



Hematology-Oncology Associates of CNY

Personalized cancer care – when you need us, where you need us.

315.472.7504 | hoacny.com



What You Need to Know About Biosimilars : A Public Education Forum for Patients, Families & Friends

Reservations still available!

Click Here to Register!

Wednesday, March 8, 5-6:00 p.m. - Reservation Required

HOA Office - 3rd floor - 5008 Brittonfield Parkway, East Syracuse, NY 13057

- Brief Presentation Followed by Q & A
- Meet Our Pharmacy Team Leaders
- Learn About our Patient Advocacy Efforts
- Pizza and Soft Drinks Served

Sponsored by HOA's



March is National Nutrition Month!

Do you know HOA has two registered dietitians on staff who are Board Certified Specialists in Oncology Nutrition?

If you need their help, just ask your care team to schedule an appointment for you!



Theresa Shepard, MS, RD, CDN, CSO



Emily Januseski, MPH, RD, CDN, CSO

[Click here to learn more](#)

No matter your age or activity level, making healthful food and drink choices will provide your body with energy now and fuel for the future. Plus, the benefits of eating healthfully can add up over time.

Eat with the environment in mind.

Buying foods in season and shopping locally, when possible, not only benefits the planet, but it also may help you keep food costs down.

Enjoying more plant-based meals and snacks is another option. Try more meatless meals or substituting some or all of the meat in recipes with plant-based proteins.

Breast Cancer Support Group
for women in their 20s, 30s, 40s

5PM-6:30PM
on the 1st and 3rd Wednesday of the month.

Meeting at
Hematology-Oncology Associates of CNY
5008 Brittonfield Parkway
East Syracuse, NY 13057

New Meeting Time!

Please register by email or by calling
Pamela Coffey, 315/472-7504 ext 1608
Click Here to Email:
pcoffey@hoacny.com

[Click here](#) to listen to Dr. Tracy Alpert answer your questions about radiation oncology on WSYR's (TV9) *Bridge Street!*




HOA BUZZ WORDS

What is an AC?

It is an abbreviation for the word antecubital -essentially the crease of your elbow. This is a term most commonly used by our infusion team. When inserting an IV for infusion our nurses will not use the AC for chemotherapy. They will only use this area for non-chemotherapy infusions if necessary.

Offices: Auburn - East Syracuse - Syracuse | 315/472-7504 | hoacny.com

