

NEW YORK CANCER & BLOOD SPECIALISTS

FEBRUARY + MARCH 2024

# SPECIALIST

NEWSLETTER

## 23 MANGIAMELI'S SURGICAL MISSION IN GHANA

CASTLE  
CONNOLLY  
#1 PHYSICIAN PRACTICE  
NEW YORK  
MOST TOP DOCTORS IN  
CANCER CARE  
2024

### EDITION HIGHLIGHTS

**6** **Preventative Care**  
Preventative Care is a Priority for all our Patients.

**10** **Colorectal Cancer**  
The Importance of Screening & Early Detection

**14** **Cancer Wellness**  
What Does Cancer Wellness Mean?



## CEO's Message

### My Friends

*Welcome to 2024! I hope you all had a wonderful holiday season and are feeling settled back into routine and ready to tackle another year!*

February and March are quite the months of celebrations and recognition with National Cancer Prevention Month, World Cancer Day, Black History Month, and American Heart Month, just to name a few. So, we've filled the pages of this edition of The Specialist with stories that will educate, empower, and inspire you.

In "Cancer Wellness: What Does That Mean?" We explore the multifaceted aspects of wellness for cancer patients. Beyond medical treatments, we aim to provide a comprehensive guide to support and enhance the overall well-being of individuals facing the challenges of cancer.

We learn all about Breast Surgeon Dr. David Mangiameli's inspiring venture in Ghana as he shares his experiences from the surgical mission. His dedication to global health initiatives reflects the heart of our mission at New York Cancer & Blood Specialists—making a positive impact on lives, not just locally, but around the world.

Heart health takes center stage as we offer valuable insights and practical tips to nurture cardiovascular wellness. Understanding the link between sodium, hypertension, and cardiovascular health is crucial, and our articles aim to shed light on making informed choices for a heart-healthy lifestyle.

You'll also find a list of thoughtful and wellness-focused gifts that will show the loved ones in your life just how much you really care, as well as nutrient-packed recipes to celebrate National Nutrition Month, because the way to every person's heart is through their stomach.

Wishing you a month filled with good health, love, and well-being.

Warm regards,  
**DR. V**

**NEW YORK  
CANCER & BLOOD  
SPECIALISTS**

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# Section 1

## Health

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

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# EIGHT

## Ways to Support a Healthy Heart

How to care for one of the body's most vital organs

February is celebrated as a season of love. It's a month widely associated with Valentine's Day, romantic gestures, and heart-shaped everything. February also marks American Heart Month. Beyond the exchange of chocolate, flowers, and affection with loved ones, this month inspires the nurturing of our hearts, both emotionally and physically. From staying hydrated to exercising, read on for ways to support a healthy heart.

### 1. Eat Heart-Healthy Food

*Incorporate heart-healthy foods like fresh vegetables and fruits, healthy proteins, healthy fats like oily fish high in omega-3 fatty acids, some whole grains instead of refined grains, legumes, nuts, seeds, non-processed lean meats, poultry, and dairy into your diet. Minimize added sugar, unhealthy fats, and salt. Substituting herbs and spices instead of salt is also a healthy option. Nuts, seeds, avocado, olives and healthy oils like olive oil (other than palm and coconut oil), contain heart-healthy poly- and mono-unsaturated fats, which are a better choice than foods high in animal fats such as butter, heavy cream, and meat fats.*

### 2. Exercise Regularly

*Begin with a small and realistic goal for daily or weekly movement, and aim to work your way up to 150 minutes of moderate-intensity physical activity and two days of muscle-strengthening activity each week.*

### 3. Prioritize Sleep

*Good sleep is essential to good health, and getting adequate rest can help support a healthy heart. The CDC recommends that most adults get between seven and nine hours of sleep a night.*

### 4. Keep Your Blood Pressure in a Good Range

*High blood pressure often doesn't have specific symptoms, which is why it's important to monitor your blood pressure by attending annual physicals and if needed, using a self-measured blood pressure monitor at home. If you're diagnosed with high blood pressure, making diet, exercise, and lifestyle changes can help lower your blood pressure and support a healthy heart. Your doctor might recommend medication to help lower your blood pressure.*

### 5. Avoid Smoking

*We all know smoking cigarettes has a negative effect on your lungs and overall health, but it can also be harmful to your heart health. Smoking damages the heart and blood vessels very quickly. Chemicals in cigarette smoke cause the cells that line blood vessels to become swollen and inflamed. This can narrow the blood vessels and can lead to many cardiovascular conditions. The damage from smoking can be repaired for most smokers who stop smoking. Even long-time smokers can see rapid health improvements when they quit.*

### 6. Stay Hydrated

*Your heart is always working and pumps about 2,000 gallons of blood a day, which is why staying hydrated is key to supporting your heart health. Water is the best source to stay hydrated and it's important to ensure that you're consuming enough water daily. Vegetables and fruits are also good food sources for hydration.*

### 7. Minimize Alcohol Intake

*If you consume alcohol, drink it mindfully and in moderation by limiting daily consumption to no more than 1 drink for women and 2 drinks for men.*

### 8. Reduce Stress Levels

*High-stress levels can take a toll on your heart health. Incorporating mindfulness practices like yoga, meditation, and breathwork can help relieve stress, ultimately leading to a healthier heart.*

**If you have any questions about your heart, scheduling an appointment, or your treatment, consult your doctor.**

#### Sources:

American Heart Association: *How Do I Follow a Healthy Diet Pattern?*  
CDC: *Smoking and Cardiovascular Disease*

## THE HEART FACTS

The heart, located in the middle of your chest, can weigh between 7 and 15 ounces.

# 01 Prioritizing Preventive Care

“  
Open conversations  
about preventive  
care and tailored  
screenings are  
important.”

Dr. Nyatanga

Although health is a priority for many in the new year, preventive care is an aspect of improving and maintaining health that often gets neglected. Getting routine preventive care can help you live a longer, healthier life.

At New York Cancer & Blood Specialists (NYCBS), Hematologist-Oncologist Dr. Nolyn Nyatanga skillfully merges modern medicine with preventive healthcare, steering patients toward holistic wellness. During her teenage years, Dr. Nyatanga cared for sick children in a Zimbabwean orphanage, witnessing the impact of preventable diseases on vulnerable populations. This experience not only instilled in her a deep appreciation for preventive healthcare but also emphasized the critical role of modern

medicine in treating and curing diseases.

Routine pap smears and annual mammograms in women, as well as, colonoscopies, prostate and lung cancer screening if indicated, are integral components of preventive care. “Data has shown over the years that early detection of cancer translates to a decrease in morbidity and mortality long term,” Dr. Nyatanga says.

The World Health Organization suggests that approximately 30-50% of all cancers can be prevented. Engaging in lifestyle modifications, such as adopting a healthy diet, incorporating regular exercise, quitting smoking, and moderating alcohol consumption, can play a crucial role in enhancing your overall well-being and leading to a more fulfilling life. Striving for at least 150 minutes of moderate exercise per week is recommended, along with maintaining alcohol intake below one drink per day for women and less than two drinks daily for men. “As part of preventative care for my patients, I prioritize optimizing vitamin D levels. Low vitamin D levels have been linked



*Walks around the neighborhood, park or leisurely hike through the woods, all bring about a magical feeling of being connected to something bigger than ourselves.*

to many health conditions and cancers, including but not limited to breast cancer, prostate cancer, colon cancer, and multiple myeloma. The American Endocrine Society recommends maintaining Vitamin D levels between 40-60 ng/mL, so I strive to keep my patients around 50 ng/mL,” Dr. Nyatanga says.

“Open conversations about preventive care and tailored screenings are important,” Dr. Nyatanga says. “Consultation with your doctor ensures you receive the specific care you need.”

To make an appointment with Dr. Nyatanga, call

**718-732-4049.**





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# 01

## NYCBS

# #1 Physician Practice in New York for Most Top Doctors in Cancer Care

Castle Connolly has named New York Cancer & Blood Specialists its #1 Physician Practice in New York for Most Top Doctors in Cancer Care. Nationally, only 7 percent of more than 950,000 practicing doctors in the United States earned Castle Connolly's "Top Doctors" designation this year.

"Having our physicians recognized as 'Top Doctors' by Castle Connolly is a testament to the unmatched dedication and remarkable expertise of our physicians at New York Cancer & Blood Specialists," said Jeff Vacirca, MD, Chief Executive Officer, New York Cancer & Blood Specialists. "This accolade highlights not only their individual excellence but also the collective strength within our practice where every day our physicians are committed to providing world-class patient-centered affordable care in their own communities."

All Castle Connolly Top Doctors are nominated by their peers, and then the Castle Connolly research team evaluates important criteria to determine who makes the list, including professional qualifications, education, hospital and faculty appointments, research leadership, professional reputation, disciplinary history, interpersonal skills and outcomes data (where available).

Castle Connolly Accolades recognizes health systems, hospitals, and physician practices that provide an outstanding level of high-quality healthcare through their top-ranked Castle Connolly Top Doctor physicians. Accolades are presented based on the number of Top Doctors at a given institution, with consideration given to the institution type, location, and area of specialty.

A Castle Connolly Accolade can give patients confidence that they will be working with a team of Top Doctors, at an organization that is committed to providing high-quality care to all of its patients.

# The Importance of Colorectal Cancer Screening and Early Detection



March kicks off Colorectal Cancer Awareness Month, amplifying the conversation around Colorectal Cancer. During this time, it's important to recognize colorectal cancer screening guidelines and ways to reduce your risk. Also called colon cancer or rectal cancer, colorectal cancer is a disease where cancer cells form in the tissues of the colon or the rectum at the end of the digestive tract. It can take many years for symptoms to appear, which is why early detection is key in the fight against colorectal cancer.

## When to start screening?

- It's recommended that you start regular screening for colorectal cancer at age 45.
- You might need to be screened before age 45 if you have an increased risk of developing colorectal cancer, like a family history of colorectal cancer, personal history of inflammatory bowel disease, ulcerative colitis, or Crohn's disease, or other risk factors.
- You should continue regular colorectal cancer screening through the age of 75 if you're healthy and have a life expectancy of 10+ years.
- If you're between ages 76-85, factors like life expectancy, overall health, and prior screening history, determine your doctor's recommendation about if and when you should get screened.
- If you're over age 85, you likely won't need a colorectal cancer screening.

*There are several screening tests used to detect colorectal cancer. Colonoscopies are the most common type of colorectal cancer screening. Consult your healthcare provider about which test is right for you.*

## Screening Test Options

### Stool Tests

- The guaiac-based fecal occult blood test (gFOBT) uses the chemical guaiac to detect blood in the stool. Your healthcare provider will send you an at home test kit. The process of using the at home test kit includes using a stick or brush to obtain a small amount of stool. Once this is completed, you'll return the test kit to your doctor or a lab, where the stool samples are analyzed for blood.

**How often:** Once every year

### Stool Tests *(continued)*

- The fecal immunochemical test (FIT) uses antibodies to detect blood in the stool.  
**How often:** Once every year
- The FIT-DNA test (also called a stool DNA test) combines the FIT with a test that detects altered DNA in the stool. The process for this test includes collecting an entire bowel movement and sending it to a lab. The lab will test for altered DNA and blood.  
**How often:** Once every year

### Flexible Sigmoidoscopy

- During this test, a short, thin, flexible, tube with a light will be placed into your rectum. Your doctor will look for polyps or cancer inside the rectum and lower third of the colon.  
**How often:** Every 5 years, or every 10 years with a FIT every year

### Colonoscopy

- A colonoscopy examines the inner lining of the colon and rectum using a flexible tube with a camera attached, known as a colonoscope, and is typically administered to look for cancer in people who don't have symptoms. If any polyps or abnormalities are found, they may be removed or biopsied during the procedure. The procedure usually takes about 30 to 60 minutes. The colonoscopy can be used as a follow-up test if anything unusual is detected during a stool test or flexible sigmoidoscopy test.  
**How often:** A normal colonoscopy means you can wait another 5-10 years to schedule your next colonoscopy, depending on what your doctor recommends.

### CT Colonography (Virtual Colonoscopy)

- Computed tomography (CT) colonography, also called a virtual colonoscopy, uses X-rays and computers to produce images of the entire colon.  
**How often:** Every 5 years

## The Importance of Colonoscopies

As the most common type of colorectal cancer screening, colonoscopies examine the colon for inflammation, abnormalities, like polyps, and other signs of colorectal cancer. The majority of colorectal cancers begin as abnormal growths known as precancerous polyps in the colon or rectum, and can take 10 to 15 years to develop into cancer. Because these polyps have a slow cancer growth rate and can present no symptoms, regular colorectal cancer screening, especially through colonoscopies, is crucial for removing precancerous polyps before they turn into colorectal cancer or early detection of colorectal cancer if it's present. Colorectal cancer can be easier to treat when it's found early, small, and hasn't spread.

#### Sources:

[American Cancer Society: American Cancer Society Guideline for Colorectal Cancer Screening](#)  
[CDC: Colorectal Cancer Screening Tests](#)  
[NIH: National Cancer Institute: Colorectal Cancer Prevention \(PDQ®\)-Patient Version](#)

# How an Oncology Social Worker Can Help

March is National Social Work Month, a time to celebrate the hard work and dedication of oncology social workers, and the significant impact they have on supporting individuals and families affected by cancer. Oncology social workers are a pivotal part of a cancer care team and play a crucial role in helping patients, families, and caregivers navigate a cancer diagnosis, treatment, and remission.

From emotional support to answering practical and logistical questions about navigating cancer, licensed oncology social workers offer a variety of patient-related services, including:

- Aid in making decisions about your treatment plan
- Assist you with understanding your diagnosis and treatment
- Help navigate questions about cancer care costs and health insurance
- Financial assistance through grants/scholarships
- Transportation limitations or issues
- Supportive referrals for community agencies
- Referrals to Benefits Counselors, Psychologist, Nutritionist, Chronic Care Management
- Provide emotional support and brief counseling
- Arrange for internal/external aide for household
- Issues surrounding housing situation
- Connecting patients and their families to support groups
- Palliative and Hospice education

Oncology social workers typically work as part of oncology care teams, and meet with patients and families individually, or together as a family when needed. Oncology social workers can also help consult caregivers and family members about how to navigate their evolving role during their loved one's cancer journey.

There can be a certain sense of isolation that accompanies a cancer diagnosis for both patients and family members, which is why attending cancer support groups can be beneficial for building community. Oncology social workers can either provide or offer resources for support groups for patients, family members, and caregivers.

## Precision Medicine Transforming Cancer Care

New York Cancer & Blood Specialists (NYCBS) stands at the forefront of a revolutionary era in oncology. Decades of scientific exploration have uncovered the intricate genetic underpinnings of cancer, paving the way for precision medicine—an innovative approach that has redefined how we understand, diagnose, and treat cancer.

Traditionally, identifying the causes of cancer was a complex puzzle with numerous environmental factors implicated. However, the breakthrough came when scientists realized that these factors all shared a common thread—they damaged specific genes crucial for regulating cell division and growth. Disrupting this delicate balance at the cellular level creates an environment conducive to cancer development.

**"At NYCBS, we're witnessing a seismic shift in cancer care with precision medicine. Understanding the unique genetic makeup of each patient's cancer allows us to tailor treatments with unprecedented accuracy, offering new hope to those facing this challenging journey,"** says Dr. David Eagle, medical oncologist-hematologist at NYCBS.

At the heart of precision medicine is the understanding that each patient's cancer is unique, harboring distinct genetic alterations. Leveraging this knowledge, NYCBS employs targeted drugs to address the protein products of these mutated genes, a process made possible by next-generation sequencing—a technique that sifts through DNA to pinpoint the specific genes responsible for a patient's particular cancer.



Just two decades ago, patients with advanced lung cancer underwent similar chemotherapy treatments. Today, over ten specific gene mutations can dictate precisely targeted drugs, often eliminating the need for traditional chemotherapy. These newer drugs are not only gentler but can penetrate previously inaccessible areas, such as the brain, providing extended lifespans for patients with minimal side effects from oral medication.

"Precision medicine is already making a substantial impact on patients' lives, but the future holds even greater promise," said Dr. Eagle. Analyzing patients' cancers for these crucial gene alterations has become routine, allowing for increasingly effective interventions to halt cancer growth as our understanding continues to expand."

**To make an appointment, please call 1-833-CANCER9**

**For more information, visit [nycancer.com](http://nycancer.com).**



# Wellness

## Section 2

### Wellness

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

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# Cancer Wellness

## What does this mean?

By MaryAnn Fragola, DNP, Chief of Wellness Services

**W**hen we talk about patients with a cancer diagnosis, we tend not to consider “wellness,” but even with a chronic illness, you can “live well.” When we speak about cancer wellness, it is about living your best life and encouraging what may lead to an improved quality of life.

Wellness takes into account your lifestyle as a whole as a multi-disciplinary approach to care, encompassing your physical health, mental health, emotional and spiritual health as well.

Nourishing the body with good nutrition and nutritional management specific to your needs. This can encompass so many factors. Patients have specific goals, and working with a Registered Dietitian Nutritionist can help meet these goals while improving how you tolerate your treatments in general.

Strengthening your body with Physical therapy and participating in PT as part of your treatment plan can restore physical function and strength, helping to maintain or regain and improve

your QOL. Even moderate exercise (walking, biking, swimming) for about 30 minutes every—or almost every—day has been studied to reduce anxiety and depression, improve mood, and boost self-esteem. Also, when evaluating treating patients with a cancer diagnosis—debility is a large factor in treatment decision-making, so it is essential to strengthen and move your body.

Social work and mental health services assist in your emotional health. Social workers, psychologists and psychiatry all assist in helping cancer patients and their families cope with and navigate cancer. They are trained to identify social and emotional needs and provide services to meet them. They are a key member of cancer care teams.

Palliative and supportive care is also a part of wellness as it focuses on controlling symptoms and educating patients, including caregivers, as part of the whole team. It builds a better rapport and open communication and will alleviate fears should the time come when goals of care discussion become the focus. Most importantly, studies reveal that patients who are receiving

palliative care have greater outcomes and extension of life.

Essentially, improving a person's overall “wellness” or quality of life has become a newer aspect of care as cancer has become more of a chronic illness. Better symptom management leads to improved tolerance, leading to

better compliance with treatment regimens, including chemotherapy, immunotherapy, radiation, etc., which then leads to better outcomes. Let's make sure we offer all of our wellness services to our patients to show them just how beneficial they are in a patient's treatment plan.



# Common Forms and Terms Regarding Advance Care Planning

By MaryAnn Fragola, DNP, Chief of Wellness Services

Approaching care at the end of life is a complex matter. Although it is hard to talk about the final phase of life, it can be a great gift to our family and loved ones to prepare them in advance for the sometimes difficult and distressing decisions that must be made in regard to future medical care. Advance care planning is an important part of healthcare and is often a difficult subject to approach.

Advance Directives are legal documents by which you may make provisions for future health care decisions in the event that you are unable to make these decisions for yourself. An advance directive lets you decide your wants and wishes for care if you cannot speak for yourself. These legal documents provide instructions for medical care and only go into effect if you cannot communicate your own wishes. Your decision to accept or reject medical treatment really depends upon your personal wishes, values, and beliefs.

Education about common forms and terminology is important for any health care provider to be familiar with. Some common terms and forms are listed below:

#### References:

<https://ag.ny.gov/sites/default/files/advancedirectives.pdf>

<https://www.nia.nih.gov/health/advance-care-planning/advance-care-planning-advance-directives-health-care#:~:text=Advance%20directives%20are%20legalld>

World Health Organization

**CPR or cardiopulmonary resuscitation:** is an emergency procedure to restart the work of your heart and lungs by compressing the chest, overlying the heart and forcing air into the lungs. Additional lifesaving procedures include mechanical ventilation or respirator and intravenous medications to regulate blood pressure and heart rhythm

**Do Not Resuscitate Order (DNR:)** is a medical order written by a doctor. It instructs health care providers not to perform cardiopulmonary resuscitation (CPR) or other lifesaving emergency procedures if your heartbeat or breathing stops. A DNR is arranged with your doctor or health care provider before an emergency occurs.

**Do not intubate (DNI) order:** A similar document, a DNI informs medical staff in a hospital or nursing facility that you do not want to be on a ventilator

**Health Care Proxy:** This form allows you to appoint a health care agent—someone you trust to make health care decisions for you if you are unable to do so yourself. In order for the health care proxy to become effective, two doctors must decide that you are unable to make your own decisions.

**Living Will:** allows you to leave written instructions that explain your health care wishes, especially about end-of-life care. This document becomes effective when you are unable to make your own decisions, and your doctor confirms that you have an incurable condition. You cannot use a Living Will to name a health care agent; you must use a Health Care Proxy form.

**MOLST form:** Medical Orders for Life-Sustaining Treatment allows doctors to record your preferences regarding cardiopulmonary resuscitation (CPR), mechanical intervention, and other life-sustaining treatments on one form as a physician order. To be valid, it must be completed by a health care professional and signed by a New York State licensed physician.

**Power of Attorney:** This allows you, the Principal, to appoint an Agent to act for you immediately upon its execution or the occurrence of some future event identified by you. It lasts until you cancel it or upon your death; this power continues when you are mentally or physically incapacitated.

**Palliative Care** is a multidisciplinary approach to specialized medical care for people with life-limiting illnesses, focusing on providing people with relief from the symptoms, pain, physical stress, and mental stress of the terminal diagnosis.

*The World Health Organization defines palliative care as: Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention of and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual (WHO 2002, p 83)*

**Surrogate** is a person close to you, as defined by New York state law, who can make decisions on your behalf if you have lost the capacity to make decisions about your medical treatment, and have not appointed a health care agent.

**Five Wishes Document:** Five Wishes is unique among all other living will and healthcare agent forms because it addresses all of a person's needs: medical, personal, emotional, and spiritual. It also helps to guide and structure discussions with your family and physician, making conversations easier.

It is an easy-to-use legal document that helps you express your wishes ahead of a serious illness. In addition to medical and legal issues, Five Wishes deals with matters of comfort and maintaining dignity, as well as the many personal, family and spiritual concerns people say matter most. It is the most popular advance directive in America, and is available in 29 languages. This document is legally valid in almost all states and available in our offices

It is important to understand that advance care planning is not just for people who have a terminal illness. At any age, a medical crisis could leave you unable to communicate your own health care decisions. Planning early for your future health care can help ensure you get the medical care you want and that someone you trust will be there to make decisions for you.

It is also important to choose someone you trust as your health care proxy and discuss your values and preferences with them. These decisions can change with life events or ongoing illness. Know that it is okay to update your wants and wishes for medical treatment. Also, discuss these issues with your providers and supportive care team often so that they are a known element in your care.

# Four Recipes With Chickpea Pasta

## National Nutrition Month

Chickpea pasta offers an array of health benefits, including higher protein content and increased fiber compared to traditional pasta. You can prepare it just like regular pasta, depending on your taste preference. Ideally, it's best served immediately. With more protein, it can support muscle health, while the added fiber contributes to improved digestion and overall gut health. Incorporating chickpea pasta into your diet can be a nutritious choice for enhancing protein intake and promoting digestive wellness.

### Pasta with Salmon, Broccoli Florets and Tomato Protein Bowl

Wendy Kaplan

#### Ingredients:

- 3 ½ cups Banza pasta
- 1 ½ cups frozen broccoli florets
- 4 teaspoons extra virgin olive oil
- 1/3 cup chopped onion (red or white)
- 2 cloves garlic, minced
- 1 can diced tomatoes, drained, or 2 cups chopped tomato (~2 large)
- ½ teaspoon salt (or omit)
- ½ teaspoon basil
- ½ teaspoon oregano
- ¼ teaspoon black pepper
- 1 can (12 ounces) salmon with bones, drained and flaked
- Chopped parsley for garnish

#### Instructions:

- 1 Cook pasta according to package directions
- 2 Add broccoli during the last 5 minutes of cooking time (allow water to return to a boil before resuming timing).
- 3 Drain
- 4 Heat 2 teaspoons extra virgin olive oil in a large skillet over medium heat. Cook and stir onions and garlic for 3 minutes.
- 5 Add tomatoes, salt, pepper, basil, oregano and heat for another 4-5 minutes.
- 6 Add pasta mixture, salmon and the remaining 2 teaspoons extra virgin olive oil; mix gently until blended
- 7 Sprinkle with parsley garnish and serve immediately.

### Chickpea Pasta with Spinach

Patricia Salvio

#### Ingredients:

- 8 oz. Banza chickpea pasta (rotini or cavatappi)
- 2 Tbsp. olive oil
- 1x 15 oz. can chickpeas (drained & rinsed; low sodium)
- 3 garlic cloves (minced)
- ¼ teaspoon red pepper flakes
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- Juice and zest of 1 lemon
- 1 cup baby spinach (chopped)
- 1/3 cup Pecorino or Parmesan cheese (grated)
- 2 Tbsp. parsley (chopped)

#### Instructions:

- 1 Cook pasta in a large pot of boiling salted water until al dente per package instructions. Drain and rinse in cold water. Reserve 1/2 cup pasta water.
- 2 Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the chickpeas to sauté, occasionally stirring around the chickpeas. They will turn crispy and golden in about 5-6 minutes.
- 3 Add minced garlic, red pepper flakes, salt and pepper, cooking for 30 seconds to 1 minute, until fragrant.
- 4 Stir in cooked pasta, lemon juice, lemon zest and 1 tablespoon olive oil.
- 5 Add the spinach, Pecorino cheese, and parsley. The greens will wilt in 1-2 minutes.
- 6 Top with additional Pecorino before serving.

### Banza Pasta with Eggplant Sauce

Michelle Slowey

#### Ingredients:

- 2 large eggplants
- 3 Tbsp olive oil
- sea salt and ground black pepper, to taste
- fresh parsley for garnish
- ¼ cup walnuts
- 4 cloves garlic
- 8 oz Banza gemelli pasta
- ¼ cup onion minced
- 1 tbsp parmigiano cheese
- 1 tablespoon milk

#### Instructions:

- 1 Peel and chop the eggplant into cubes. Boil for about 5 minutes.
- 2 Bake a whole garlic bulb seasoned with olive oil and Italian seasonings in a garlic baker for 45 minutes at 425 degrees. ( you will only be using 4 cloves for this recipe )
- 3 Drizzle a pan with olive oil and sauté the minced onion for a minute. Add the drained eggplant and sauté for 2-3 minutes more.
- 4 Cook the pasta according to the packaging instructions.
- 5 Transfer the eggplant and onion into a food processor, season with salt and pepper and add the milk. Add 4 cloves of the baked garlic, ¼ cup of walnuts and a tbsp of cheese. Blend until you get a smooth cream.
- 6 Drain the pasta and mix it with the eggplant sauce. Serve with grated Parmigiano cheese on top. Garnish with fresh parsley and cracked pepper.



### Greek Banza Pasta Salad

Lauren McGarty

#### Ingredients:

- 8 oz. dried Banza pasta
- 1 cup sweet cherry tomatoes chopped in halves
- 1 medium red bell pepper diced
- 1 medium orange bell pepper diced
- 1 medium green bell pepper diced
- 1 English cucumber diced
- 4 ounces crumbled feta cheese
- ½ cup Kalamata olives sliced
- 1/3 cup red onion finely diced

#### Greek Dressing:

- 2 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1 tsp. Dijon mustard
- 1 tsp. dried oregano
- 2 cloves garlic minced
- Salt and pepper to taste

#### Instructions:

- 1 Bring a large pot of water to a boil. Add pasta and cook according to the package until pasta is al dente. When pasta is finished cooking, strain and rinse under cold water until it is cooled
- 2 While pasta is cooking, make the dressing by whisking all the ingredients together into a bowl or cup. Adjust to your taste preferences
- 3 Add cooled pasta to a large bowl with the chopped vegetables
- 4 Pour dressing on top and toss to coat
- 5 Serve immediately or place in refrigerator until ready to serve

# Navigating the Link Between Sodium, Hypertension, and Cardiovascular Wellness

Did you know that hypertension accounts for the largest proportion of modifiable risk factors for cardiovascular disease, both in the United States and globally?

High blood pressure (or hypertension) means your blood pressure is consistently too high, and your heart has to work harder to pump blood around your body. There are usually no symptoms, but if left untreated, it increases your risk of cardiovascular events. That's why getting your blood pressure checked regularly is so important.

New York Cancer & Blood Specialist's Director of Nutritional Services Wendy Kaplan, RDN, notes that when selecting foods based on food labels, the sodium in food is often overlooked in favor of other nutritional aspects such as calories, fat, and protein. Sodium is hidden in many unsuspected and seemingly healthy foods.

"Salt consists of two minerals: sodium and chloride. These minerals play a role in maintaining hydration, supporting nerve and muscle function, and aiding digestion," Kaplan explains. "Excessive sodium can be detrimental to health."

The Centers for Disease Control and Prevention reports that the average daily sodium intake for Americans exceeds 3,400 milligrams, surpassing the recommended

federal limit of less than 2,300 milligrams. This excessive salt consumption can contribute to elevated blood pressure, with almost half of U.S. adults currently experiencing hypertension. Adults should aim for no more than six grams of salt daily (about one teaspoon).

When people are diagnosed with hypertension, even just a small reduction in systolic (the top number) blood pressure (5 mm Hg) reduces major cardiac events such as heart attack or stroke by 10%.

"There are misconceptions surrounding sodium, one being that the saltshaker is the primary target to change. Rather, a few key diet-related tweaks and strategies can keep your toolbox full," says Kaplan. Adopting a healthy eating pattern, including foods rich in potassium, magnesium, polyphenols, nitrates and fiber, is a good starting point."

Reducing alcohol consumption, consuming less ultra-processed foods, increasing physical activity, managing stress levels, and achieving a healthy weight are also key components to effectively managing hypertension and reducing cardiovascular disease risk.

Call **1-833-CANCER9** or visit [nycancer.com](http://nycancer.com) for more information.

## “ Doctor Reviews

### Nella Shapiro, MD

I've been going to Dr. Sharpio for years and it's a nice experience Dr. Sharpio is very hands on she explains everything and keep your mind at ease I was able to get my surgery 2019 and have not had any issues since I would recommend Dr. Sharpio everytime God Bless Her.

*Jeanette O.*

### Abhirami Vivekanandarajah, MD

Everyone in the office and infusion center have been very kind and helpful. Dr. Vivek always answered any questions I had and I always felt well taken care of. No problem recommending this office to anyone needing their services.

*Michael S.*

### Adriana Guigova, DO

A great place very accommodating good people I absolutely love going there

*Joseph D.*

### Roy Chen, MD

Dr. Chen has ALWAYS made me feel like he's genuinely concerned for my health and well being. He takes the time to sit and talk and answer any and all questions or concerns I may have from my very first visit until now. I never feel rushed. He follows up with any concerns. He is truly a great physician and person. And the staff are always nice and pleasant!

*Mandra C.*

### Joannis Baez Gonzalez, MD

Doctor Baez Gonzalez ensures your Palliative needs are addressed timely.

*Gemini D.*

## Men's Health Webinar

Enlarged Prostate



Dr. Sherwin Zargaroff

### Men's Health Webinar: Enlarged Prostate (Benign Prostatic Hyperplasia) with Dr. Sherwin Zargaroff.

To increase awareness of the causes and treatment options for various conditions, we offer free educational webinars throughout the year. Our webinar will focus on benign prostatic hyperplasia (BPH), also known as enlarged prostate, a common condition as men get older. Symptoms include:

- Urinary frequency
- Irregular flow
- Urgency
- Weak stream
- Straining
- Getting up at night to urinate

**To Watch  
The Webinar**  
CLICK HERE

If you're experiencing BPH symptoms, you're not alone. BPH affects about 50% of men by age 60, and up to 90% of men by age 85. Treatment options range from behavior modification to medications, minimally invasive procedures and surgery. Which is right for you depends on the amount of discomfort you're in, your age, health, the size of your prostate and your post-procedure expectations.

If you suffer from these symptoms or know someone who does, we encourage you to join this webinar to learn more about treatment options, including minimally invasive water vapor therapy that can be done right in the office.



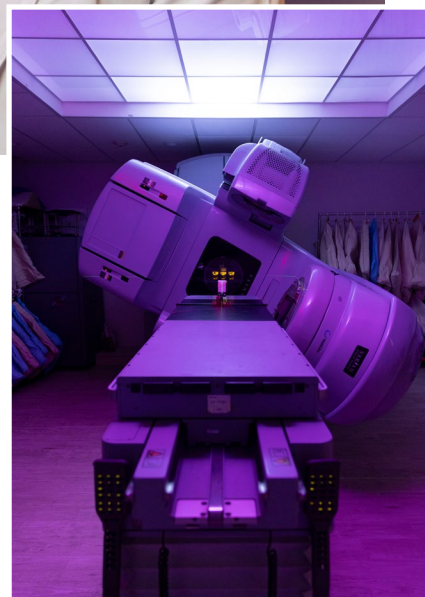
# Section 3

## Stories

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

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NOW OPEN

# Staten Island Radiation

1781 Hylan Blvd, Staten Island, NY 11305

Led by Dr. Talha Shaikh and Dr. Joshua Halpern, our new state-of-the-art radiation oncology facility offers patients cutting-edge treatment techniques, including:

- 3D-Conformal Radiation Therapy (3D-CRT)
- Intensity-Modulated Radiation Therapy (IMRT)
- Image-Guided Radiation Therapy (IGRT)
- Stereotactic Radiosurgery (SRS)
- Stereotactic Body Radiotherapy (SBRT)
- Electron Beam Radiation Therapy
- Brachytherapy

# DR. DAVID MANGIAMELI'S SURGICAL MISSION IN GHANA

“

using my skills for who need it most, allows our family to bond while sharing the greatest gift one can give...hope

*Dr. David Mangiameli*

03



# Dr. David Mangiameli's Surgical Mission in Ghana

**H**is venture into international mission work began in 2019. This year, he fostered a joint venture between our NY Cancer Foundation and Operation International, an organization founded by Dr. Medhat Allam, based in Southampton.

Operation International operates as a nonprofit platform uniting medical teams from the United States and Europe, offering specialized care worldwide. The organization encompasses various medical disciplines, including women's health, pediatrics, orthopedics, plastic surgery, and primary care. Operation International also maintains relationships and facilities around the world, where the teams arrive and provide care. Approximately 10-12 mission trips are deployed annually, reaching places like Ghana, Tanzania, Uganda, Bhutan, and Bolivia.

Dr. Vito Alamia is a renowned gynecologist on eastern Long Island, and friend and colleague to Dr. Mangiameli, having delivered Dr. Mangiameli's daughter almost twenty years ago. Dr. Alamia, a medical director for Operation International, has been doing gynecologic and obstetric mission work for over twenty years.

In 2023, Dr. Alamia established the Women's Health Team, appointing Dr. Mangiameli as the lead surgeon for breast cancer management. This 22-person mission to Ghana, with the inclusion of three gynecologists and Dr. Mangiameli's son, David,



**Dr. David Mangiameli smiling with dedicated staff**



“  
**Black  
 History  
 Month**  
 ”

In observance of Black History Month, we recognize and honor the countless and invaluable contributions made by Black cancer researchers throughout history, including the pioneering Dr. Jane Cooke Wright. In 1967, Dr. Wright became the highest-ranked Black woman at a nationally recognized medical institution. Her groundbreaking achievements and those of Black researchers paved the way for individuals working in cancer research today. As we celebrate these accomplishments, we also extend our acknowledgment to the broader spectrum of Black contributions across various fields, enriching our society with diversity, innovation, and resilience.



unfolded with a remarkable journey covering 12,500 miles, five airliners, and six buses. Over ten days, the team executed 5 1/2 clinical days, engaging in 62 major surgeries, including a notable case involving the removal of a 15lb mass from an 8-year-old girl.

Despite logistical challenges, the team not only treated patients but also played a vital role in educating and certifying over 80 regional midwives and pediatric residents in neonatal care. Dr. Mangiameli witnessed the stark realities of extreme poverty within the community, where patients suffered the loss of family to starvation and had a complete absence of very basic healthcare and education.



The hospital where the team operated, predominantly serving mission teams, lacked adequate equipment. Recognizing this, the team contributed new operating rooms and technology to enhance patient outcomes. Dr. Mangiameli reflected on the aggressive nature of surgeries due to the absence of advanced treatments like systemic chemotherapy or radiation.

The trip left a profound impact on Dr. Mangiameli, who encountered patients with advanced-stage cancers and witnessed the community's last-ditch efforts to seek medical assistance. Notable was a teacher who traveled three hours for surgery and planned to visit the New York Breast Health Patchogue office in April, signifying the enduring connections formed.

Uncertain about Operation International's next destination, whether Bolivia or a return to Ghana, Dr. Mangiameli and the team eagerly anticipate future missions, knowing they have made a significant impact where it was needed the most.







# Section 4

## Bulletin

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

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# Jennifer Park, MD Joins NYCBS

New York Cancer & Blood Specialists (NYCBS), is pleased to announce the addition of board-certified Hematologist-Oncologist Dr. Jennifer Park. **Dr. Park will practice at 1 Delaware Dr, New Hyde Park, NY 11042.**

"We are excited to welcome Dr. Jennifer Park to our practice," said Jeff Vacirca, MD, CEO of NYCBS. "Her expertise and compassionate approach will undoubtedly enhance our commitment to excellence in patient care."

Dr. Park specializes in the treatment of patients with breast cancer as well as high-risk benign conditions. She focuses on delivering compassionate, personalized, evidence-based, multi-disciplinary care and is dedicated to women's health. Dr. Park actively enrolls her patients in clinical trials, aiming to enhance patient care and treatment outcomes.

"I derive great satisfaction from navigating complex cases and identifying the most effective care strategies tailored to each patient," said Dr. Park. "Joining NYCBS, I look forward to contributing to groundbreaking clinical trials and advanced treatments dedicated to extending and enhancing the lives of numerous individuals."

After receiving her B.A. in Cell Biology/Neuroscience and Psychology from Rutgers University, Dr. Park completed her Master's Degree in Cancer Sciences from Roswell Park Cancer Institute. She obtained her M.D. from St. George's University School of Medicine



and completed her residency in Internal Medicine at SUNY Downstate Medical Center. Dr. Park was then appointed as an Instructor in Medicine at Harvard Medical School while working as an attending physician in the Hospital Medicine Unit at Massachusetts General Hospital in Boston. Subsequently, she completed her fellowship training in Hematology-Oncology at R.J. Zuckerman Cancer Center at Northwell Health. Dr. Park is a member of the New York Metropolitan Breast Cancer Group, the American Society of Clinical Oncology, the American Society of Hematology, and the American College of Physicians.

She speaks fluent English and Korean. In her free time, she enjoys keeping an active lifestyle with tennis, running, and snowboarding.

**To make an appointment, please call 516-336-5255**

**For more information, visit [nycancer.com](http://nycancer.com).**

# NYCBS Appoints MaryAnn Fragola, DNP, ANPc, ACHPN to Chief of Wellness Services

New York Cancer & Blood Specialists (NYCBS), is proud to announce the appointment of MaryAnn Fragola, DNP, ANPc, ACHPN, to Chief of Wellness Services.

"We are proud to welcome MaryAnn Fragola to this pivotal role," said Dr. Jeff Vacirca, CEO of NYCBS. "With an invaluable tenure of over two decades at NYCBS, MaryAnn's expertise and steadfast commitment to patient care position her as the perfect leader for our Wellness Services."

Dr. Fragola previously served as Clinical Director of Supportive and Palliative Care. As Chief, Dr. Fragola will oversee a comprehensive range of patient health and wellness services, emphasizing mental, nutritional, and physical well-being at every stage of treatment: Behavioral Health, Social Work.

Psychology, Palliative Care, and Physical Therapy. "I am truly honored to have been appointed to this position. The foundation of my work has always been to focus on the whole patient," said Dr. Fragola. "Supportive care is essential to our patients as it does just that. Patients are so much more than a diagnosis and being able to incorporate all



of our supportive services into their care enhances overall outcomes and allows them to live better."

Dr. Fragola is a graduate of Wilkes University, where she completed her Doctor of Nursing Practice Program. She earned her MSN degree in Adult Nurse Practitioner from SUNY Stony Brook University. Fragola is board-certified in Advanced Hospice and Palliative Care, a certified medical marijuana prescriber, and serves as preceptor/mentor to many students and new hires.. She is published in the Journal of the Advanced Practitioner of Oncology, The Clinical Advisor and serves as an active peer reviewer for Clinical Advisor.



Epic vacations once talked about, that become a reality, invigorate the spirit. Bringing about a new found sense of exploration and hope.

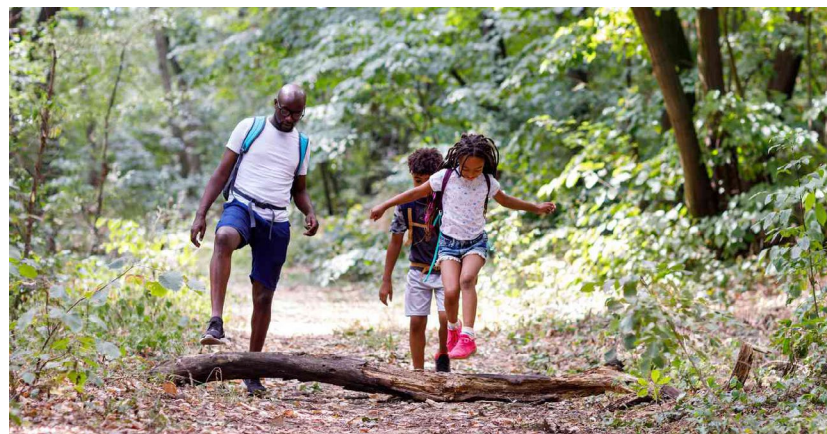


# Health-Forward Valentine's Day Gift Ideas

Nothing says I love you more than generous gestures and thoughtful gifts. This Valentine's Day, consider a healthy theme while brainstorming gift options for the loved ones in your life or creative date plans for you and your significant other. Here are some health-forward Valentine's Day gift ideas that will make your loved ones feel cherished.

## PLAN AN OUTDOOR ADVENTURE

Spearhead an outdoor adventure to some local nature. Whether it be a hike at a park or preserve, beach day, trip to hot springs, or drive to a scenic overlook, get out into mother nature with your loved ones. Pack a picnic with a healthy charcuterie board and enjoy your time together.



## HEALTHY COOKING TOOLS

Do a little inventory of what kitchen tools your loved one doesn't have yet, and then consider what cooking utensils or items would contribute to healthy cooking and eating. Some great options are:

- High-power blender
- Juicer
- Healthy cookbook
- Air fryer
- Cookware set
- Spiralizer
- Mandoline slicer
- Food processor
- Food steamer
- Meal prep kit
- Healthy meal delivery kit or subscription
- Carbonator to make fresh sparkling water

## ITEMS FOR SERENE SLEEP

Contribute to your loved one catching some good rest with these sleep-enhancing gift ideas:

- High-quality bedding
- Comfortable pillows
- Silk pillowcases
- Lavender pillow insert
- Lavender pillow mist
- Weighted blanket
- White noise sound machine
- Roll-on lavender essential oil
- Silk eye mask
- Cozy matching pajamas
- Sleepytime tea blend

## ELEVATE THEIR BATH RITUAL

Transform your loved one's bath ritual to a day at the spa:

- Bathtub tray
- Padded foam pillow with suction cups
- Waterproof Bluetooth speaker
- Tea candles
- Bath salts
- Towel heating rack
- Hair towel wrap or shower cap

## GIFT SELF-CARE

Give the gift of self-care to help with your loved ones daily self-care rituals:

- Diffuser and essential oil set
- Aromatherapy candle
- Cozy robe
- Comfy slippers
- Skincare essentials
- Gua sha tools
- Self-massage tools
- Fresh flowers
- Heated foot bath
- Massage gift card
- Spa Day gift card
- Nail salon gift card



## DIY LOVE COUPONS

Create a DIY booklet of coupons that your loved one can redeem for things like:

- Household cleaning, chores, or projects
- Cooking a meal
- Baking a sweet treat
- Running errands
- Yardwork
- A massage

## EXCEPTIONAL EXPERIENCES

Book a class, activity, or experience to attend together:

- Tickets to see a movie or play
- Cooking Class
- Dance Class
- Ceramics class
- Horseback riding
- A group, private, or goat yoga class
- Book an epic vacation
- Plan a spa day

# Radiation Oncologist Joshua Halpern, MD Joins NYCBS

New York Cancer & Blood Specialists (NYCBS), one of the Nation's leading oncology practices, is pleased to announce the addition of board-certified Radiation Oncologist Dr. Joshua Halpern. **Dr. Halpern will practice at 1781 Hylan Blvd, Staten Island, NY 11305.**

"We are proud to welcome Dr. Halpern to our team of radiation oncologists," said Jeff Vacirca, MD, CEO of NYCBS. "His extensive background as a radiation oncologist and experienced brachytherapist, coupled with research expertise in basic and cancer immunology, radiation biology, cell culture, and clinical research in radiation oncology, will bring valuable benefits to the Staten Island community."

With over 40 years of experience, Dr. Halpern developed an interest in oncology after the loss of his father to cancer in his youth. He pursued specialized training in Medical Oncology, followed by comprehensive residencies and fellowships in Radiation Oncology and Brachytherapy (radioactive isotope implantations) at renowned oncology centers across the United States.

Dr. Halpern earned his Doctor of Medicine degree at Hadassah Medical School in Jerusalem, Israel. He completed a residency in the Department of Hematology at Hadassah University in Jerusalem and Roswell Park Cancer Center. He furthered his training, completing residencies in Radiation and Clinical Oncology and Medical Oncology. Dr. Halpern completed a Fellowship in



GYN Radiotherapy and Brachytherapy at Roswell Park Memorial Institute and a Senior Fellowship in Radiation Therapy of Breast and Lung Tumors at MD Anderson Cancer Center. He previously practiced at Seagate Radiation Oncology PC, The Brooklyn Hospital Center and other sites in the NYC Metropolitan area.

"Throughout my career, I have dedicated extensive attention to direct patient care and to maintaining the best quality of life for all the patients under my care," said Dr. Halpern.

Dr. Halpern speaks fluent English and Hebrew. In his free time, he enjoys painting and biking.

**To make an appointment , please call  
516-336-5255**

**For more information, visit [nycancer.com](http://nycancer.com).**

## Conquering Cancer Together Podcast

On "Conquering Cancer Together" we'll talk about the latest cancer health information and take a deep dive into everything we need to know from screening and testing. We'll discuss the latest cancer treatment information, research updates, resources to turn to and happenings in our community. Hosted by **Wendy Kaplan, MS, RDN, CSO, CDCES, CDN** and **MaryAnn Fragola DNP, ANPc, ACHPN.**

**To listen to the  
Podcast please**

[CLICK HERE](#)



## February New Hires

**Andrea Arreaga** (Radiology Coordinator)  
**Alexander Palladino** (Senior IT Support Technician)  
**Alyssa DeVito** (CT Technologist)  
**Andres Budram** (Patient Transporter)  
**Barbara Davis** (Nurse Practitioner)  
**Bishwantie Bownath** (Lab MA)  
**Chiquita Hough** (Lab Technologist)  
**Christine Lehmann** (Office Manager)  
**Daniel Nathanson** (CT Technologist)  
**Donna Viemeister** (Receptionist)  
**Gerardo Romano** (Senior Radiation Therapy Technologist)  
**Glenis Paz** (Intake LPN)  
**Isabel Melendez** (Medical Front Desk Receptionist)  
**Jaclyn Griffin** (LPN Care Coordinator)  
**Jada Munoz** (Medical Front Desk Receptionist)  
**Jeannie Lope** (Nurse Practitioner)  
**Jessica Gonzalez** (Lab MA eastern Float)  
**Jesslynn Mannino** (Nurse Practitioner)  
**Joshua Halpern** (Physician)  
**Kirk Krickmier** (Radiation Therapy Technologist Supervisor)  
**Koralee Montoya** (Float Medical Front Desk Receptionist)  
**Lauren O'Donnell** (Patient Communications Operator)  
**Leann Terranova** (LPN)  
**Lillian Stumme** (Receptionist)  
**Lori Troiano** (Care Coordinator LPN)  
**Lourdes Ortega** (Nurse Practitioner)  
**Lynn Rein** (Receptionist)  
**Marim Hermeena** (Front Desk Receptionist)  
**Matthew Frenzel** (Infusion MA)  
**Maysha McDonald** (Float Medical Front Desk Receptionist)  
**Michaele-Lynn Kirk** (Medical Assistant)  
**Nicole Temprano** (Radiology Courtier/Runner)  
**Polina Kushnirova** (Front Desk Receptionist)  
**Rosie Yeboah** (Assistant Director CT, Western Region)  
**Samuel Kamara** (Float Medical Assistant - Per Diem)  
**Sobia Malik** (Radiology RN)  
**Stephanie Grillo** (Radiology Coordinator)  
**Suha Hassan** (Patient Communications Operator)  
**Sumintra Khan** (Float Medical Front Desk Receptionist)  
**Tommy Mingoia** (Lab Aide- Fish)  
**Walter Bray** (Patient Transporter)  
**Yana Gersht** (Front Desk Receptionist)  
**Yessenia Lopez- Ramos** (Nurse practitioner)

## March New Hires

**Adam Lenzioszek** (MRI Technologist)  
**Alexis Alesi** (Medical Front Desk Receptionist)  
**Anahi Gomez** (Lab Medical Assistant)  
**Anieshaw Khan** (Medical Front Desk Receptionist)  
**Chelsea Huntington** (Patient Communications Operator)  
**Chiquita Hough** (Lab Technologist)  
**Christine Park** (Lab MA/Tech)  
**Christopher Gamonski** (Authorization Specialist)  
**Deanna Champion** (Pharmacy Authorization Specialist)  
**Elizabeth Martinez** (Receptionist)  
**Elizabeth Pyros** (Per Diem Ultrasound Technologist)  
**Erika Almonte** (Patient Communications Operator)  
**Eugene Lowery** (Patient Communications Operator)  
**Gianna Foley** (MA)  
**Halema Alam** (Breast Health Nurse Navigator)  
**Jenni Cabrera** (Patient Communications Operator)  
**Jessica Sagginario** (Authorization Specialist)  
**Joanne Douglass** (Scanning Coordinator)  
**John Belcher** (Lab MA)  
**Katherine Seldon** (PCM LPN)  
**Kenneth Felix** (Care Coordination LPN)  
**Keyla De La Cruz** (Receptionist)  
**Lynne Palacio** (Ultrasound Technologist)  
**Marianne Mosquera** (Intake MA)  
**Marina Digiuzeppi** (Patient Communications Operator)  
**Michelle Schutzbank** (Ultrasound Technologist- per diem)  
**Nickesia Ferro** (Care Coordinator LPN)  
**Nicole Niles** (Triage RN)  
**Olivia Luey** (Nurse Practitioner-Urology Remsen)  
**Paige Carroll** (Patient Communications Operator)  
**Shamwattie Ramnarain** (Patient Communications Operator)  
**Shanelle Jones** (Intake LPN)  
**Sheila Ramirez** (Receptionist)  
**Shekinah Henriquez** (Chemistry Lab aide nights)  
**Stacey Khelawan** (Care Coordinator LPN)  
**Stephanie Echevarria** (Lab Medical Assistant)  
**Susan Mercado** (CCM MA)  
**Taylor Carroll** (Patient Communications Operator)  
**Tyler Brown** (Medical Front Desk Receptionist)  
**Vanessa Nunez** (MA/Scribe)

## New York Cancer Foundation News

MAR 21<sup>ST</sup>

### Great Gatsby Affair

Held at the Oheka Castle  
**6:00PM-10:00PM**

APR 27<sup>TH</sup>

### Hockey For Hope

Held at the Dix Hills ice Rink  
**Doors Open 6:30PM**

MAY 14<sup>TH</sup>

### Raising Hope golf Calssic

Held at Sebonack Golf Club  
**10:30AM**

SEP 28<sup>TH</sup>

### Patient Celebration Day

Held at Bald Hill Amphitheater  
**12:00PM - 4:00PM**

## Career Opportunities

**Lab Technologist (NYS Licensed)**  
 Port Jefferson

**APP (Nurse Practitioner/ Physician Assistant)**  
 Ronkonkoma  
 Manhattan  
 Suffolk County  
 Middletown  
 Huntington

**Authorization Specialist**  
 Ridge

**Certified Pharmacy Technician**  
 East Setauket

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

**Cytotechnologist**  
 New Hyde Park

**Executive Assistant/ Receptionist - Float**  
 Manhattan

**Facilities Associate**  
 Staten Island

**Float Medical Front Desk Receptionist**  
 Queens

**Intake LPN**  
 New Hyde Park

**Intake LPN**  
 Port Jefferson  
 Fresh Meadows

**Intake LPN - Float**  
 Manhattan

**Lab Medical Assistant**  
 Manhattan

**Lab Technician - Float (NYS**

**Licensed Lab Technician)**  
 Nassau County

**LPN - Chronic Care Management (CCM)**  
 Shirley

**LPN Care Coordination**  
 Manhattan  
 Rockville Center  
 Forest Hills  
 Brooklyn  
 Astoria  
 Elmhurst  
 New Hyde Park  
 Fresh Meadows

**LPN Care Coordination - Float**  
 Queens  
 Brooklyn

**Marketing and Events Specialist - Part-Time**  
 Ridge

**Medical Front Desk Receptionist**  
 Port Jefferson  
 Setauket  
 Riverhead

**Medical Front Desk Receptionist (Bilingual English/ Chinese- Mandarin)**  
 Elmhurst

**Medical Research Coordinator**  
 Shirley

**Medical Scribe**  
 Newburgh

**APP (Nurse Practitioner/ Physician Assistant) - Float**  
 New Hyde Park

**New Patient Coordinator**  
 Shirley

**Nurse Practitioner (NP) / Physician Assistant (PA)**  
 Bronx

**NYS Licensed Medical Lab Technologist**  
 Port Jefferson

**Occupational Health APP (Nurse Practitioner/ Physician Assistant)**  
 Ridge

**Overnight Lab Assistant**  
 Port Jefferson

**Part-Time Production Assistant**  
 Ridge

**Patient Communications Operator**  
 Ridge

**Pharmaceutical Coordinator**  
 Port Jefferson

**Phone Triage-APP (Nurse Practitioner / Physician Assistant)**  
 Ridge

**Physical Therapist**  
 Mt. Sinai

**Physical Therapy Aide**  
 Port Jefferson

**APP (Nurse Practitioner/ Physician Assistant)**  
 Queens

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

[CLICK HERE](#)

# OUR PATIENTS & THEIR FAMILIES

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

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New York Cancer Foundation



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