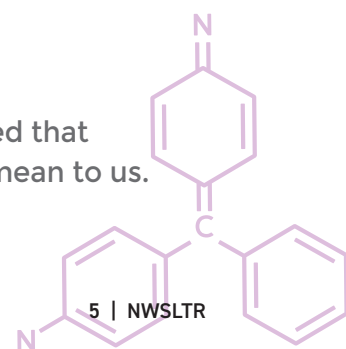
9 Prioritizing Men's Well-being: Understanding Symptoms of Prostate, Testicular, and Breast Cancer

Too often men neglect their health for various reasons. Now's the time to take control and focus on men's help.



14 Celebrating the Cancer Survivors in Your Life

Life is a gift, but a second chance at life is meant to be enjoyed that much more. Look inside and let them know how much they mean to us.



Self-Care for Caregivers

Caregiving is an act of selfless love and compassion, but it can be a challenging and exhausting task, both physically and emotionally. While caregivers spend most of their time and energy taking care of their loved ones, they often neglect their own needs. Therefore, it is vital for caregivers to take care of themselves to avoid burnout and maintain their own health and well-being. After all, one cannot pour from an empty cup.

Here are some self-care suggestions for caregivers to help them maintain a healthy balance:

Schedule regular breaks and prioritize your own needs: Make sure to attend your own health care appointments, and in addition, schedule regular breaks and prioritize your own needs. It is crucial to take time out for yourself and engage in activities that help you relax and recharge. Simple things like taking a short walk, reading a book, or just sitting outside for a few minutes can make a significant difference in your well-being. Remember, taking care of yourself is just as important as taking care of others.

Practice self-compassion: Caregivers often feel guilty or selfish for taking time for themselves, but it's important to remember that self-care is not selfish. Taking care of your own needs can actually make you a better caregiver by reducing stress and improving your mood.

Connect with others: Caregiving can be isolating, so it's essential to connect with friends, family, or a support group. Talking with others who are going through similar experiences can provide validation and support.

Prioritize healthy habits: Even though caregivers have little time for themselves, it's important to prioritize healthy habits such as eating well, exercising regularly, and getting enough sleep. These habits can improve your mood and energy levels, making it easier to care for your loved one.



Ask for help: As a caregiver, it's important to recognize when you're feeling overwhelmed or experiencing symptoms of depression or anxiety. Don't hesitate to ask for help. You can reach out to a trusted loved one for support or seek the assistance of a professional. Counseling or therapy can provide a safe space to talk about your experiences and develop coping strategies. Remember, asking for help is a sign of strength, not weakness.

Set boundaries: Caregivers often feel like they need to be available 24/7, but it's important to set boundaries and communicate your needs to your loved one. Setting realistic expectations can reduce stress and help you avoid burnout.

Take breaks: Taking a break from caregiving can be difficult, but it's important to prioritize your own needs. Whether it's a weekend away or a short vacation, taking time off can provide much-needed relaxation and time to recharge.

Being a caregiver for a loved one is a challenging and rewarding experience. However, it's imperative for caregivers to prioritize their own self-care. Remember, taking care of yourself is not a luxury; it's a necessity.

Importance of Lung Cancer

Screening for Early Detection and Intervention



Dr. Amishi Desai
Medical Oncologist-Hematologist

Getting the proper screening test at the right time is one of the best things a man can do for his 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, 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**.

Prioritizing Men's Well-being:

Understanding Symptoms of Prostate, Testicular, and Breast Cancer

Men's Health Week is a timely reminder to prioritize their well-being and take proactive steps toward maintaining a healthy lifestyle. Men need to be aware of potential symptoms that may indicate underlying conditions such as prostate, testicular, and breast cancer. By recognizing the key symptoms associated with these cancers, men can seek timely medical attention, increasing the chances of early detection and successful treatment.

Prostate Cancer:

Prostate cancer is the most common cancer among men but can often develop without presenting any early symptoms. However, some signs may include:

- Frequent urination, especially at night
- Difficulty starting or stopping urination
- Weak urine flow or interrupted urine flow
- Blood in the urine or semen
- Pain or discomfort in the pelvic area
- Erectile dysfunction or decreased libido

Men, particularly those over 50 or with a family history of prostate cancer, must undergo regular screenings and discuss any concerns with their healthcare provider.

Testicular Cancer:

When first diagnosed with testicular cancer, the average age of males is about 33. While self-examination is recommended, it is also essential to be aware of the following symptoms:

- A lump or swelling in the testicles
- Pain or discomfort in the testicles or scrotum
- A feeling of heaviness in the scrotum
- Changes in the size or shape of the testicles
- Fluid buildup in the scrotum

Any persistent changes or abnormalities should be promptly examined by a healthcare professional. Early detection of testicular cancer can significantly increase the chances of successful treatment.

Breast Cancer in Men:

- Although rare, breast cancer can occur in men. Symptoms to be mindful of include:
- A painless lump or thickening in the breast tissue
- Changes in the nipple, such as inversion, scaling, or redness
- Nipple discharge, including blood
- Changes in the size or shape of the breast
- Swelling or lumps in the lymph nodes under the arm

While breast cancer predominantly affects women, men should not overlook these symptoms. Any concerns should be discussed with a healthcare provider for further evaluation.

Long Island's First PMILF Procedure

Performed at New York Spine & Pain Specialists

Percutaneous Minimally Invasive Lumbar Fusion (PMILF) is a new surgical technique that has gained popularity in recent years. It offers patients suffering from chronic lower back pain and instability caused by degenerative disc disease, spinal stenosis, or spondylolisthesis an innovative, less invasive alternative to traditional open surgery. The Team at New York Spine & Pain Specialists, recently performed the first PMILF procedure on Long Island, expanding treatment options for patients and providing improved outcomes.

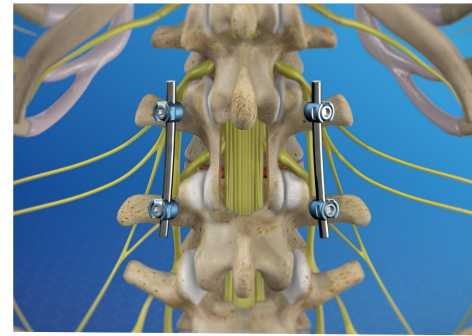
PMILF is a minimally invasive technique that requires small incisions and specialized instruments to access the spine. The surgeon places specialized fusion hardware and bone graft material between the vertebrae, which fuses together over time to form a solid, stable bone structure. Compared to traditional open lumbar fusions, PMILF requires no hospital stay, less anesthesia, less blood loss,

and offers a shorter recovery time, measured in weeks instead of months.

Good candidates for PMILF are those with pain due to degenerative disc disease, moderate spinal stenosis, or a grade 1 spondylolisthesis (slipped disc) limited to one level. The decision to undergo PMILF should be made in consultation with a qualified spine specialist who can assess the patient's individual situation and recommend the best course of treatment.

While PMILF offers many benefits, there are still risks associated with any surgical procedure, such as bleeding, infection, nerve injury, and no improvement in pain. It is important to discuss these risks with your doctor before making a decision.

Dr. Samuel Brown emphasizes that PMILF is a new surgical technique that is useful for a select group of patients. It does not replace the need for traditional open-spine surgery for



Percutaneous Minimally Invasive Lumbar Fusion (PMILF)

most spine conditions requiring surgery. Patients interested in PMILF can request a consultation with one of NY Spine & Pain Specialists' board-certified physicians, and they will review the patient's medical history, symptoms, and spine imaging, and determine if PMILF is right for them.

Currently, there are no clinical trials underway at New York Spine & Pain Specialists for PMILF. However, The Team's success with the first procedure on Long Island highlights the potential for PMILF to expand treatment options and provide improved outcomes for patients suffering from chronic lower back pain and instability.

THE TEAM AT NEW YORK SPINE & PAIN SPECIALISTS



Brian Durkin, DO



Jamal Khan, DO



Olga Komargodski, MD



Samuel Brown, DO

Celiac Disease

and the Benefits of a Gluten-Free Diet

Celiac Disease is a digestive condition that occurs when the body's immune system responds abnormally to gluten, a protein found in wheat, barley and rye. This response causes damage to the small intestine, leading to difficulty in digesting food. Currently, there is no cure for Celiac Disease and managing the disease requires maintaining a strict gluten-free diet.

Following a gluten-free diet enables those with Celiac Disease to avoid the symptoms and long-term complications of the disease. Symptoms may include bloating, diarrhea, abdominal pain, fatigue and even depression or anxiety. Eating a gluten-free diet can help soothe the inflammation of the small intestine and some of these symptoms.

For individuals with Celiac Disease, working with a Registered Dietitian Nutritionist (RDN) is essential to help navigate the overload of information available. It helps to have the guidance of an experienced RDN to educate you on reading food labels, recognize terms for wheat and identify non-food items that are not labeled but may contain gluten, such as some paper straws or medications.

01

So, what can you eat on a gluten-free diet? There are many safe, delicious foods that are naturally gluten-free. Below are some examples:

- Amaranth
- Arrowroot
- Buckwheat
- Cassava
- Corn
- Flax
- Indian Rice (Montina)
- Job's Tears
- Legumes (dry beans, peas, lentils)
- Millet
- Nuts
- Potatoes
- Quinoa
- Rice
- Sago
- Seeds
- Sorghum
- Soy
- Tapioca
- Teff
- Wild Rice
- Yucca

02

On The Other Hand some foods should be avoided since they contain gluten.

These include:

- Wheat
- Barley
- Rye
- Malt
- Oats
(unless otherwise labeled as gluten-free)

Most importantly, for those with Celiac Disease, adhering strictly to a gluten-free diet can help alleviate symptoms, prevent further complications, and lead to better overall health.

Individuals with Celiac Disease need to maintain a gluten-free diet to manage their condition effectively. Working with a Registered Dietitian Nutritionist can provide essential guidance to navigate the complex realm of gluten-free foods and provide the necessary education required for optimal health.

Celebrating

the Cancer Survivors in Your Life

Every year, National Cancer Survivor Day serves as a powerful reminder of the strength, resilience, and courage displayed by individuals who have triumphed over cancer. It is a day to honor those who have battled this formidable disease, celebrate their victories, and support them in their ongoing journey of survivorship. At New York Cancer & Blood Specialists, we recognize the importance of this day and the incredible individuals who have faced cancer head-on. Let's come together to celebrate the remarkable cancer survivors in your life and explore ways to show your support and appreciation.

Acknowledge Their Journey:

The first step in celebrating cancer survivors is acknowledging the profound journey they have undertaken. Understand that their experience with cancer has been a rollercoaster of emotions, physical challenges, and personal growth. Take the time to listen to their stories, validate their feelings, and show empathy. By creating a safe space for them to share their experiences, you not only validate their journey but also help them heal emotionally.

Offer Your Support:

Support is crucial for cancer survivors as they navigate the complexities of life after cancer. Offer a helping hand by assisting them with day-to-day tasks, such as running errands, preparing meals, or providing transportation to medical appointments. By easing their burden, you enable them to focus on their recovery and rebuilding their lives.

Celebrate Milestones:

Every step forward is a reason to celebrate. Recognize the milestones achieved by cancer survivors, whether it's completing treatment, reaching a significant anniversary, or returning to work. Organize a small gathering, send a heartfelt note, or plan an outing to honor their accomplishments. Such gestures demonstrate your unwavering support and remind them that their progress is cherished.



Tammy
Cancer Survivor



Celebrating

the Cancer Survivors in Your Life *continued*

Encourage Self-Care:

Cancer survivors often prioritize the well-being of others over their own. Encourage them to practice self-care and remind them that their physical and mental health matters. Suggest engaging in activities they enjoy, such as hobbies, exercise, meditation, or therapy. Additionally, emphasize the importance of regular follow-up appointments and screenings to monitor their health. By promoting self-care, you empower them to make their well-being a priority.

Participate in Events:

National Cancer Survivor Day is marked by various events and activities across the country. Join local events or organize one in your community to show your support. These events provide an opportunity to connect with other survivors, caregivers, and medical professionals, fostering a sense of community and shared understanding. By participating, you demonstrate solidarity and contribute to raising awareness about cancer survivorship.

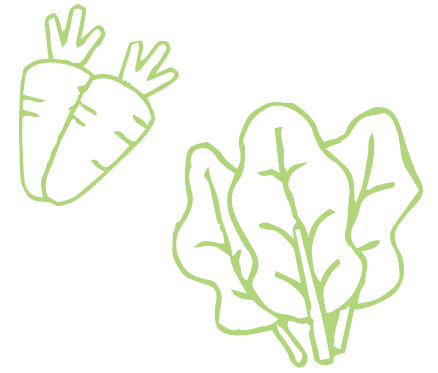
Educate Yourself:

Learning about cancer survivorship and the challenges faced by survivors can help you provide better support. Educate yourself about the physical and emotional effects of cancer, the impact of treatment, and the long-term consequences survivors may face. By being informed, you can offer valuable insights, empathy, and resources to help survivors navigate their post-cancer lives.

At New York Cancer & Blood Specialists, we stand beside cancer survivors every step of the way, providing comprehensive care and support. Join us in recognizing the strength and courage of these incredible individuals who continue to inspire us all.

Dr. Jerry George
Medical Oncologist / Hematologist

Patient
Cancer Survivor



SECTION **2** Wellness
NUTRITION & MORE

20 Palliative Care for Cancer Survivors

An essential element of palliative care is communication about the goals of care and wants and wishes for future treatment decisions.

[Read more](#)



Palliative Care for Cancer Survivors

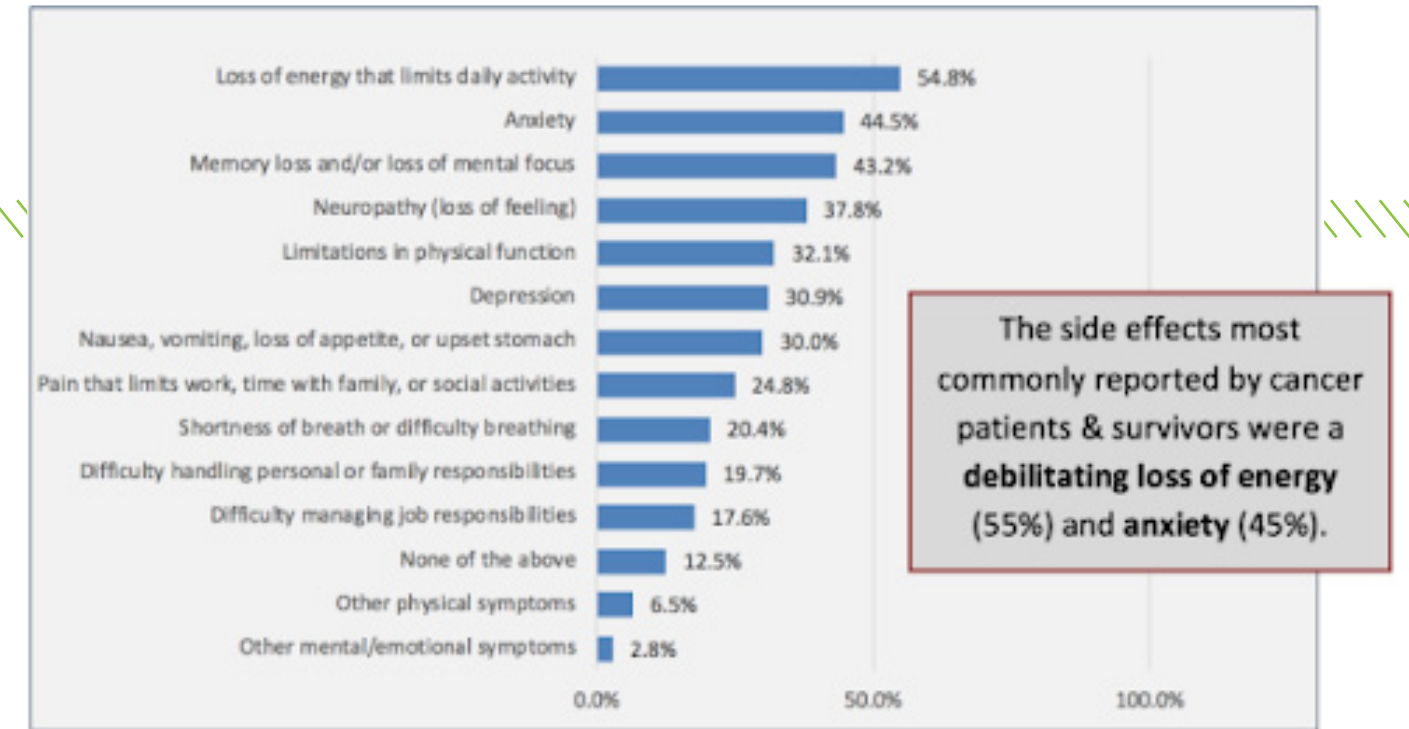


Palliative care focuses on quality of life and whole-person care by addressing physical, psychosocial, family, and spiritual concerns as well as planning for the future. An essential element of palliative care is communication about the goals of care and wants and wishes for future treatment decisions.

Cancer survivors can be defined as anyone living with or having a history of cancer. Survivors of past cancer treatments may suffer from the ongoing effects of previous treatments or live with the constant worry about the possible risk of recurrence, thus making it difficult to live a normal life.

Goals of care begin at diagnosis and continue through cancer treatments and during a patient's entire trajectory, whether cure or palliation and extension of life. Overall, cancer patients and survivors are living longer, and more people live with cancer as a chronic illness. This is an important element in the role of palliative care providers as this population will continue to grow and become more educated on newer treatment modalities.

In 2019 The American Cancer Society Cancer Action Network (ACS CAN) surveyed cancer patients and survivors to determine whether they were getting appropriate palliative care treatment. The survey found that while most cancer patients who experienced symptoms from their treatment discussed the issues with their physician, only a small percent of those patients were referred to palliative care providers (<https://www.fightcancer.org/policy-resources/cancer-survivor-views-importance-appropriate-palliative-care>).



Survey Results: 60% of respondents said their symptoms or side effects lasted after their active treatment was completed.

Some of this is partly due to the myths associated with what palliative care seeks to deliver. One of my goals has been to continue to bring awareness and education as to what we can encompass with integrating the early introduction of palliative care to our patients, survivors, and their families. Most importantly, it is not an end-of-life service but a supportive element to the overall care and that extra layer of support that may improve their daily lives.

Looking at the side effects listed above, it is clear that all of these concerns can have a significant ongoing impact on quality of life. So, although every day we celebrate our survivors, we also must remember the impact the treatments they endure may have on their everyday life. Palliative care and support are then applicable to this group just as important as patients receiving active therapy—because they are enduring with, living with, and surviving with a cancer diagnosis!



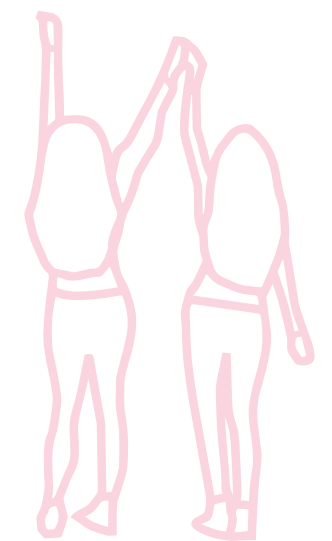
SECTION

3 Stories

PATIENT & FAMILY

24 How Christina Documented Her Breast Cancer Journey to Empower Other Women

During the COVID-19 pandemic, Christina neglected her routine check-ups despite being diligent about them in the past. However, when she experienced high blood sugar levels and didn't feel well, she decided to schedule a physical. [read more...](#)



How Christina Documented Her Breast Cancer Journey to Empower Other Women

During the COVID-19 pandemic, Christina neglected her routine check-ups despite being diligent about them in the past. However, when she experienced high blood sugar levels and didn't feel well, she decided to schedule a physical. During the appointment, her doctor discovered she hadn't had a mammogram in a long time, so Christina was sent for one.

After having routine mammograms in the past and testing negative for the BRCA genetic mutation, Christina believed she was not at risk of breast cancer, despite her mother having the disease in her late 70s. However, when Christina finally decided to have another mammogram, she was shocked to discover that she had breast cancer in three areas of one breast.

"I immediately started to freak out," she said. "Your mind starts to swirl, and the first six to eight weeks of testing is the worst because it's all unknowns. When the results came back, my primary called and told me, 'So you're going to need an oncologist and a surgeon,' I was initially overwhelmed, thinking it was probably a death sentence. But looking back, I realize she stated it matter-of-factly because it happens to many people who turn out to be fine. When it happens to you, you don't know about all those other people who have been treated for breast cancer and went on to live normal, long, healthy lives."

As Christina began her journey with breast cancer, she found comfort in connecting with other women who had gone through similar experiences. She kept her search for support within a small group of friends, seeking out those who had been through chemotherapy and radiation treatments. Christina interviewed 26 women before deciding on how to proceed and who her medical team would be. She knew how important it was to share her journey with others who may not know about the process and to support those who may be going through the same thing.

Feeling lost and overwhelmed, Christina sought the opinion of the first oncologist she was referred to. "She had no bedside manner, and it was the first time I really lost it," she said. Finally, her surgeon Dr. Fana asked Christina to consider seeing another oncologist— New York Cancer & Blood Specialists' Dr. Yelda Nouri. Dr. Nouri was exactly what Christina needed. "Dr. Nouri remembered everything and made me feel like I was part of something," she said. Christina learned that having a relationship with each of her doctors was so important.

Knowing the power of her own mindset, she decided to document her journey on video. "I found a sense of purpose in it," she said. "I wasn't just going through it for me; I was going to make something positive come out of this." Christina underwent a double mastectomy and a hysterectomy at the same time. She then had reconstruction surgery and experienced an infection about two weeks after the first reconstruction, so her next surgery date is in the summer of 2024. Christina kept video every step of the way, capturing both good and bad days.

"It was important for me to keep this video record of my journey with the intention of making a documentary in the end. I wanted other women to know that you can feel however you feel. You can do it in your own way. So the documentary is mostly positive but real and raw."

Her documentary, *You'll Be OK Too*, is now complete, and she is preparing for a premiere at the Belmore Theatre in June. In addition to the documentary, Christina started a nonprofit organization encouraging women to share their stories and get tested regularly. She believes that taking some of the fear out of breast cancer will empower more women to take control of their health.

"We need to take the scary out of breast cancer, and have these mainstream conversations to give women hope, and let them know they're going to be okay." She also hopes to encourage women to get their breast screenings sooner.

Christina's positive mindset and determination played a significant role in her ability to cope with her cancer treatment. Despite initially fearing that her life would become miserable, Christina found purpose in her work and kept herself busy even when she didn't feel well. She was grateful to have a remote job that allowed her to work from home and take a break when needed. Although she experienced exhaustion and occasional dehydration during her chemo treatments, Christina never gave up and remained strong.

"I believe that in my lifetime, while I thought this could be the worst possible thing to ever happen to me, it has been such an amazing gift because I realized how strong and powerful I am," she said.

Six months and 16 rounds of treatment later, Christina learned that she was cancer-free after her surgery in September 2021. Her experience has empowered her, and now she encourages others to find a medical team they are comfortable with and to never settle for less. Cancer treatment is a lifelong journey, requiring proper support and care. So she advises other women to get screened and to find the right medical team. "Dr. Nouri was always so positive, and the staff was amazing," she said. Even when Christina felt tired during her treatments, she found comfort in her nurse's words to 'finish strong.'

Christina's experience with cancer taught her the importance of maintaining a positive mindset

Her positive outlook and determination were evident in how she coped with her treatment, and she was grateful for the support she received from the staff and doctor. Through her journey, Christina found strength in herself, and she hoped her story would inspire others going through a similar experience.

Her journey has been difficult, but she knows she is not alone. Through her documentary and nonprofit, she hopes to inspire other women to find the strength and power within themselves to overcome whatever obstacles they may face.



SECTION

4 Bulletin

NEWS & UPDATES



31 PAUL KAZEMIER - Promoted to Senior Vice President of Patient Communications

After many years of hard work during steady growth, Paul has earned every bit of recognition he receives.

32 HOCKEY FOR HOPE - Facing Off To Fight Cancer 2023

Our 3rd Annual Event to battle cancer, didn't hold back when bringing excitement and victory in the name of cancer care.

36 KATHRYN PALIOTTA, RN - Promoted to Vice President Of Patient Communications

Kathryn's dedication to making sure communication with our patients remains open, is deserving of applause.

SENIOR VICE PRESIDENT OF
PATIENT COMMUNICATIONS

PAUL
KAZEMIER



PROMOTED:

PAUL KAZEMIER

*Senior Vice President of
Patient Communications*

New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is excited to announce the appointment of Paul Kazemier, Vice President of Patient Communications, to Senior Vice President of Patient Communications.

"Paul's appointment as Senior Vice President of Patient Communications is a testament to his exceptional leadership in overseeing a team of over 275+ employees and his continued dedication to enhancing patient communication," said Jeff Vacirca, MD, CEO of NYCBS. "His forward-thinking approach and adaptability to change will enable the organization to achieve improved outcomes for healthcare providers and patients, demonstrating our commitment to delivering exceptional value to our partners, patients, and the community."

Kazemier has been with NYCBS for over four years, during which time he has played a key role in developing and implementing patient communication strategies that have consistently delivered outstanding care and support to our patients, helping to ensure that each individual

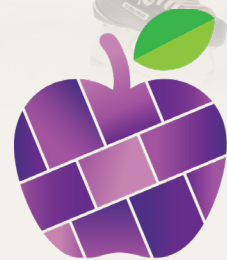
receives the highest quality of service and attention. In his new role, he will continue overseeing the development of effective patient communication programs, including the Call Center, New Patient Coordinators, Triage, Chronic Care Management, Transitional Care Management, and Scheduling.

"My goal is to not only ensure the highest level of patient satisfaction and experience but also to foster an environment where employees can grow within the company and achieve their own success.."

"I am incredibly grateful for this promotion and the opportunity to continue to lead and grow my departments. It means the world to me," Kazemier said. "My goal is to not only ensure the highest level of patient satisfaction and experience but also to foster an environment where employees can grow within the company and achieve their own success."

HOCKEY FOR HOPE

FACING OFF TO FIGHT CANCER - 2023



NEW YORK
CANCER FOUNDATION
Advocates For Hope

On Saturday, May 6, 2023, the New York Cancer Foundation hosted its 3rd Annual Hockey for Hope Event! The Foundation's team, comprised of oncologists, nurses, NYCBS employees, and community members, faced off against the Suffolk County Sheriff's Office in the ultimate rubber match! The on-ice drama entertained the packed house until the final buzzer when the New York Cancer Foundation skated away with a 5-4 win! The game had over 300 attendees cheering on both teams and raised over \$30,000 through the generosity of sponsors and attendees!



Summer Recipes

The summer months are filled with long days at the beach, breezy summer music, and relaxing moments. As the temperatures rise, ice-cold beverages and lighter meals are more appealing. Backyard gardens are flourishing, and farm stands have beautiful sweet smelling fruits. Below are two refreshing side dishes using in-season fruits. They can be perfectly paired with marinated chicken or turkey burgers fresh off the grill.

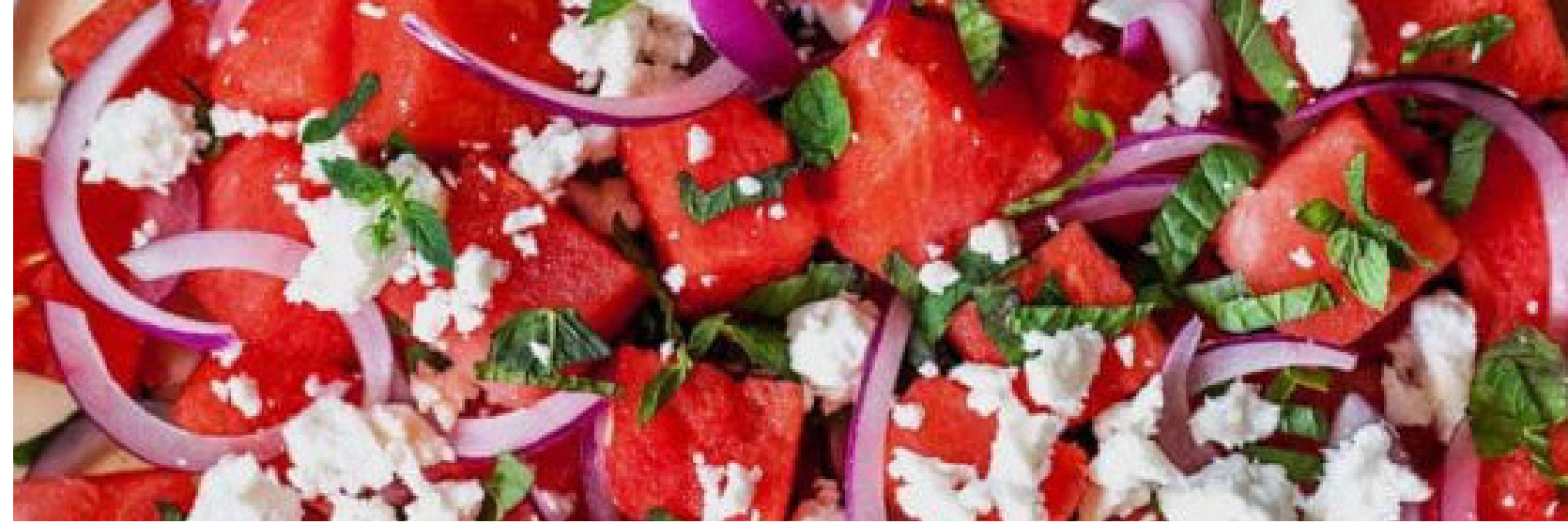
If you are looking for more of a dessert option, grilled peaches or pineapple topped with whipped cream is an easy and sweet alternative to fruit salad.

Watermelon Salad

By Michelle Slowey MA, RDN, CDCES, CDN

3 cups of cubed watermelon
½ cup fresh chopped mint
1 cup crumbled feta cheese
2 tbsp white peach-infused balsamic vinegar
salt
pepper

Add watermelon, mint, and cheese into a bowl. Sprinkle with a touch of salt and pepper. Add a complementary flavor of fruit-infused balsamic vinegar, such as peach or citrus. Mix gently, cover, and refrigerate for an hour before serving.



Grilled Peach Salad

By Michelle Slowey MA, RDN CDCES, C DN

5 cups of spinach
2 large peaches
¼ cup pecans
½ cup goat cheese crumbles
1 diced avocado
3 tbsp blood orange infused balsamic vinegar
3 tbsp olive oil
cinnamon
honey

Slice the peaches into quarters. Brush with a light coating of olive oil. Sprinkle cinnamon on the peaches and grill for about 10 minutes; turning once. The fruit will start to caramelize at this point. Prepare spinach, pecans, goat cheese, and avocado in a salad bowl. Add olive oil and balsamic vinegar and mix them together. Place peaches on top of the salad. Drizzle honey across the salad and serve.



Sweet Grilled Peach Dessert

By Lauren McGarty, BS, RD, CDCES, CDN

1. Wash and cut peaches in half. Remove the pit.
2. Brush oil (coconut oil works well) on the inside of the peaches.
3. Preheat the grill to about 450 degrees Fahrenheit.
4. Place cut sides down on a hot grill or non-stick pan to cook peaches until they have softened. marks appear (about 4 mins)
5. Transfer peaches to a platter with the cut side up.
6. Sprinkle peaches with cinnamon sugar.
7. Top with ice cream if desired.



PROMOTED:

KATHRYN PALIOTTA, RN

Vice President Of Patient Communications

New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is excited to announce the appointment of Kathryn Paliotta, RN, from Director of Patient Communications to Vice President of Patient Communications.

"Kathryn's dedication and leadership have been invaluable to our organization, and we are thrilled to recognize her contributions with this well-deserved promotion, said Jeff Vacirca, MD, CEO of NYCBS. "Her extensive clinical background, coupled with her ability to effectively manage our patient communication departments, has allowed us to provide even better care and support to our patients. We look forward to seeing her continued success in her new role as Vice President of Patient Communications."

Paliotta earned her Bachelor of Science in Nuclear Medicine Technology from Manhattan College in 2014, and later received her Bachelor of Science in Nursing from Duke University in 2018. She began her career as a

Nuclear Medicine Technologist at Perlmutter Cancer Center at NYU Langone Medical Center before transitioning to Pediatric Cardiac ICU RN at Duke University Hospital. Kathryn also worked as a Pediatric RN at Stony Brook University Hospital and later as a Triage RN before becoming the Director of Patient Communications at NYCBS.

"Working for an organization as diverse as ours has afforded me the privilege to care for patients across various specialties. I have also had the pleasure to learn from an inspiring group of mentors and look forward to growing my career at NYCBS."

"I am immensely grateful to have found my niche," Paliotta said. "Working for an organization as diverse as ours has afforded me the privilege to care for patients across various specialties. I have also had the pleasure to learn from an inspiring group of mentors and look forward to growing my career at NYCBS."

KATHRYN
PALIOTTA, RN

VICE PRESIDENT OF
PATIENT COMMUNICATIONS



Career Opportunities

RADIOLOGIST

Contact: Robert Nicoletti
rnicoletti@nycancer.com

STAFF HEMATOLOGIST/MEDICAL ONCOLOGIST NEEDED BROOKLYN, NY AT OUR BROOKLYN HOSPITAL LOCATION

Contact: Eric Jackson
eric.jackson@oneoncology.com

POST DOC PSYCHOLOGIST ELMHURST, QUEENS, BAY SHORE MEDICAL ONCOLOGY, SMITHTOWN MEDICAL ONCOLOGY SMITHTOWN, BAYSHORE, QUEENS

Contact: Robert Nicoletti
jschomber@nycancer.com

NURSE PRACTITIONER (NP) / PHYSICIAN ASSISTANT (PA) BAYSIDE MEDICAL ONCOLOGY, STATEN ISLAND MEDICAL ONCOLOGY, NEWBURGH MEDICAL ONCOLOGY

Contact: Robert Nicoletti
apprecruitment@nycancer.com

MEDICAL FRONT DESK RECEPTIONIST

Contact: Robert Nicoletti
careers@nycancer.com

HEMATOLOGIST/ONCOLOGISTS

Contact: Robert Nicoletti
eric.jackson@oneoncology.com

HISTOLOGY TECHNICIAN

PORT JEFFERSON STATION MEDICAL ONCOLOGY

Contact: Robert Nicoletti
careers@nycancer.com

LICENSED PRACTICAL NURSES (LPN'S)

Contact: Robert Nicoletti
careers@nycancer.com

HEAD NURSE

Contact: Gregory Colas
gcolas@nycancer.com

LAB TECHNOLOGIST

PORT JEFFERSON STATION MEDICAL ONCOLOGY

Contact: Robert Nicoletti
gcolas@nycancer.com

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

Visit: nycancer.com/careers Or Scan the QR Code



THE NEW YORK CANCER FOUNDATION EVENTS!!!

**1 Long Island
Pride Festival**
June 11th from 12 - 5 pm
Huntington, NY

**2 Beacon of Hope:
Honoring
Dr. Louis Avvento**
June 17th at 9am
Montauk Lighthouse
2000 Montauk Hwy, Montauk

**3 37th Annual Mather
Hospital Golf Classic**
June 20th - Shotgun at
7am and 12:30pm
21 Golf Club Road St. James, NY 11780

**4 Grand Opening
NYCBS Smithtown**
June 20th from 6-8pm
119 Terry Road, Smithtown

**5 Patient
Community Meeting**
June 21st Starting at 6pm
49 Route 347, Port Jefferson Station

6 Katie's Run
June 25th from 9am-4pm
New Hyde Park Funeral Home
506 Lakeville Rd, New Hyde Park, NY

**7 Patient
Celebration Day**
Sept 9th from 12 - 4 pm
Baldhill Ampitheatre, NY

8 5K RUN & WALK
July 8th, 2023
All proceeds go to the New York Cancer
Foundation! Come be a light in our
community! Prepare to come decked
out with lights and neon colors to shine
your brightest in this awesome dusk
run/walk, followed by a black light party
with glow sticks and a DJ!
Register By Scanning QR Code:



New Hires

Alyssia Bellospirito (New Patient Coordinator)
Christopher Lembo (Float Receptionist)
Christopher Todd (X-Ray Technologist)
Dena Mathew (Physician Assistant)
Fiza Sharif (Medical Assistant)
Isabella Reed (Registered Nurse)
Joseph School (X-Ray Technologist)
Julie Stamatatos (Registered Nurse)
Kaitlyn Murtagh (Registered Nurse)
Kimberly Lorio (Registered Nurse)
Luana Burgos (Care Coordination LPN)
Megan Donlevy (Nurse Practitioner)
Nicole Aguanno (Physician Assistant- Part time)
Nissany Ogaldez (Care Coordination LPN)
Rachel Tanenblatt (Radiation Therapist-Per Diem)
Rita Wu (Histotechnician)
Sherese Simon (Lab Medical Assistant)
Virginia David (Licensed Practical Nurse)
Zirong Zhang (Medical Lab Technologist)

IT News

Summer is almost here; the longer days and nice weather mean plenty of time to go out and enjoy life. Whether traveling long distances or on a day trip to your favorite town, you'll most likely find yourself using public Wi-Fi. When connected to these public networks, avoid accessing PHI or sensitive information as they can be very insecure. If it is absolutely necessary to use public Wi-Fi to access sensitive information, make sure to use a VPN to encrypt the connection and protect the data.



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.