



Breast Health MATTERS

410 Kenwood Avenue, Delmar, NY 12054 • (518) 439-5975
110 Spring Street, Saratoga Springs, NY 12866 • (518) 587-3820 • www.tolife.org

Save the Date!



**21st Annual
Beat the Odds**

**Wednesday,
August 7, 2019**

**Saratoga City Center
Saratoga Springs, NY**

**To Life! celebrates our diverse
survivor community**

**We love to see you in person
but we can find each other
on line too!**

Visit us at www.tolife.org and
sign up for monthly email
updates and announcements.
Or email us at info@tolife.org
with any questions.

We want to hear from you!

Survivor - What's in a Name?

By Melanie McCulley, MS

Support Services Program Manager

June has been designated as Cancer Survivor Awareness Month and never before have there been more cancer survivors. According to the National Cancer Institute, as of January 2019, there are an estimated 16.9 million cancer survivors in the United States (3.1 million of them are breast cancer survivors). This number is projected to increase to 21.7 million by 2029.

With an increasing focus on cancer survivorship, comes a diversity of opinions and feelings about the concept and term "survivor." It's not merely a buzzword, but a term that grew out of patient advocacy around providing coordinated follow up care to people who have/had cancer and are post-treatment or in maintenance. In 1986, the National Coalition of Cancer Survivorship (NCCS) coined the term "survivor" with the statement: "From the moment of diagnosis and for the balance of life, an individual diagnosed with cancer is a survivor."

As the population of people living after cancer increased, it became evident that the impact of cancer does not stop simply because treatment concludes. Many cancer survivors experience long-term physical issues including fatigue, pain, lymphedema, neuropathy, sexual and fertility concerns, and other long term treatment side effects. Long term psycho-social impacts such as anxiety, depression, grief, anger, fear of recurrence, cognitive issues, and sleep disturbances are not uncommon. Many survivors also deal with relationship challenges, career and financial issues, body image concerns, as well as others.



Continued on Page 2

To Life! In the Kitchen

Sue Abbuhl, Outreach Coordinator

Earlier this year, To Life! and Honest Weight Food Co-op teamed up for a cooking class at the Honest Weight Food Co-op kitchen. ***Nourishment for Women During and After Breast Cancer Treatment*** was presented by Raya Ioffe, Functional Nutritionist & Lifestyle Practitioner. A regular volunteer presenter for the Co-op, Raya worked with the To Life! staff to identify recipes that featured nutrient-rich ingredients and were straightforward to prepare.

The first dish featured roasted cauliflower with a drizzle of tahini dressing. Cauliflower is a cruciferous vegetable (known for anti-cancer properties) and a good source of phytonutrients. Tahini also contains essential vitamins and minerals. The second recipe, a Bone Broth, is intended to support digestion, strengthen bone health and boost immune function. Each recipe was easy to make, flavorful and nourishing. A sense of camaraderie built during the class with participants sharing food experiences and suggestions. Overall, the class got high marks! We hope to offer more cooking classes in the future!

Survivor! *continued from Page 1*

It became critical to develop a framework for studying and addressing these issues, therefore requiring a term to define the group being studied and to make the case for such research and services. In 2013 “Survivorship” came into national awareness clinically, with the National Comprehensive Care Network’s announcement of Survivorship Guidelines to aid practitioners in assessing and addressing the longer term effects of cancer and treatment. At this point, survivorship care plans and more clear standards of care came into being.

To Life! is committed to provide education and support services to women and families navigating breast cancer. This includes our growing population of survivors who regularly affirm that the need for support doesn’t end when active treatment concludes. Often women remark that one of their most difficult times was when treatment ended or maintenance mode began. They describe feeling isolated and disconcerted when the structure and constant medical monitoring of treatment concluded. They were left at loose ends when still in need of support for the next phase, which is rebuilding one’s health and life, and finding a “new normal”.

Having a framework and support is invaluable to work through those issues. To go a step further, survivors must integrate the life before cancer with the life after, viewing this new picture through the lens of survivorship. Whether a person who has had cancer identifies with the term survivor, fighter, warrior, veteran, thriver, or none of the above, this is a good time to reflect on where they’ve been, how far they’ve come, and where they are going. If this person is you, allow yourself to be awed by your strength, resilience, humor, courage, tenacity, and sheer will. Each and every day of life is its own victory and gift, no matter the label used. Survivors are the embodiment of hope for anyone who has ever had cancer and for each newly diagnosed person. “Survivor”, by any name, is still as sweet.

From Mara’s Desk



It’s June and while there are many weddings this month, the decision by breast cancer survivors about whether “to have and to hold” isn’t about marriage - it’s about breast implants! Have you been reading articles in the New York Times and elsewhere and wondering whether you should have post-mastectomy reconstruction with silicone implants or whether you should have them removed if you have them? There is science that can help you make sense of news reports. Join us on Wednesday August 7, 2019 and hear an expert present the first annual Cynthia Shenker lecture. Together we will all learn about different types of silicone implants and when/why, how and to whom they are available and recommended. Let’s use the facts to decide whether “to have and to hold.”



Ageless Appreciation

Eileen Bird
Executive Director

Since launching our 20th year celebration, I have shamelessly raved to just about anyone who would listen how exciting it is for *To Life!* to have passed the 20 year threshold. As our roots continue to branch out, I want to share an example of how our reach impacts those we serve. As we were planning for our May fundraiser *A Toast To Life!*, I was contacted by quite a few of our volunteers who asked if we might have volunteer jobs for their children, mostly high school aged. Of course we enthusiastically said yes! And boy, did they do a terrific job. From selling raffle tickets, to greeting guests to helping our culinary tables, you name it, these kids got it done! So I went back to the parents to ask why us? And in each case, moms simply stated that *To Life!* was a fine example of community-building and hospitality. They wanted their girls to experience that feeling for themselves.

Over the years, we have had many young ones participate in our fundraisers and I am grateful for their enthusiasm and cheerful spirit. And while we are on the subject, let’s be thankful for each and every committee member, office worker, support group host, gardener, mentor and board member. We could not do what we do without the wonderful support of each and every one of you.

With warm regards,
Eileen

OUR TOAST TO LIFE! 2019 AWARDEES



The Extra Mile!

Anne Lawton, RN
St. Peter’s Health Partners

As an Outreach Nurse, Anne concentrates on cancer prevention. Also a passionate outdoorswoman and hiker, Anne collaborates with *To Life!* on a hiking program that has ongoing survivor involvement and that participants have described as a “moving support group”. **Thank you Anne!**



Community Advocate Award

The Nigro Companies

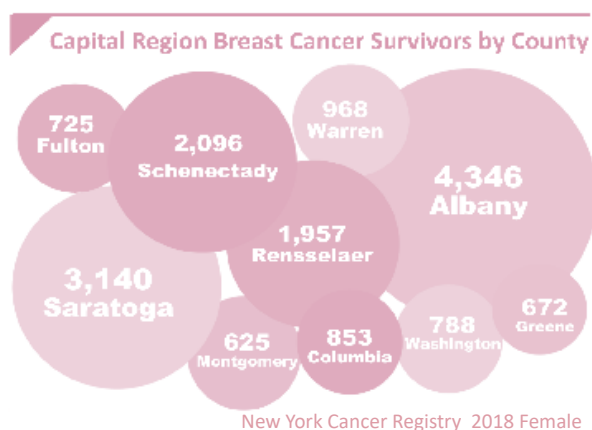
The Nigro family and corporation have supported *To Life!* for years; advising board members, on committees, enlisting colleagues, and cheering at the Pink Zone. Nigro Companies is a resource to community leaders and businesses, helping turn vision into reality. They support many community organizations, including *To Life!* According to Lisa Nigro Ferguson (pictured) “We know *To Life!* is making a positive difference in people’s day to day lives as they deal with a breast cancer diagnosis”. **Thank you Lisa and company!**

Survivorship in our Region - By the Numbers

If you have received a cancer diagnosis, you may have asked yourself - how many others are out there? The State of New York tracks these numbers and more through the NYS Cancer Registry. Cancer Registry data can be found on the NYS Department of Health website.

To Life! is tracking breast cancer survivors – the population of individuals who may benefit from the services and programs offered by *To Life!* The counties below represent the *To Life!* service area. The bubbles represent the estimated number of breast cancer survivors within each county. The number of survivors is trending up.

It is troubling to note that the number of newly diagnosed cases of breast cancer continues to rise, although gradually. The American Cancer Society estimated that over 17,000 new cases of breast cancer were diagnosed in New York State in 2018. Thankfully, there has been a sharp decrease in mortality rates crediting a focus on early detection, treatment advancements and quality medical care. The result is an increase in survivorship numbers – a growing community.



To Life! is committed to improving quality of life for cancer survivors and for assisting with reducing cancer occurrence. Consistent with the mission of *To Life!*, is support for the work of the NYS Cancer Consortium. As advocates for survivorship issues, *To Life!* helps communicate key concepts and engage this growing and evolving population.

To Life! has identified a ten county service area and is focused on highlighting and collaborating with medical providers, clinicians, and others who can be of value to the thrivers in our community.

The foundation of *To Life!* is built on empowerment through information and community. Starting with websites – there are many that offer in-depth information about cancer. This 24/7 access to information can offer as much or as little as you wish to know. Complementing the national sites you will find the *To Life!* website focused on the 10 county area surrounding the Greater Capital Region. The *To Life!* site has been revamped to include an overview of our program and service offerings, general survivorship concepts, helpful resource links, and some general information about the organization.

Building a survivor/thriver community is all about engagement and communication. The *To Life!* office is open Monday – Friday 9-5pm. Trained staff address a myriad of incoming calls and inquiries. *To Life!* offers one on one support, peer to peer mentoring and support groups. The organization continues to run education programs, specifically the annual Women's Health Conference and Beat the Odds. We appreciate you referring your patients, friends, or family members to *To Life!* Our goal is simply to meet the needs of cancer thrivers.



*American Cancer Society
2018 Facts and Figures

** New York Cancer Registry
1995 - 2015 Female

Officers & Board of Directors

President
Mara B. Ginsberg

Vice President
Rita Cox

Treasurer
Sorelle Brauth

Secretary
Barbara MacDowell

Directors
Catherine Black
Mary Bowen
Maureen DeRosa
Kevin Dubner
Steven Lerner
Holly Michaelson

To Life! Staff

Executive Director
Eileen Howe Bird

Support Services Program Manager
Melanie McCulley

Administrative Assistant
Emily Pratt

Outreach Coordinator
Susan Abbuhl

Boutique Associates
Rachel Criscione
Melanie Murphy

Wig Boutique Fitter
Alice Dunican

Find us online!



www.facebook.com/tolifecares

Visit us at www.tolife.org and sign up for monthly email updates and announcements

A YEAR OF APPRECIATION AND RECOGNITION!

We thank our
Pink Ball
Corporate Sponsors!

Champion
Destination KIA

Building Hope
Hinnman Straub
Rivers Casino and Resort

Sharing Dreams
Shenker Russo & Clark LLP
Maureen and Giorgio DeRosa
Godfrey Financial Associates

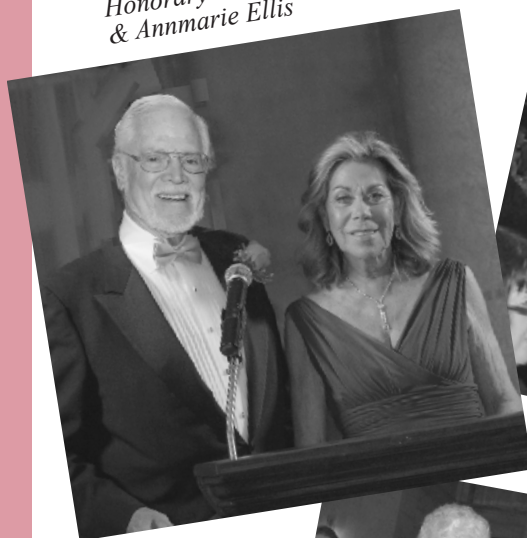
Supporting Friends
Fenimore Asset Management
Saratoga Hospital
Empowering Others
Albany Medical Center
Cordo & Company, LLC
Capek Plastic Surgery
Southern Glazer's
Wine & Spirits, LLC
Fingerprint Marketing

To Life! kicked off the 20th year celebration with the annual Pink Ball at the Hall of Springs in Saratoga. This festive evening featured a special tribute to our board member and good friend Cindy Shenker. Cindy was a guiding presence within the *To Life!* organization for many years. Her legacy will live on in the Cindy Shenker Speaker Series beginning this August at "Beat the Odds" in Saratoga.

CELEBRATE
20

Honorary Chairs Herb and Annmarie Ellis were exceptional hosts for the evening. Thanks to every one of our corporate donors for supporting this special evening, and to the multitude of Pink Ball attendees who stepped up during the evening to financially support the work of *To Life!* as we begin our next twenty years of service to the Breast Cancer community of this region.

Honorary Chairs Herb
& Annmarie Ellis



A Toast to Mara Ginsberg's 60th birthday!



Mara Ginsberg &
James Campbell



Dr. Joseph Bell & Jill Gottung



Joslyn McArdle & Deborah
McGuinness

PINK Ball
2018

OCTOBER 26, 2018
HALL OF SPRINGS, SARATOGA SPRINGS

A TOAST TO LIFE!



JOIN WITH FRIENDS,
FOR FOOD AND FUN!

MAY 7, 2019
FRANKLIN PLAZA BALLROOM



*Mara Ginsberg, Lisa Nigro Ferguson
& Eileen Howe Bird*

Featuring 14 fabulous restaurants, A Toast *To Life!* was a great success. Awardees Anne Lawton, RN of St. Peter's Health Partners, and the Nigro Companies, represented by Lisa Nigro Ferguson, spoke eloquently about service and commitment to community. James Campbell served as Honorary Chair for this event.



*Linda Hohn, Mary Skelly &
Debra Nozik*



*Arsyl DeJesus, Mara Ginsberg, Ira Zakon, Karen
Tedisco, Sabrina Mosseau, & Martha Minbirole*



*Honoree Anne Lawton &
Martha McCormick*

To Life! Toasts our Corporate Sponsors!

★★★★★

A Toast to Health

St. Peter's Health Partners

★★★★★

A Toast to Family

Albany Med

Hinman Straub PC

Nigro Companies

★★★★★

A Toast to Friends

Amoena

New York Oncology Hematology, PC

Times Union

★★★

A Toast to Kindness

Coldwell Banker Prime Properties/
Karen Glaser,
Licensed Real Estate Broker

Greenberg Traurig, LLP

Regeneron Pharmaceuticals

★

A Toast to Gratitude

Bella Napoli Italian Bakery

Buenau's Opticians

Capital Region Women's Care
of Community Care Physicians

Henry Margu Wigs

Hodes & Landy, Inc.

Kinderhook Bank

Knights of Pythias

New York Health Plan Association

RBC Wealth Management

Repeat Business Systems

Robert Wright Disposal/Cart-Away

Lisa & Malcolm Z. Roth, MD

Shenker Russo & Clark LLP

Stram Center for Integrative Medicine

Stuyvesant Plaza, Inc.

Thank You to Our Culinary Sponsors!

333 Café
Delmar, NY
Alexis Diner
Troy, NY

Bella Napoli
Italian Bakery
Troy, NY

Chris' Coffee
Service
Albany, NY

Franklin
Hospitality
Group
Troy, NY

La Serre
Restaurant
Albany, NY

Nicole's
Restaurant /
Special Events
& Catering
Albany, NY

Reel Seafood
Albany, NY

Seasons
Catering
Colonie NY

Shogun Sushi
Delmar NY

Spicy Mint
Indian Cuisine
Albany, NY

Swift's
Restaurant
& Pub
Delmar

Twisted Vine
Wine & Tap
Delmar, NY

Valente's
Restaurant
Watervliet, NY

Thank You to our Generous Donors

Celebrate 20 Donors

Eileen & Rick Bird
 Catie & John Black
 Sorelle Brauth & Robert Pomeranze
 James Campbell
 Doug Clark
 Nancy & BJ Costello
 Rita Cox & Steve Jongling
 Steve Crystal
 William DeLuca & Denise Dubois
 Sandra Dollard
 Kevin & Cindy Dubner
 Herbert & Annmarie Ellis
 Ken Ellis
 Jody & Reed Ference
 Robin B. Frank
 Mara Ginsberg & Jeffrey Pohl
 Golub Family Foundation, Inc
 Gail Hill Gordon
 Kahn Family Foundation
 Maureen & Michael Kilroy
 Megan & Neil Levine
 Chris & Cindy Lyons
 Barbara & Richard MacDowell
 James & Megan Morrell, Destination Kia
 Nigro Companies
 Bronwyn & Jeff Perez
 Cathy Pohl
 Mary Skelly
 Skrocki Charitable Foundation
 Irwin Smith

Peter & Elena Spitalny
 Thomas & Florence Suraci
 Faith Ann Takes
 Wanda Zygmuntowitz

In Memory of Rose Marino

Jeffrey & Mary Baker
 Bethlehem Memorial Auxiliary VFW 3185
 Dianne Bormann
 Sigrid Braaten
 Earl F. Costello
 Margaret Dilgen
 Carole Dooley
 Grace & Gus Franze
 Diane Green
 Dawn & Kevin Klersy,
 Paula Moskowicz,
 Rosann Lohrey
 Vanessa Nguyen
 Mary Ann Pastrana
 Gail Sacco
 Lauren Sweeney
 The American Legion Auxiliary
 Nancy Trageser
 Carmela G. Zaccardo

In Memory of Irwin Smith, III

Mara Ginsberg & Jeffrey Pohl
 Harriett Jordan DeGraff Revocable Trust
 Elizabeth Kehn
 Andi Larner
 Anne Reutemann-Berroyer
 Ken & Stephanie Smith

Christine L. Standish
 Surpass Chemical Co., Inc.
 Jack Smith

Team Kinetic

Debra Renner
 Shirley Anderson
 Robyn Katz,
 In Memory of:
 Andrea Katz Andrade
 Diane Mann,
 In Memory of:
 Monterrol O. Mann Sr.
 Nancy Menke,
 In Memory of
 Peg Hutchinson

Tribute gifts – Annual Appeal

Kathleen & Jonathan Bartow,
 In Memory of
 Harriet Butler
 Kathryn Bazicki,
 In Honor of
 Katyanna Keyser
 Brunswick Family Practice, PLLC,
 In Honor of
 Dr. James Aram & Janet O'Brien Aram
 Michael & Jeffrey Bull,
 In Memory of
 Corliss Bull
 Jane & Peter Catalano,
 In Honor & Memory of
 Cindy Shenker
 Bradley Field,
 In Memory of
 Karen A. Field
 Cynthia J. Freedman,
 In Honor of
 Mara's Vision!
 Mark & Tammy Frodyma, In Honor of
 Tammy Frodyma & Linda Frodyma

Patricia Gaynor, In Memory of Sharon Quist & Julie Muth
 Thomas Grant,
 In Memory of
 Cindy Shenker
 Pamela Howard,
 In Memory of
 Shirley B. Howard
 Alicia Jacobs, In Honor of Raylene & Richard Jacobs
 Joan Kapelle,
 In Memory of Miss Gertrude Uline
 Maria & Steven Karr,
 In Memory of
 Diana Draper
 Aline Lembo,
 In Honor of
 Aline Lembo
 Judy Lenihan,
 In Honor of the Staff at *To Life!*
 Matt Leonardo, In Honor of
 Mara Ginsberg
 Roseann Lohrey,
 In honor of
 her 83rd birthday
 Robert Mattox,
 In Memory of
 Virginia Mattox
 Bernard P. McGarry,
 In Memory of
 Susan L. Kufferman
 Morgan Stanley,
 In Honor of
 James J & Rose A Barba
 Nancy R. Yaffee,
 In Honor of
 Marilyn Trichon
 Ellen Prakken,
 In Honor of
 Ellen Prakken & John Smolinsky
 Sharon Ryan,
 In Honor of
 Kitty L. Ray
 Helen & Robert Salamone,
 In Memory of
 Pam Stewart

Phyllis T. & Bernard Shapiro,
 In Memory of
 Dorothy Levy
 Sharon Shepard,
 In Memory of
 Linda Burchaleski & Lisa Howard
 Steffi Silon,
 In Memory of
 Harriet Seifman
 Irwin Smith,
 In Honor of
 Kim Smith
 The Laura A Fantauzzi Living Trust, In Honor of
 Donna Howland
 Barbara Wyman,
 In Honor of
 Karen Hack
 Daniel Ziarno,
 In Memory of
 Carolyn Ziarno
 Howard Zwickel,
 In Memory of Alice Tenenbaum

Tribute Gifts

Linda Adamson,
 In Memory of
 Julie Roth Neville
 Mary Lou Anatriello,
 In Memory of
 Statia Canavan
 Elizabeth Barton,
 In Memory of
 Melinda Kowaleski
 Sorelle Brauth & Robert Pomeranz,
 In Honor of
 Ms. Deb Renner
 Gerard Brehm,
 In Memory of
 Elaine Brehm
 Kevin & Kathleen Busch, In Memory of
 Lynn Busch
 Doris Davis,
 In Honor of
 Betty Martin & Melinda Wadsworth

Margaret Dilgen,
 In Memory of
 Mr. Rawitsch
 Dorothy Englander,
 In Memory of
 Dawn Clements
 Mark & Kim Fine,
 In Memory of
 Cindy Shenker
 Polikseni "FiFi" Fotiu, In Memory of
 Frederica Fotiu
 Marilyn Frantsov,
 In Memory of
 Mary Ellen Kuta
 Robert & Dorothy Ganz,
 In Honor of
 Mara Ginsberg
 Eugene Ginsberg,
 In Honor of 60th anniversary of
 the birth of
 Mara Ginsberg
 Lois Goland,
 In Memory of
 Diane Rosenbaum
 Harriett Jordan DeGraff Revocable Trust, In Honor of
 Kimberly Smith Murphy
 Mary Harrison,
 In Honor of
 Kathleen Kane
 Marie E. B. Hoffman, In Honor of
 Sandy Foster
 Joanne & Steven Horowitz,
 In Honor of
 Mara Ginsberg
 Matthew Kohn,
 In Honor of birth of
 Baby Boy Sperber
 Maribeth Krupczak,
 In Memory of
 Stella Krupczak
 Nancy & Steven Lerner,
 In Honor of Mara & To Life's
 20 years

Richard Litzky,
In Honor of: Mara
Ginsberg-Pohl &
50+ years of being
our favorite cousin

Matthew &
Jennie Mahony,
In Honor of
Debbie Parker

Pamela McCarthy,
In Honor of Deb
Renner's Birthday

Amy Murphy,
In Honor of
brave breast cancer
fighters everywhere

Diane O'Connor-
Easton,
In Honor of
Deb Renner

Courtney &
John Olsen,
In Memory of
Dorothy Burt

Debra Renner,
In Memory of
Peg Hutchinson

Linda Rose,
In Memory of
Linda Papal

Carole Saurack,
In Memory of
Melinda Kowaleski

Wilma Schmeler,
In Honor of
Kathleen Schmeler

Carmela Servidone,
In Memory of
JoAnn McDonald,
Mary & Joseph
DiBlasio, &
Barbara Sax
Ann Tobin,
In Memory of
Jane Carey

Friends Fundraisers

1st National Bank
of Scotia
Rita Cox
ClubLife Health &
Fitness - Swing the
Bell for a Cure
CrossFit Spur
Glenmont -
Fight Like a Girl
DZ Restaurants
Elsmere
Elementary PTA
Fall Quilters'
Get-Away Weekend
Garden Bistro 24
Hannaford Bags 4
My Cause
H & R Block
KAPL Pink Day
NYSTEC Pink Day
Saratoga Clay Arts
- Chili Cook Off

Serve for the Cause
Spring Quilters'
Get-Away Weekend
Village Pizzeria's
Toast to the Ta Ta's
Wine Tasting
Village Pizzeria's
Toast to the Ta Ta's
Golf Tournament

Pink Zone Corporate Sponsors

Capital Tint &
Graphics
Giorgio & Maureen
DeRosa
Howard Hanna
Capital, Inc
Marra's Pharmacy
Betsi & Bill
McGoldrick
Nigro Companies
Elaine Ramundo &
Associates, Inc.
SEFCU Mortgage
Services
Stella Pasta Bar &
Bakery
Stewart's

*Donations recieved
6/29/18- 5/30/19.*

How to Donate

To Life! is an independent not-for-profit organization (501(c)
(3) providing services in a ten-county region
surrounding the Greater Capital Region. Your gift helps us
continue to provide free-of-charge services to women and
families dealing with issues related to Breast Cancer. All
contributions stay within the region.

How to contribute to our efforts:

Annual Appeal

We rely on our annual fund each year to help meet our
operating expenses.

Gifts in Memory of a family member, friend, or colleague
Many families and friends choose to donate to *To Life!* in
memory of someone who had breast cancer and/or was
supported by *To Life!* This kind and simple gesture brings
comfort to loved ones.

Gifts in Honor of a family member, friend, or colleague
A gift in support of *To Life!* is a wonderful way to honor
someone who is fighting breast cancer, or an individual
who has served an important role in the care or treatment of
those fighting breast cancer.

SEFA Contributions by State Employees

The State Employee's Federated Appeal (SEFA) allows
state employees to make payroll deductions toward
charitable contributions. To support *To Life!*, reference
SEFA #50-227.

Legacy Giving

If *To Life!* has been important to your life, you may
choose to join an honored group of *To Life!* friends who
include *To Life!* in their estate plans. Including *To Life!*
in your will and/or retirement plan will help ensure our
services remain available for those who are diagnosed in
years to come.

To Life! Annual Appeal

Your gift today helps us continue to provide our free of charge programs and services for women and families.

I wish to support To Life! in the amount of \$ _____ ☐ Check Enclosed (Made payable to *To Life!*) ☐ Mastercard ☐ Visa ☐ AmEx

I wish to make a multi-year pledge of \$ _____ for _____ years.

Donor Name	Card Number	Exp. Date	Security Code
Email Address	Phone (day)	Phone (eve)	
Address	City	State	Zip
Cardholder Name	Cardholder Signature		

My donation is in memory/honor of: _____

Please send an acknowledgement form to: _____

Please mail form to: *To Life!* 410 Kenwood Ave., Delmar, NY 12054.
Or, donate online at www.tolife.org

SEFA Giving: To support *To Life!* through SEFA contributions: SEFA #50-227

Your generosity is greatly appreciated!



Your Personal Source for Breast Cancer
Education & Support
www.tolife.org

410 Kenwood Avenue
Delmar, NY 12054



Join us for
BEAT THE ODDS!
Educational Forum on Breast Cancer



Wednesday August 7th, 2019
Saratoga City Center, Saratoga Springs
9am - 12noon (Light breakfast will be served starting at 8am)

BREAST IMPLANTS POST MASTECTOMY - TO HAVE OR TO KEEP?
AND
BREAST CANCER SCREENING FOR THOSE WITH IMPLANTS
GET THE FACTS!

Presenters include:

Stephen Nagel, MD
Surgical Oncologist, Medical Officer at, US Food and Drug Administration

Andrew Warheit, MD
Diagnostic Radiologist, Medical Director at St Peter's Hospital Breast Center

This program is free of charge. Pre-registration is required.
Register online at www.tolife.org or call (518) 439-5975



Friday, October 25
Hall of Springs
Saratoga Springs, NY

www.tolife.org/events

9th Annual



Women's Health
Conference

Tuesday, November 12th,
8am—4:30pm

Carondelet Hospitality Center,
Latham, NY 12110