

NEW YORK CANCER & BLOOD SPECIALISTS

SUMMER 2024

SPECIALIST

NEWSLETTER

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CLINICAL EDUCATION CONFERENCE 2024

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A Message from the

CEO

My Friends,

Welcome to the Summer 2024 edition of The Specialist! As we approach the fall, we're eager to share the latest news and advancements that have kept us busy all summer long.

Our recent 9th Annual Clinical Education Conference was a fantastic success, providing our nurses, providers, and staff with a remarkable networking and education opportunity to stay at the forefront of all things cancer care. The conference helped raise an impressive \$625,000 for the New York Cancer Foundation, further supporting our mission to provide financial assistance to patients in need.

We recently opened three locations in Hudson Valley and a new state-of-the-art cancer center in Port Jefferson Station. Moving from Building 4 to the more efficient and better-equipped Building 1 enables us to significantly improve patient care. With advanced facilities and expanded services, our new center is designed to provide our patients a more comfortable and comprehensive experience. We can't wait for you to see the new space, which includes on-site wellness services in partnership with Mondays Cancer Care, formerly Mondays at Racine.

Additionally, we are proud to share that we have achieved ASCO Certification, becoming the first practice to receive this recognition following the program's successful pilot. This prestigious certification signifies our adherence to ASCO's rigorous standards for high-quality, patient-centered care and supports our commitment to value-based care.

Looking ahead, we invite you to our beloved Patient Celebration Day, set for September 28th from 12 to 4 PM at the Bald Hill Amphitheatre. This annual event is a special opportunity to celebrate our patients and their families, offering a day filled with joy, connection, support, and fun! We hope you and your loved ones will join us for what promises to be our best celebration yet. Save the date for a memorable day together!

Warm regards,
DR. V



HEALTH

Section 1

Health

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

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Understanding the Difference Between a CT Scan and a PET CT Scan

Medical imaging plays a crucial role in diagnosing and treating various health conditions. Two commonly used imaging techniques are CT scans and PET CT scans. While they may sound similar, they serve different purposes and offer unique insights into the body's health. Here, we'll explore the key differences between these two imaging modalities, their similarities, and what to expect during each procedure.

What is a CT Scan?

A CT (Computed Tomography) scan creates detailed, static images of the body's internal structures, such as organs, bones, and soft tissues, using X-rays. These cross-sectional images are invaluable in emergency situations due to their speed and precision, allowing doctors to quickly assess injuries, diagnose numerous conditions and plan treatments. CT scans play a crucial role in the detection of cancer and monitoring response to treatment.

What is a PET CT Scan?

A PET (Positron Emission Tomography) scan, often combined with a CT scan, reveals how tissues and organs function on a cellular level. It uses a radioactive material that emits energy detected by a special camera, producing images that reflect metabolic activity. PET CT scans are particularly effective in detecting diseases like cancer at all stages, offering insight that structural images alone cannot provide. PET CT provides key information on the response to chemotherapy, immunotherapy and radiotherapy.

Key Differences Between CT and PET CT Scans

CT scans create detailed images using X-rays and are quick, making them ideal for emergencies. CT provides structural information, while PET CT provides structural and functional information. PET CT imaging timing ranges from 20 minutes to several hours. No radiation remains in the body after a CT scan, while a small amount will stay temporarily after a PET CT scan. PET CT scans are highly reliable for early cancer detection.

Similarities Between CT and PET CT Scans

Both scans are noninvasive and usually performed at outpatient facilities. They help diagnose cancer and other serious conditions while assisting doctors in effective treatment planning.

If your doctor has recommended either a CT scan or a PET CT scan, rest assured you are in capable hands. Our dedicated technologists are committed to making your imaging experience comfortable and stress-free. Contact us today to learn more about our services or schedule an appointment.

An Extra Layer of Care

By MaryAnn Fragola, DNP, Chief of Wellness Services

01

The Palliative care department at NYCBS is growing! As of July 2024, we have added a new provider, and another will join in September. Welcome Dr. Ramos-Ortiz to the NYCBS family!

There's a growing awareness of the benefits of concurrent Palliative and Supportive care alongside Oncology care. This proactive approach to symptom management has been a 'hot topic' in medicine, with ongoing discussions on the evidence of its benefits for patients with advanced illnesses. When integrated with oncology care, early palliative care has been found to significantly improve patients' overall quality of life and reduce their symptom burden. This not only leads to better compliance with treatment regimes but also eases the burden on caregivers.

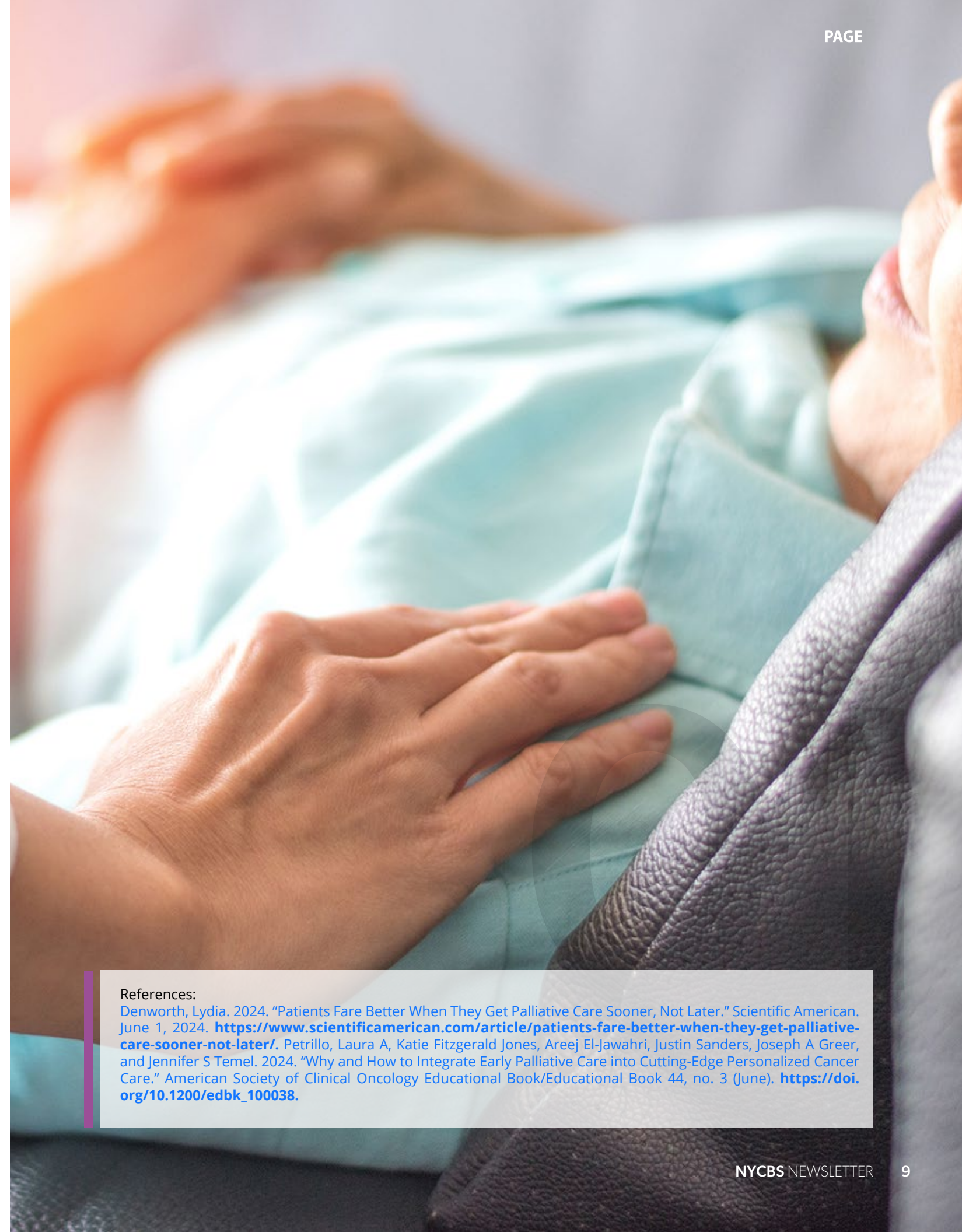
We now know that early palliative care, integrated with cancer-directed treatment from the time of diagnosis, has benefits that are not limited to the end stages of life. Palliative care is now more broadly defined as specialized, team-based care focused on alleviating the symptoms and stress of serious illness for patients and families, which is appropriate at any age and any stage of illness (Petrillo et al. 2024).

Early introduction to supportive services eases fear, clarifies the role, and establishes care for the future. **We should encourage baseline visits for all patients receiving treatment.** In doing so, we open the door to further care. We encourage being proactive in managing symptoms and offer an extra layer of support in their overall care, even early on when symptoms may be minimal. A recent article published in Scientific American reported that generally, the earlier that supportive care is offered, the more satisfied patients reported feeling.

Let our Palliative and Supportive team be the 'extra layer of care' for our patients. We're here to see all patients receiving therapy, introduce our services, and establish care from the beginning to develop the relationship they may need in the future. We offer so much more than just cancer pain management—we can be the extra support for a wide range of symptoms.

References:

Denworth, Lydia. 2024. "Patients Fare Better When They Get Palliative Care Sooner, Not Later." *Scientific American*. June 1, 2024. <https://www.scientificamerican.com/article/patients-fare-better-when-they-get-palliative-care-sooner-not-later/>. Petrillo, Laura A, Katie Fitzgerald Jones, Areej El-Jawahri, Justin Sanders, Joseph A Greer, and Jennifer S Temel. 2024. "Why and How to Integrate Early Palliative Care into Cutting-Edge Personalized Cancer Care." *American Society of Clinical Oncology Educational Book/Educational Book 44, no. 3 (June)*. https://doi.org/10.1200/edbk_100038.



The Benefits of Journaling During Cancer Treatment

Coping with a cancer diagnosis is a journey that entails navigating a wide range of emotions and challenges. At New York Cancer and Blood Specialist (NYCBS), we recognize the importance of holistic care, which includes supporting patients not only physically but also emotionally and mentally. Journaling is one powerful tool that can aid in this process.

Journaling provides patients with a safe and private space to express their feelings. During cancer treatment, emotions can run high, and having an outlet to articulate and release fears, frustrations, and hopes can be incredibly cathartic. Beyond emotional release, journaling also helps patients keep track of important details. From appointments to treatment updates and personal reflections, jotting down information can aid in managing the overwhelming amount of information that comes with medical care.

Through journaling, patients can also reflect on their emotional journey. It allows them to explore what triggers certain emotions and how they can effectively cope with them. Seeing emotions on paper can provide clarity and perspective, allowing patients to confront and process their feelings, which can contribute to a sense of control amidst uncertainty and chaos.

While keeping up with medical procedures and appointments, journaling empowers patients to take control of their emotional well-being. It serves as a proactive measure to manage stress and maintain mental clarity.

At NYCBS, we encourage patients to explore journaling as a complementary tool in their cancer treatment journey. By integrating journaling into their routine, patients can harness its therapeutic benefits to navigate the challenges of cancer treatment with greater strength and positivity. We believe in a comprehensive approach to cancer care that encompasses both medical treatment and emotional support. Together, we can empower patients to embrace their journey with courage and resilience.

Tips for Getting Started Journaling:

- Start with a fun notebook that reflects your personality or interests.
- Pair your notebook with colorful pens to brighten your writing space.
- Begin by dedicating just five minutes a day to jotting down your thoughts or experiences.
- Start with simple prompts, such as describing a moment of gratitude or an achievement from your day.
- Be patient with yourself, and don't be discouraged if you miss or forget a day.
- Find a routine, and try to journal at the same time every day.
- Review your entries weekly to keep track of patterns and progress.

Dr. Jahan Aghalar Named One of Newsweek's America's Best Prostate Cancer Oncologists 2024



Dr. Jahan Aghalar

Medical Oncology & Hematology

New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is proud to announce that Dr. Jahan Aghalar has been recognized as one of Newsweek's America's Best Prostate Cancer Oncologists for 2024. This prestigious honor is part of Newsweek's first annual ranking of America's Best Prostate Cancer Oncologists & Surgeons, conducted in partnership with Statista.

"We are incredibly proud to have some of the best physicians and disease-

specific specialists in the Nation, dedicated to providing world-class cancer care," said Dr. Jeff Vacirca, Chief Executive Officer of NYCBS. "Dr. Aghalar's recognition is a reflection of our commitment to excellence and our relentless pursuit of advancing cancer treatment."

The ranking, which recognizes the top 150 individuals in each of the two categories, is compiled from four primary sources: physician performance information based on Medicare data, an online survey of thousands of medical experts conducted in March and April, a quality-of-care rating from each specialist's peers, and consideration of their certifications from the American Board of Urology, Radiology, and Internal Medicine.

"I am deeply honored to be named among America's Best Prostate Cancer Oncologists by Newsweek," said Dr. Aghalar. This

recognition is a testament to the collaborative efforts of my colleagues and the unwavering support from New York Cancer & Blood Specialists. Together, we strive to provide our patients the highest standard of care."

Dr. Aghalar specializes in malignancies originating from the genitourinary tract, specifically prostate, bladder, kidney, and testicular cancers. He earned his medical degree from Albert Einstein College of Medicine and completed his residency in internal medicine, serving as Chief Resident at Long Island Jewish Medical Center. During this time, he received the Outstanding Teacher Award. He later completed his fellowship in Hematology-Oncology at Hofstra-Northwell School of Medicine. Dr. Aghalar speaks English and Farsi.

For more information or to schedule an appointment with Dr. Jahan Aghalar, please call 516-336-5255.



Family Health and Fertility



Dr. Vishnudat Seodat
Family Medicine

Growing a happy and healthy family is a dream for many, but some face challenges in making this dream a reality. Family Medicine Physician Dr. Vishnudat Seodat emphasizes the importance of comprehensive family care in maintaining overall health and well-being, linking family health directly to fertility and successful family planning.

At New York Health, our primary care physicians provide compassionate, patient-centered care from childhood to adulthood, dedicated to caring for families across generations. Dr. Seodat encourages families to adopt healthy

habits such as proper nutrition, adequate sleep, regular exercise, and stress management. "A family that stays healthy avoids stressors to the rest of the family," he says, highlighting how one family member's health impacts the entire household. This proactive focus on wellness goes beyond treating illnesses, creating a supportive and nurturing environment crucial for both current and future family members.

Dr. Seodat also stresses the importance of regular exams and screenings for both physical and mental health concerns. "It's essential to address the mental state before the physical state, as both are interconnected," he explains. Regular check-ups enable early detection of health issues, promoting a balanced environment that benefits overall well-being.

This comprehensive care is particularly important when considering family planning. Ensuring that physical and reproductive health are optimized before conception is crucial. "Make sure you

get your check-ups and that sperm production and ovarian function are good," Dr. Seodat advises.

Fertility is closely tied to both physical and emotional health. Dr. Seodat advises discussing family wellness before pregnancy, as parental emotions can significantly impact the child. "Positivity brings positivity, negativity brings negativity," he says, underscoring the importance of a loving and peaceful environment for a healthier pregnancy and positive upbringing.

For patients in need of fertility services, New York Health works with Kofinas Fertility Group to provide comprehensive care and support. This partnership ensures that patients receive the best possible care throughout their fertility journey.

To make an appointment with Dr. Seodat, call (631) 758-7003. To learn more, visit nyhealth.com.

What to Wear for a Breast Ultrasound and How Does It Work?

When it comes to medical imaging, understanding what to expect can ease a lot of the anxiety associated with the process. A breast ultrasound is a common and painless procedure used to examine breast tissue. Knowing what to wear and how the procedure works can make your experience smoother and more comfortable.

What is a Breast Ultrasound?

A breast ultrasound is an important tool that helps your doctor assess your breast health. It uses high-frequency sound waves to create pictures of the inside of your breasts. This imaging is helpful in finding and assessing various breast health issues, including cysts, tumors, and other abnormalities. This type of imaging is often recommended when potential issues are detected during your mammogram or when changes are felt on a physical breast exam. Getting a breast ultrasound when your doctor recommends it is crucial for maintaining your health.

How Does a Breast Ultrasound Work?

During a breast ultrasound, a device called a transducer emits sound waves that penetrate the breast tissue. These sound waves bounce back to the transducer, which converts them into real-time images displayed on a monitor. The procedure typically lasts between 5 to 45 minutes and is painless, though you might feel some pressure from the transducer.

What to Wear for a Breast Ultrasound

Choosing the right clothing can make the process more comfortable and efficient. Here are some tips on what to wear for your breast ultrasound appointment:

- Wear a two-piece outfit so you can easily remove your top. This allows you to undress from the waist up without having to take off your entire outfit.
- Opt for loose-fitting, comfortable clothing. Avoid tight tops or dresses that can be difficult to remove.

When you arrive for your breast ultrasound, you will be asked to undress from the waist up and put on a medical gown. You will then lie on your back on an examination table, possibly with your arm raised above your head to fully expose the breast area. When looking at the outer areas of the breast, the technologist may ask you to slightly adjust onto your hip during evaluation. The technician will apply a warm, water-based gel to your breast to help the transducer make secure contact with your skin and improve the transmission of sound waves. The transducer will be moved over your breast, capturing images from various angles.

The Importance of Breast Cancer Screening

Breast cancer is a serious health concern that impacts millions of women. Breast cancer screening is necessary to detect the issue as early as possible. Early intervention is key when it comes to a breast cancer diagnosis. A mammogram is the most effective tool for detecting breast cancer. In many cases, you don't need additional testing beyond regular mammograms. However, women who have dense breasts or suspicious masses during their mammogram may need a breast ultrasound. A breast ultrasound can provide your doctor with more data to help you make informed decisions about your health.

If you have any concerns or questions about your upcoming breast ultrasound, don't hesitate to reach out to your healthcare provider for more information. Contact us if you are due for a mammogram!





Section 2

Wellness

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

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02

Nutrition During Cancer Treatment in the Summer: Stay Nourished and Refreshed

Nutrition is an important part of cancer prevention, treatment, and recovery. Cancer symptoms and treatment side effects can significantly impact appetite, digestion, and weight. Eating healthy foods before, during, and after treatment can help you feel better and stronger, especially during the summer months.

Nutrition Before Treatment

Preparing for cancer treatment can be stressful. Here are some tips to help you get ready and feel more in control:

- **Educate Yourself:** Learn about your diagnosis, treatment options, and potential side effects. Understanding what to expect can help alleviate anxiety.
- **Maintain a Healthy Diet:** Eat a balanced diet and try to maintain your weight before starting treatment. This helps you stay strong, lower the risk of infection, cope with side effects, and complete treatment as scheduled.
- **Stock Up:** Fill your pantry and freezer with pre-portioned meals. Choose easy-to-eat options for days when your mood or appetite is low.
- **Delegate Tasks:** Organize friends or family members to help with shopping and cooking. Create a grocery list to make it easier for others to assist you.
- **Discuss Concerns:** Talk to your healthcare team about any eating-related concerns or potential side effects like constipation, weight loss, or nausea, which can be exacerbated in summer temperatures.

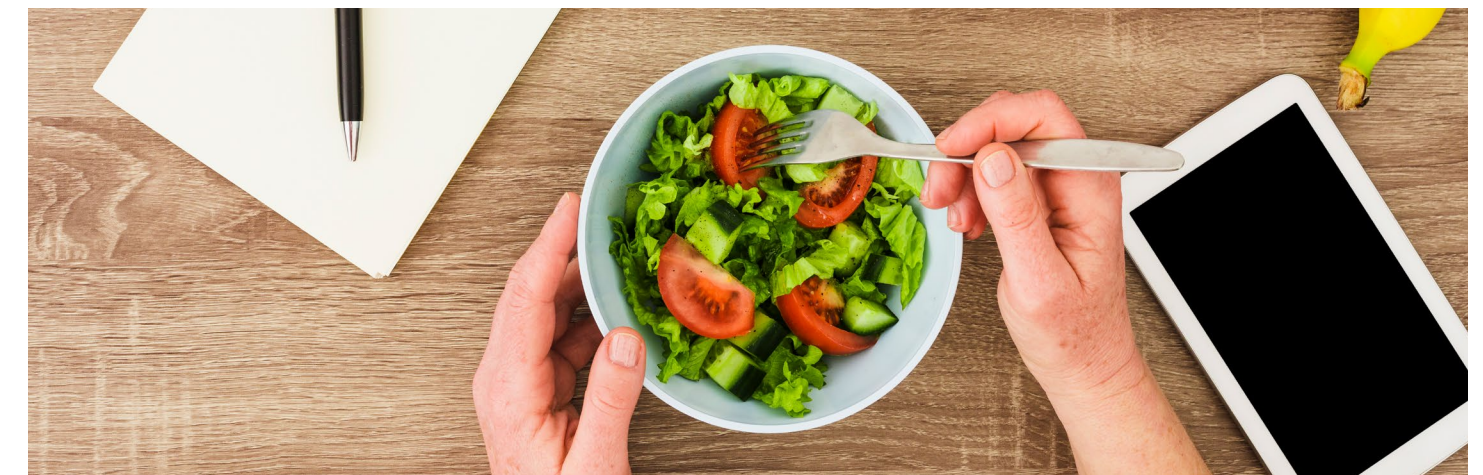


Photo by iStock

Nutrition During Cancer Treatment in the Summer: Stay Nourished and Refreshed

(continued)

Nutrition During Treatment

During cancer treatment, maintaining adequate nutrition is crucial for supporting your body's healing process:

- **Protein and Calories:** Consume foods high in protein and calories to rebuild tissues and combat fatigue. Did you know cancer increases protein needs by 25-50%?
- **Eat According to Appetite:** Some find it easier to eat before treatment, while others have a better appetite afterward. Small, frequent meals or snacks can help maintain nutrition, especially in the summer when lighter, cooler foods are often more appealing.
- **Stay Hydrated:** Drink plenty of fluids, especially on hot days. Dehydration can exacerbate treatment side effects, so keep a water bottle handy and sip throughout the day.
- **Enjoy Seasonal Foods:** Take advantage of summer fruits and vegetables like berries, melons, tomatoes, and cucumbers. These foods are not only hydrating but also rich in vitamins and antioxidants.

Nutrition After Treatment

After completing cancer treatment, focus on rebuilding your strength and overall health:

- **Variety is Key:** Incorporate a variety of foods to ensure you're getting all necessary nutrients.
- **Fruits and Vegetables:** For vitamins, minerals, and fiber, include plenty of fruits, vegetables, and whole grains in your diet.
- **Healthy Choices:** Choose lean proteins, whole grains, and healthy fats like those found in avocado and olive oil. Avoid heavy, rich foods that can be harder to digest in hot weather.
- **Meal Preparation:** Plan and prepare simple, nutritious meals in advance. Freeze extras to have healthy options readily available.

Recipe Idea: Summer Berry Smoothie Bowl

This refreshing smoothie bowl is packed with nutrients and easy to digest, making it ideal during cancer treatment in the summer:

Ingredients:

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 banana, frozen
- 1/2 cup Greek yogurt
- 1/2 cup almond milk
- 1 tablespoon chia seeds
- 1 tablespoon honey or maple syrup (optional)

Toppings:

- Fresh berries
- Sliced banana
- Granola
- Shredded coconut
- Chia seeds
- Nuts (e.g., almonds, walnuts)

Instructions:

Blend the Base: Combine mixed berries, frozen banana, Greek yogurt, almond milk, chia seeds, and honey in a blender until smooth.

Serve: Pour the smoothie mixture into a bowl.

Add Toppings: Garnish with fresh berries, sliced banana, granola, shredded coconut, chia seeds, and nuts.

Enjoy: This nutritious and delicious smoothie bowl is gentle on the stomach and packed with essential nutrients.



Photo by FreePik



Stories

Section 3

Stories

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

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Empathy and Excellence: An Impactful Journey in Oncology Care

Peter Velez, a Clinical Fellow with New York Cancer & Blood Specialist (NYCBS) and a recipient of the Suffolk County Community College (SCCC) Foundation Student Scholarship, was honored at a golf fundraiser hosted by the Westhampton Country Club for his remarkable journey and contributions to oncology care.

Peter's path to the NYCBS Clinical Fellowship program was shaped by his experience as a combat medic for the United States Army, where the ethos of "service above self" resonated deeply with him. This calling led him to pursue a career where he could translate his passion for service into a meaningful impact in healthcare.

At the SCCC Foundation Golf Outing, Peter shared how the fellowship at NYCBS exceeded his expectations, transforming his perspective on patient care. He mentions, "The professionalism, care, and knowledgeability of the dedicated staff at NYCBS is what stood out to me by far." Beyond the clinical setting, he discovered that genuine patient care entails more than medical expertise; it encompasses empathy, understanding, and a willingness to connect on a personal level.

Peter's experience at NYCBS emphasized the importance of the patient-caregiver relationship. He



learned firsthand that every patient is unique, with individual hopes, fears, values, and dreams. Peter emphasizes the importance of holistic care in his practice: "In caring for my patients, I make it a priority to connect with them personally. I strive to understand their treatment goals and what truly matters to them. By seeing them as more than just a collection of symptoms or lab results, my aim is to treat the whole person." This realization deepened his commitment to providing care that addresses both the medical and emotional needs of patients.

Reflecting on the balance between the emotional and medical needs of patients, Peter remarked, "The healthcare system is often good at treating physical infirmities, but emotional challenges can go overlooked. When caring for my patients, I take time to know them personally, understand their treatment goals, and what matters most to them. I aim to treat the whole person, not just symptoms or lab values. I educate patients on their condition, involve them in care decisions, listen, comfort, and support them emotionally. This means being present and caring for both the body and the mind."

Peter expressed profound gratitude to the professionals at NYCBS who guided him and to the visionary support of the SCCC Foundation. He reflected, "It gave me a blueprint to follow in my own nursing practice, to give my patients the highest level of care possible." He acknowledged that the resilience and courage of the patients he cared for inspired him and strengthened his drive to make a difference in oncology care.

[CLICK HERE TO VIEW VIDEO](#)

Peter emphasized that programs like the NYCBS Clinical Fellowship Program offer invaluable opportunities for students to learn, grow, and contribute meaningfully to healthcare. He thanks NYCBS for their commitment to nurturing future healthcare leaders and to the SCCC Foundation for making such transformative experiences possible.



Section 4

Bulletin

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

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New York Cancer Foundation 9th Annual Clinical Education Conference:

New York Cancer & Blood Specialists recently celebrated our clinical team at the 9th Annual Clinical Education conference at the InterContinental New York Barclay from July 12th to 14th. Furthering the education of our providers and nurses is vital to delivering the highest level of quality care to our patients. This year's conference included our Radiation Oncologists, Hematologist-Oncologists, Physician Assistants, Nurse Practitioners, our wellness team, and all nursing staff. It was a fantastic weekend for all involved, including the exhibitors, speakers, and attendees! The proceeds from this event raised \$625,000 for our New York Cancer Foundation.







Research

04

To Learn More
About Our
Clinical Trials
[CLICK HERE](#)

At New York Cancer & Blood Specialists (NYCBS), the Research Department is deeply involved in exploring a range of treatment options through various research studies. Staying engaged with these opportunities can offer numerous benefits.

Participating in clinical trials, not only contributes to advancing medical knowledge, but can also provide access to cutting-edge treatments and personalized care that might not be available through standard treatment pathways. The experience can be rewarding both for the potential health benefits and for contributing to broader scientific understanding and future patient care improvements.

At NYCBS, we also offer opportunities for patients to participate in observational and registry studies. While these studies don't provide direct treatment benefits, they play a crucial role in advancing medical research. By participating, you contribute valuable data or biospecimens that can help shape future treatments and improve patient care on a broader scale.

Participation in these studies is generally minimal, often involving just a one-time blood test, simple procedure, or survey. Your involvement helps create a comprehensive picture of health trends and treatment outcomes, which can drive innovation and enhance care for future patients. It's a meaningful way to support medical research with relatively little impact on your daily life. If you're considering participation, it might be helpful to discuss the specific details and potential benefits with your healthcare provider. Listed below are a few of the newest studies that NYCBS is actively enrolling patients in.

Clinical Treatment Options (also known as Interventional):

Solid Tumors: A Phase 1 study of SGN-B6A (ADC-MMAE) monotherapy, in combination with Keytruda, or in combination with Keytruda & cisplatin or carboplatin. This is called a basket study which means the line of therapy depends on the type of cancer that is being treated.

Prostate: A phase 3 study,) first-line treatment of AZD5305 (PARP1-selective inhibitor) vs. physician's choice of a new hormonal agent in patients with HRRm and non-HRRm metastatic castration-sensitive prostate cancer.

Breast: A Phase 3 study of AZD5305 (PARP1-selective inhibitor) plus camizestrant compared with physician's choice for First Line treatment of patients w/ BRCA1, BRCA2 or PALB2 mutations and HR+, HER2- advanced breast cancer.

Relapse Refractory Diffuse Large B Cell Lymphoma & Follicular Lymphoma: A phase 2 study



Research

(Continued)

of Epcoritamab, an IgG1-bispecific antibody, administered subcutaneously in an outpatient setting. First-line treatment for patients with diffuse large B-cell lymphoma and third-line treatment for patients with follicular lymphoma.

Relapse Refractory Multiple Myeloma: A phase 3 study of ABBV-383, a bispecific antibody that targets BCMA, compared with standard available therapies first-line treatment for patients with relapse or refractory multiple myeloma.

Non-Small Cell Lung Cancer: A phase 3 study of divarasib vs. sotorasib or adagrasib in previously treated KRAS G12C+ advanced or metastatic non-small cell lung cancer patients.

Observational (no study drug):

Non-Small Cell Lung Cancer: Suspected or confirmed Stage IV NSCLC with a planned core biopsy at the NYCBS New Hyde Park site. The trial collects tissue to train and validate a live tumor diagnostic platform that will be crucial in providing more advanced results in the future.

Multiple Myeloma: Data collection for capturing risk factors for severe and fatal infusion-related reactions in participants treated with daratumumab.

Stage III/IV Non-Small Cell Lung Cancer: Data collection using a smart device to capture symptoms and daily routines.

Registry (no study drug):

Ongoing recruitment for one-time blood test collection for any indication, such as but not limited to: non-small cell lung cancer, prostate cancer, breast cancer, gastrointestinal and colorectal cancers, genitourinary cancers, gynecological cancers, multiple myeloma and lymphomas.

Contact the Research Department using any of the methods listed below to learn more about any of the studies listed above or to hear more about what other opportunities the department is offering.

- Call **631-675-5075** Monday through Friday from **8:00 a.m. to 5:00 p.m.**
You can also leave a message if you call after hours.
- Email to **research@nycancer.com**
- By clicking the link **<https://nycancer.com/trials>**
- Or by scanning the QR Code listed below (ADD THE QR CODE TO THE RESEARCH TAB ON WEBSITE)



Hudson Valley Cancer Center
HOPE BEGINS HERE



Dr. Jeffrey M. Ambinder



Dr. Dmitriy Berenzon



Dr. Bareia Chaudhry



Dr. Ram Kancherla



Dr. Michael J. Maresca

New York Cancer & Blood Specialists (NYCBS), announced that Hudson Valley Cancer Center, a respected oncology and hematology practice with five physicians who care for patients at three locations in Hudson Valley joined its network. The cancer care centers are located in Poughkeepsie, Fishkill, and Yorktown.

“We are excited to have Hudson Valley Cancer Center join our network as we continue to expand our reach and enhance our ability to serve patients across New York. Our common goal of enhancing patients' quality of life strengthens our mission as a community oncology practice, bringing world-class cancer care close to home in the Hudson Valley,” said Jeff Vacirca, MD, CEO of NYCBS.

The team of board-certified physicians includes **Drs. Ram R. Kancherla, Michael J. Maresca, Dmitriy Berenzon, Jeffrey M. Ambinder, and Bareia Chaudhry.**

“We are extremely proud to join NYCBS to better serve our patients and community. This collaboration enables us to address the changing needs of cancer patients, providing comprehensive, cutting-edge care conveniently close to home,” said Dr. Ram Kancherla.

To make an appointment, please call 845-454-1942. For more information, visit nycancer.com.

UPCOMING EVENTS

Look Forward to Seeing You There!

11th Annual Patient Celebration Day!

September 28th

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

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

CLICK HERE to volunteer at our 11th Annual Patient Celebration Day



Run the Vineyards

October 6th

New York Cancer Foundation is thrilled to be the Charity Partner for Good Day for a Run's, Run the Vineyards 5k/8k!

Please join us on Sunday, October 6th, 2024, at 9 am for a fun and scenic autumn race through Pindar Vineyards along their 300 acres of wine! There will also be a post-race party at the pavilion, including live music, delicious wine, and beautiful vineyard views!

This race is chip-timed, and awards are given to the top Overall and age group winners. It is great for all ages and abilities. We will also be joined by Pawsitive Possibilities Rescue Inc., which has puppies available for adoption!

To listen to the Podcast please
[CLICK HERE](#)

4th Annual Raising Hope Gala

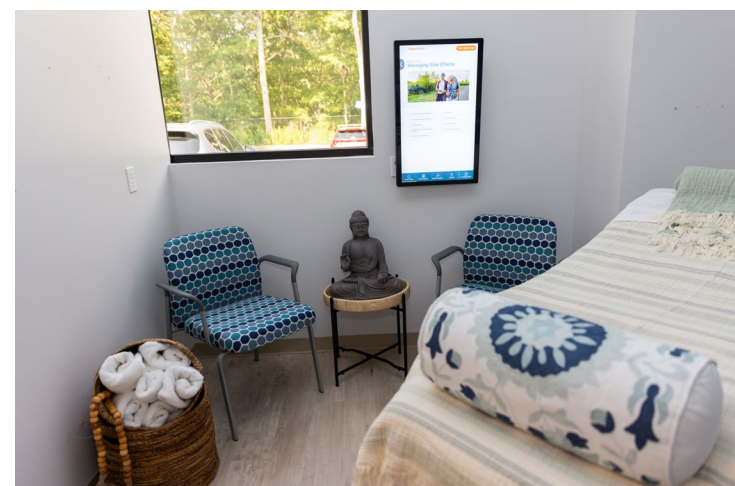
October 18th

The New York Cancer Foundation is thrilled to announce the return of one of our most special events—the 4th Annual Raising Hope Gala: Courage and Grace! The gala will take place on October 18th, 2024, at the prestigious Ziegfeld Ballroom located at 141 W 54th St, New York, NY 10019.

Anticipating an attendance of over 400 people, this year's gala will bring together a remarkable group of individuals, including our Senior Administrative staff, Physicians, supportive vendors, our esteemed Honoree and their guests, selected grant recipients, as well as our incredible group of supporters and contributors.

NYCBS Partners with Mondays Cancer Care Introducing On-Site Wellness Services for Cancer Patients

New York Cancer & Blood Specialists (NYCBS) launched on-site wellness services in partnership with Mondays Cancer Care, a 501(c)(3) that provides FREE beauty and wellness services to anyone in treatment for cancer. These services will be available at 1500 Route 112 Building 1, Port Jefferson Station, NY 11776, which opened on July 15.



NYCBS and Mondays Cancer Care have collaborated since 2014, beginning with beauty services offered at local salons on Mondays. This effort provided patients with a supportive environment where they could feel comfortable and cared for during their treatment journeys. Over time, the partnership expanded to include a groundbreaking category of care whereby Mondays Cancer Care provides wellness support inside NYCBS' infusion centers featuring meditation, breathwork, chair-side massages, and emotional support. In addition, NYCBS hosts Mondays Beauty and Wellness Pop-Up Days held on select Saturdays.



In 2003, sisters Rachel and Cynthia launched Mondays Cancer Care out of Racine Salon in Islip, offering complimentary services to patients



undergoing treatment. This program has grown into a cherished sanctuary for emotional well-being and a vital community resource.

The **Wellness Suite at NYCBS is open every Monday through Wednesday from 10:00 AM to 2:00 PM.** It offers chair yoga, massage therapy, meditation sessions, and a full range of salon and barber services, including head shaving, wig fitting, styling, and more.

Appointments can be scheduled in advance or taken as walk-ins by contacting **888-966-6329** or via email at appointments@mondaysatracine.org. For more information, visit mondayscancer.org.



NYCBS Opens State-of-the-Art Cancer Center in Port Jefferson Station



New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is proud to announce its new state-of-the-art comprehensive cancer center at 1500 Route 112, Building 1. The center is approximately 18,000 square feet and just across the parking lot from its previous location in Building 1.

"Our new facility represents a significant step forward in our mission to deliver world-class cancer care," said Dr. Jeff Vacirca, Chief Executive Officer of NYCBS. "With this new space, we can see even more patients, ensuring everyone receives the timely and comprehensive care they need. This move allows us to provide integrated, patient-



centered care in a modern and comfortable setting, reflecting our dedication to improving patient outcomes and experiences."

The new facility, equipped with cutting-edge technology and expanded services, is designed to enhance patient care and comfort. NYCBS's experienced oncologists will continue to provide comprehensive cancer care using the latest advancements. The new facility increases capacity, with 33 infusion chairs and 26 exam rooms, ensuring reduced wait times for timely and efficient treatment.

The advanced radiology department offers precise diagnostic imaging, featuring a 64-slice Evo CT scanner and ultrasound capabilities. A unique and significant feature of the new facility is the dedicated wellness suite, established through a partnership with Mondays at Racine. This suite provides free services to patients, such as oncology massage, skincare, and beauty treatments, to support their overall well-being. NYCBS remains dedicated to patients and their families, striving to make every visit as positive and supportive as possible.

For more information or to schedule an appointment, please call 631-751-3000.



NYCBS Newest Practice to Become ASCO Certified

New York Cancer & Blood Specialists (NYCBS), a comprehensive community oncology center with more than 30 locations across New York, is the first practice to be ASCO Certified following the program's successful pilot. It joins 12 ASCO Certified practices and health systems dedicated to ensuring every patient has access to high-quality, patient-centered, evidence-based cancer care.

ASCO Certified is ASCO's flagship quality program, aimed at transforming cancer care delivery by ensuring high-quality, patient-centered, and coordinated care. The program supports practices transitioning to value-based care, certifying those that meet comprehensive, evidence-based oncology medical home standards from ASCO and the Community Oncology Alliance (COA).

"The genesis of us pursuing ASCO Certified began with our close ties to COA. Seeing the ASCO-COA partnership come to life was like seeing the best of both worlds come together—clinical expertise and patient-centered community action," said Jeff Vacirca, MD, CEO of NYCBS.

As one of the first practices to achieve QOPI certification, NYCBS saw starting the ASCO Certified process as a natural progression in its commitment to delivering high-quality care. Lynn Kay Winters, NYCBS Chief Quality and Learning Officer, noted benefits from the certification, particularly using decision-support tools within the EMR system to deliver consistent,

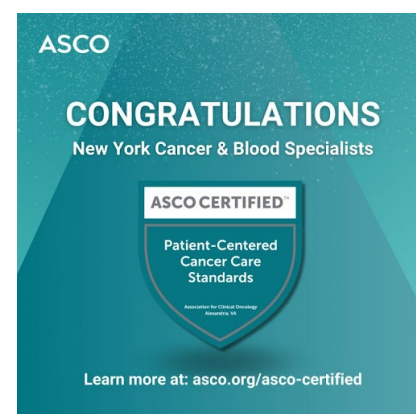
high-quality care. "The process really focuses your efforts and brings internal teams together," she said. "The creativity that comes out of it is satisfying and productive."

Ms. Winters also reported improvements in patient experience, with providers and staff finding new ways to excel even in areas with already high patient satisfaction.

"By continually asking ourselves how we can improve, we have inspired our team to excel in every area, from chronic care management to triage," Ms. Winters continued. "Our goal is to provide immediate help for symptom management, keeping patients out of the emergency department. That is one way we can contribute to lower-cost, higher-quality care delivery."

Visit [ASCO.org](https://www.asco.org) to learn more about ASCO Certified.

Bookmark ASCO in Action for updates as well as news, advocacy, and analysis on cancer policy.



Navigating Your Imaging Needs: Understanding Referrals and Choosing a Center

Medical imaging plays a crucial role in diagnosing and treating various health conditions, encompassing procedures such as CT scans, MRIs, ultrasounds, mammograms, and X-rays. These tests often require a referral from your physician to ensure coverage by your health insurance. This referral serves as a documented order confirming the necessity of the imaging test, allowing insurance companies to allocate appropriate funds based on your policy.

To obtain a referral, begin by scheduling an appointment with your physician. After explaining your symptoms, the doctor may request further investigation with medical imaging. Your doctor will then draft and send the referral to your insurance for approval. Once approved, you can schedule your appointment at an imaging center of your choice, ensuring it is within your insurance network.

It is crucial to choose an imaging center that meets your needs. Opt for a modern facility with cutting-edge technology, compassionate staff, and specialized radiologists who ensure accurate interpretation of your scans. Accredited facilities adhere to stringent standards of quality and safety, offering peace of mind that your imaging needs are met with excellence.

After your imaging test, the center will forward the results to your physician. Your doctor will discuss the findings with you and recommend any necessary treatments or follow-up care. By navigating the referral process effectively and selecting a trusted facility, you can confidently manage your health with clarity and expert guidance.



New Hires

Abigail A. Dazzo (Medical Assistant)
Aidan Brady (Associate, Scanning)
Alessandra Liotta (Licensed Practical Nurse)
Alex Gelman (Technologist, Laboratory)
Alexa Kappauf (Technologist, Ultrasound)
Aline Augustin (LPN)
Allisa Buckmire (LPN)
Alyssa Aponte (Specialist, Reception)
Amanda Fanduiz (Technologist, Ultrasound)
Amanda R. Williams (Associate, Scanning)
Amani Brown (Medical Assistant, Lab)
Amanjit Khakh (Registered Nurse)
Amy Morin (LPN)
Anabelle Ontaneda (LPN)
Anthony Summers (Medical Assistant)
Arabi Chowdhury (Specialist, Patient Communications)
Ashley Walsh (MA)
Bethany Vogel (Specialist, Patient Communications)
Biemla Ramkhelawan (Specialist, Patient Communications)
Brandon Madison (LPN)
Brandon Ram (RN, Radiology)
Brenda Otero (Specialist, Patient Communications)
Brian Debus (Specialist, Eligibility Referral)
Briana Guzman (Technologist, Ultrasound)
Brianna Dey (LPN)
Brianna Lamour (LPN)
Brianna Patti (Technologist, Ultrasound)
Caitlyn Burgbacher (MA, Lab)
Carla Bravo (Specialist, Reception)
Carol Rowsell (LPN)
Caroline Painter (Technologist, Ultrasound)
Carolyn Hayes (LPN)
Catalina Hernandez (MA, Lab)
Celine Zapata (Specialist, Reception)
Charelle Pereira-Belnavis (LPN)
Chloe Ciaravino-Drzymala (RN)
Christian Porzungolo (Specialist, Patient

Communications)
Christine Arenas (Specialist, Reception)
Christine Nieves (LPN)
Damaris Delgado (Coordinator, Radiology)
Damary Fuentes Andrade (Specialist, Patient Communications)
Daria Panagi (Specialist, Reception)
David Wagner Jr (Specialist, Reception)
Deandra Dyer (Manager, Office)
Deanna Williams (Medical Assistant, Laboratory)
Donna McInerney (Receptionist)
Douglas Bergman (Nursing Assistant, CCM)
Dulce Perello (Physician Liaison)
Edelin Ortiz (Specialist, Reception)
Eileen Littlefield (Specialist, Patient Communications)
Elaina Lafauci (MA)
Elba Iris Roldan (MA, Lab)
Elijah Davis (Associate, Laboratory Quality Assurance)
Elizabeth Martinez (LPN)
Ellie Smith (MA)
Emelyn Martinez-Ramos (MA)
Emily Sears (LPN)
Eric Galinkin (Coordinator, Administrative)
Felicia Quiles (Specialist, Reception)
Frances Valle (Specialist, Patient Communications)
Gabriella Sasha Mondesir (Specialist, Reception)
Gina Franza (Coordinator, Unit)
Gina Spigonardo (Clinical Research Coordinator)
Gina Stefania (LPN)
Gina Trapani (RN)
Haydee Campos (MA), Laboratory
Hayley Schenkman (Physical Therapy Aide)
Holly Cook (RN)
Iyana Alexandre (Clinical Research Coordinator)
Jaelyn Berlovan (PET/CT Technologist)
Jacqueline Zabaleta (Specialist, Patient Communications)
Jade Diaz (PET/CT Technologist)
Jaime Williams (MA, Laboratory)
James Lodolce (Technologist, MRI)
Janet Ling (LPN)
Janine Vetter (Specialist, Patient Communications)

Jazell Miller (Specialist, Reception)
Jeanette Varrialle (Coordinator, Hospital)
Jerona Johnson (Medical Assistant, Laboratory)
Jessica Albano (Technologist, Ultrasound)
Jessica Casey (Specialist, Patient Communications)
Jessica Cavanaugh (Aide, Histology)
Jessica Francois (Aide, Laboratory)
Jessica Kozak (LPN))
Joanne Schornstein (Specialist, Patient Communications)
John Cullen (MA)
Joseph DeBoe (Specialist, Patient Communications)
Joseph Felitti (Associate, Facilities)
Joshua Vargas (Specialist, Inventory Control)
Jovanic Bontemps Jr. (MA)
Judy Heitz (RN)
Julia Laterza (MA, Chronic Care Management)
Juliana Marquez (Specialist, Patient Communications)
Julianna Scunziano (Technologist, CT)
Julie Pidgeon (RN)
Kamaljeet Kang (RN, Nurse Navigation)
Karen Moreno (Specialist, Reception)
Karla Rosa (LPN)
Karoline Reyes De Jesus (Coordinator, New Patient)
Kathryn Paulino (Specialist, Reception)
Kathyana Garcon (RN)
Kayla Roche (MA, Laboratory)
Keisha Venier (Specialist, Patient Communications)
Kellene Fisher (Advanced Practice Provider)
Khatijah Khan (Coordinator, Radiology)
Khatuna Ortiz (Specialist, Reception)
Kiana Smith (Specialist, Patient Communications)
Kimberly Bellucci (Registered Nurse, Triage)
Kimberly Fernandez Bravo (Licensed Practical Nurse)
Kyle Evans (Specialist, Reception)
La Shawn Cheatham (Specialist, Reception)
LaSheree Huntley (Medical Assistant, Laboratory)
Laura Diaz (Technologist, Ultrasound)
Laura Jimenez (Coordinator, Radiology)
Lavell Derby (Medical Assistant (West Float))
Leah Cruz (Specialist, Patient Communications)
Leana Schnellenbach (Navigator, Patient)

Lenaya Parrom (Coordinator, New Patient)
LeVar Layne (Specialist, Reception)
Liana Rosa (Specialist, Patient Communications)
Lisa Zaino-Jones (Registered Nurse)
Luisa Gonzalez (Medical Assistant, Lab)
Luke McGuire (Associate, Scanning)
Mackenzie Dressler (Licensed Practical Nurse)
Madison Coleman (PT Aide)
Manider Kaur (Licensed Practical Nurse, Intake)
Manie Mackin (Registered Nurse)
Margaret Wolf (Registered Nurse, Breast Nurse Navigation)
Megan Perrier (Technologist, MRI)
Melanie Perez (Licensed Practical Nurse)
Melissa Marquez (Specialist, Patient Communications)
Mercy Caceres (Specialist, Reception)
Michelle Kumar (Technologist, PET/CT)
Mikayla Yannucci (Registered Nurse)
Monique Mitchell (Specialist, Patient Communications)
Morelis Fernandez (Medical Assistant, Laboratory)
Myriam Meza Anderson (Specialist, Patient Communications)
Nadyra Polanco (Specialist, Reception)
Nekiyah Cooper (Nursing Assistant, Chronic Care Management)
Nickolos Spencer (Medical Assistant)
Nicole Fernandez (Specialist, Reception)
Nicole Honey (Registered Nurse)
Nicole Voumvourakis (Medical Assistant)
Nieka Simmons (Licensed Practical Nurse)
Noely Diaz (Specialist, Reception)
Oneyris L Lopez Duque (Licensed Practical Nurse)
Paige Simpson (Licensed Practical Nurse)
Pamela Virzi (Coordinator, New Patient)
Patrick Montgomery (Coordinator, Hospital)
Pauline Nelson (Specialist, Reception)
Phillip Clayton (Licensed Practical Nurse)
Phylcia Samuel (Medical Assistant)
Pierre Limage (Technologist, Laboratory)
Rebecca Stacker (Executive Assistant)
Rhiana Verdugo (Technician, Pharmacy)

New Hires

Rhonda Fernandes (Registered Nurse, Radiology)
Robert Spiciati (Clinical Research Coordinator)
Robyn Henson (Medical Assistant, Laboratory)
Rose Rentas (Medical Assistant)
Ryan Lynch (Specialist, Marketing & Events)
Ryan O'Hare (Registered Nurse, Interventional Radiology)
Samantha Evlek (Registered Nurse)
Samantha Gutierrez (Specialist, Reception)
Samantha Reyes (Medical Assistant, Laboratory)
Samantha Smellie (Licensed Practical Nurse)
Sean Smith (Specialist, Inventory Control)
Shane Wilson (Specialist, Patient Communications)
SHAVONA SHILOH (Specialist, Patient Communications)
Shermone Dyer (Medical Assistant, Laboratory)
Sofia Condron (Specialist, Marketing & Events)
Sophia Mangiameli (Specialist, Marketing)
Stephanie Morris (Medical Assistant, Laboratory)
Talia Ohebshalom (Associate, Scanning)
Tamara Harvell (Medical Assistant, Lab)
Tanya Lyons (Medical Assistant)
Taylor Ingenito (Technologist, Ultrasound)
Teiji- Mai Dacres (Medical Assistant, Laboratory)
Tiara Mitchell (Specialist, Reception)
Tiffanie Howard (Technologist, Ultrasound)
Tiffany LiCausi (Licensed Practical Nurse)
Valerie Delgado (Specialist, Reception)
Victoria Hall (Specialist, Patient Communications)
Victoria Manfredi (Clinical Research Coordinator)
Victoria Saladino (Registered Nurse, Triage)
 William Bianco (Registered Nurse (Per Diem))
William Salerno (Coordinator, Scanning)
Yaschia Powell (Medical Assistant, Lab)
Yesenia Garcia (Specialist, Patient Communications)
Zeneth Cid (Coordinator, Radiology)



Doctor Reviews

Seetha R Murukutla, MD

"Great visit, short wait time, efficient and friendly staff and the doctor is great. I have a lot of confidence in Doctor."

PatKen B

Samir Patel, MD

"He is the best doctor! Beyond caring. Listens to everything you say and truly cares. He is of the rare breed of doctors that goes above and beyond. I would give more stars if I could! Dr. Patel is the best!!!!!"

Sharon R.

Tarek Elrafei, DO

"Very good doctor....I'm more than satisfied with my visit."

Tunde A.

Adam Hines, MD

"Dr. Hines is simply an exceptional provider who takes the most compassionate approach. He gives you his complete attention, is highly encouraging, and is an excellent educator also. Exceptional providers contribute to quality care and better health outcomes. I strongly recommend Dr. Hines, he's genuinely a remarkable doctor."

J Mercurius

Nella Shapiro, MD

"Dr Shapiro is simply the best !!!"

Michael Rozins

Career Opportunities

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

(Travel) RN Implementation Specialist
Nassau County

APP (Nurse Practitioner/Physician Assistant)
Bronx

APP (Nurse Practitioner/Physician Assistant)
Manhattan

Authorization Specialist
Ridge

Certified Pharmacy Technician
East Setauket

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

Director of Operations
Hudson Valley

Intake LPN
Brooklyn

Intake LPN - Float (Bilingual English/Spanish)
Queens

Intake LPN - Radiation
Manhattan

Intake LPN - Radiation
Staten Island

Intake Medical Assistant - Float | Bilingual
Fresh Meadows

Inventory Control Specialist - Float
Newburgh

Lab Integration Specialist - Quality Assurance
Port Jefferson

Lab Integration Specialist - Quality Assurance
Manhattan

Lab Inventory Control Assistant
Port Jefferson

Lab Medical Assistant
Brooklyn

Lab Medical Assistant
Yorktown

Lab Medical Assistant
Patchogue

Lab Medical Assistant
Port Jefferson

Lab Medical Assistant
New Hyde Park

Lab Medical Assistant
Fishkill

Lab Medical Assistant
Poughkeepsie

Lab Medical Assistant - Float
Queens

Lab Medical Assistant - Float
Suffolk County

Lab Medical Assistant - Float
Nassau County

Lab Medical Biller/Processor
Port Jefferson

Lab Medical Technologist (NYS Medical Laboratory Technologist license required)
Port Jefferson

Lab Technologist (Overnight Shift)
Port Jefferson

Licensed Practical Nurse (LPN)
Poughkeepsie

Licensed Practical Nurse (LPN)
Yorktown

Licensed Practical Nurse (LPN)
Eastchester

Licensed Practical Nurse (LPN)
Brooklyn

Licensed Practical Nurse (LPN)
Suffolk County

Licensed Practical Nurse (LPN)
New Hyde Park

Licensed Practical Nurse (LPN)
Bethpage

Licensed Practical Nurse (LPN) Float
Suffolk County

Licensed Practical Nurse (LPN) - Float
Babylon

LPN Care Coordination - Float
Nassau County

Medical Front Desk Receptionist
Port Jefferson

Medical Front Desk Receptionist
Bay Shore

Medical Front Desk Receptionist
Staten Island

Medical Front Desk Receptionist (Part Time)
Riverhead

Medical Front Desk Receptionist (NYS Licensed)
Port Jefferson

Medical Lab Technologist (NYS Licensed)
Port Jefferson

Medical Technologist (NYS Licensed)
Port Jefferson

New Patient Coordinator
Shirley

Nurse Practitioner (NP) / Physician Assistant (PA)
Manhattan

Nurse Practitioner (NP) / Physician Assistant (PA)
Newburgh

Nurse Practitioner (Psychiatric)
Suffolk County

Patient Communications Operator
Ridge

Pharmaceutical Specialist
Port Jefferson

Physical Therapy Aide
Port Jefferson

Quality Assurance & Quality Control Clinical Nurse Specialist
Suffolk County

Radiology Systems Administrator
New Hyde Park

Registered Dietitian Nutritionist
New York City

Registered Dietitian Nutritionist (RDN or RD)
Suffolk County

Registered Dietitian Nutritionist (RDN, RD, CDCES)
Suffolk County

Registered Nurse (BSN/RN)
Brooklyn

Registered Nurse (BSN/RN)
Manhattan

Registered Nurse (BSN/RN)
New Hyde Park

Registered Nurse (BSN/RN)
Hudson Valley

Registered Nurse (BSN/RN)
Poughkeepsie

Registered Nurse (BSN/RN)
Riverhead

Registered Nurse (BSN/RN)
Port Jefferson

Registered Nurse - Triage
Shirley

Scheduling Coordinator (Hospital) - Part Time
Shirley

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

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OUR PATIENTS & THEIR FAMILIES

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



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