



HOPE & HEALING

A guide to helping survivors navigate through their journey

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Summer 2025 Issue

Northside Hospital Cancer Institute Call Center: [404-531-4444](tel:404-531-4444)

**NORTHSIDE
HOSPITAL
CANCER INSTITUTE**
BUILT TO BEAT CANCER

Northside Hospital Cancer Institute to Host 4th Annual Patient and Care Partner Education Conference

Northside Hospital Cancer Institute is hosting its fourth annual Patient and Care Partner Education Conference on Saturday, August 9, 2025, from 9 a.m. - 3 p.m. at The Hotel at Avalon in Alpharetta. The aim of the conference is to empower patients, survivors and their care partners through education, action and networking.

New for 2025 is a one-track meeting, meaning all attendees will remain together to take part in the same presentations. This year's theme is MAP – My Action Plan, and each individual will receive a physical map that can be used throughout the day to create a personalized action plan.

Confirmed presentation topics include:

- **Bone Health:** Hear from a Northside expert on how to maintain bone health and strength during and after treatment.
- **Complementary and Alternative Medicine and Cancer:** Learn about incorporating things like acupuncture, yoga, massage and herbal medicine into your treatment plan.
- **Heart Health:** Discover ways to minimize the negative impact that treatment can have on your heart through tips from a Northside expert.
- **Navigation Recalibration:** A step-by-step guide on how to create your own MAP (My Action Plan) with "stops" to refuel and refresh along the way.

The conference will begin with breakfast and networking and will conclude with a combined Patient and Care Partner Panel. Presenters will include Northside-affiliated providers as well as external experts, Rita Abdallah, SW-S, ACSW, E-RYT® 200, RYT® 500, YACEP® and Dawn Fowler, PhD, LMSW. Breakfast, lunch and snacks will be served, and each participant will receive a "swag bag" including a conference booklet! Registration and parking are both free of charge.

All attendees are encouraged to explore the space during the conference and to:

- Take advantage of the complimentary chair massages.
- Visit the Community Resource Area to learn more about community support organizations and services offered by Northside (including behavioral health, nutrition, physical therapy/rehabilitation services, genetics, research and navigation).
- Enter a raffle for giveaways!

For additional details on the conference or to register, please visit northside.com/patientandcaregiver. We hope to see you there!

Highlights from last year's conference



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ASK AN EXPERT



Menopause and Cancer

By: Emily Beard, RN, BSN, OCN, CBCN

What is treatment-induced (premature) menopause?

Treatment-induced menopause is a common side effect in patients undergoing cancer treatment, particularly those under the age of 50. Chemotherapy can impact ovarian function, leading to an abrupt end to menstrual periods that can be temporary or even permanent. This sudden onset of unnatural menopause is referred to as premature menopause.

Symptoms of premature menopause may include:

- hot flashes
- night sweats
- vaginal dryness
- mood changes
- impacts to fertility

Unlike natural menopause, which has a more gradual onset of symptoms, chemotherapy-induced menopause symptoms occur abruptly and are usually more intense.

Are there certain types of cancer, types of treatment or pre-existing conditions that put patients (or women) at a greater risk?

Yes, cancers of the breast and female reproductive organs (including ovarian, endometrial and cervical) as well as hematologic malignancies such as lymphoma can put patients at greater risk for premature menopause. These types of cancer often require aggressive treatments with chemotherapy, and sometimes pelvic radiation, or surgical removal of the ovaries, all of which can damage ovarian function.

Treatments involving certain chemotherapy agents or high-dose radiation are particularly likely to induce early menopause. Pre-existing conditions such as autoimmune disorders (e.g., lupus, thyroid disorders), genetic predispositions (e.g., BRCA mutation carriers), or a family history of early menopause can heighten vulnerability to disruption in circulating estrogen. Additionally, smoking and low ovarian reserve before treatment can compound the risk, leading to earlier and more severe symptoms.

What are some of the symptoms that patients (or women) may experience?

In addition to the symptoms mentioned previously, other symptoms include fatigue, difficulty concentrating, decreased libido and sleep disturbances. Over time, premature menopause increases the risk of osteoporosis and cardiovascular disease due to the significantly decreased circulating estrogen.

How can patients manage these symptoms?

Managing symptoms of premature menopause involves a combination of lifestyle changes, medical treatments and supportive care. Hormone replacement therapy (HRT) is often the most effective way to alleviate symptoms like hot flashes, vaginal dryness and mood swings by restoring estrogen levels, but it must be carefully considered based on individual health risks.

Lifestyle adjustments are also important, including regular exercise to boost mood and bone health, as well as a balanced diet rich in calcium and vitamin D. Many patients find that reducing and avoiding stimulants such as caffeine, alcohol and nicotine can reduce hot flashes and symptoms. Stress management techniques such as stretching, yoga, mindfulness and meditation have been shown to address physical side effects and improve emotional well-being.

Counseling for individuals and couples can be helpful for coping and improving communication and facing the impacts on quality of life. For vaginal dryness, lubricants or moisturizers can provide relief during intercourse, and in some cases, topical estrogen creams and suppositories can be prescribed to improve symptoms.

Regular follow-up visits with health care providers are important to ensure symptom monitoring and address long-term risks like osteoporosis and heart disease. Usually a combination of mental health support, gynecology interventions and an integrative survivorship care approach helps patients achieve and maintain a better quality of life. Communicating about physical and emotional side effects and bringing up these concerns is key to managing them.

Who should patients contact at Northside Hospital for assistance with symptom management?

Patients at Northside experiencing treatment-related premature menopause symptoms should reach out to any member of their treatment team first (whoever they are seeing consistently for treatment and monitoring). Additionally, below are some other departments within Northside that can provide assistance with symptom management.



(continued on page 3)

Menopause and Cancer *(continued from page 2)***Oncology Navigation**

Northside's cancer support team includes nurses and patient navigators who can assist with resources and referrals to help patients address barriers to care, including information on symptom management and questions about treatment. To speak with an oncology navigation team member, please call [404-300-2800](tel:404-300-2800) or email nurse.navigators@northside.com.

Behavioral Health Services

Mental health professionals including licensed social workers and psychiatrists are available for emotional support, including group and individual counseling,

information on coping strategies and medication management when needed. For more information, please call [404-851-8960](tel:404-851-8960) or email behavioralhealthservices@northside.com.

Oncology Rehabilitation Services

Licensed rehabilitation therapists offer a variety of services to address physical changes resulting from cancer and treatment, including physical therapy to address sexual health related side effects and pelvic floor therapy. For more information, please call [404-236-8030](tel:404-236-8030).

**BOOST YOUR HEALTH & WELLNESS****Microplastics and Simple Ways to Minimize Your Exposure**

By: Amanda Pencek MS, RD, CSO, LD

Since its invention in 1907, plastic has quickly become one of the most used products in everyday life. Many plastics items are hard to recycle and end up causing a major environmental hazard. With the rise in single use plastics, there have been additional concerns related to microplastics.

Microplastics are defined as particles that are less than 5 mm in size (the diameter of a grain of rice). While the physical health effects of microplastics on the human body are not fully known, their impact on the environment is already well documented to be detrimental. While it can seem near impossible to avoid plastics and in turn microplastics, there are several small steps that can be taken to reduce overall plastic consumption.

Switch to glass food containers

- Microplastics can leak into foods kept in plastic containers from flaking caused by damage from microwaving or utensils.
- Glass food storage containers are great because they are often more durable than plastic, last longer and are microwave and oven safe.
- Additional tip: Bring glass containers to restaurants as well. Many restaurants use single use Styrofoam containers that often have microplastic debris still present from manufacturing that can then be transferred to foods.

**Switch to reusable stainless steel or glass water bottles**

- Reusable water bottles have long been touted as being great for reducing single use plastic water bottle waste, however many are still made of plastic.
- One study found that people who met their daily water intake through single use plastic bottled water alone were estimated to be consuming 90,000 microplastic particles per year.

**Reduce intake of processed foods or foods packaged in plastic**

- Decreasing the overall consumption of packaged foods, lowers the amount of plastic being produced, thrown away and ending up in our soil and water. It also reduces the possibility of microplastics being formed from opening these products and contaminating the air around us.
- Try to increase your intake of whole foods or foods packaged in paper or glass instead
- Additional tip: Use reusable produce bags and grocery bags when shopping or ask for paper bags to limit the use of hard to recycle plastic bags.



Reference: Cox KD, et al. *Environ Sci Technol*. 2019 Jun 18;53(12):7068-7074. doi: 10.1021/acs.est.9b01517. Epub 2019 Jun 5. PMID: 31184127.

To subscribe to Hope & Healing, visit:
northside.com/hope-healing-sign-up.

Perfect and Easy Apple Crisp*

Ingredients (can all be easily sourced in nonplastic packaging)

- 2 ½ cups apples-peeled, cored and sliced
- 1 cup sifted all-purpose flour
- 1 cup white sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup butter, softened

Directions

- Gather all ingredients. Preheat the oven to 375° F. Lightly grease an 8-inch square baking dish.
- Arrange apple slices evenly in the prepared baking dish.
- Sift flour, sugar, cinnamon and salt into a bowl.
- Cut in butter using a pastry blender, or two knives, until mixture resembles coarse cornmeal; sprinkle over apples.
- Bake in the preheated oven until topping is golden for 40 to 45 minutes.
- Cool slightly before serving

Recipe tips: The butter should be gently cut into the flour, so it remains in small lumps. This will result in a light, crunchy topping. You can also add a scoop of vanilla ice cream or frozen yogurt!

Nutrition information per serving (recipe serves six): 365 calories, 16 grams total fat (10 grams saturated fat), 41 milligrams cholesterol, 56 grams carbohydrates, 2 grams protein, 2 grams dietary fiber, 207 milligrams sodium, 38 grams sugar.

*Recipe source: allrecipes.com/recipe/229274/apple-crisp-perfect-and-easy/



Photo credit: Dotdash Meredith Food Studios



Building Resilience: Physical Preparation for Your Cancer Journey

Based on a presentation by Michael Witter DPT, SCS, CSCS, F-DN, C-PS

Facing a cancer diagnosis can feel like preparing for a major fight, and physical preparation is a crucial part of building resilience throughout the journey. Patients can greatly benefit from understanding how movement, exercise and resilience can support their health during this challenging time.

Cancer treatments like chemotherapy, radiation and surgery can lead to severe fatigue (cancer related fatigue or CRF), muscle loss (sarcopenia), decreased cardiovascular fitness and other side effects such as depression, anxiety, cognitive impairments and sleep disturbances. However, studies show that better baseline fitness and nutrition lead to improved treatment tolerance and faster recovery.

Exercise is a powerful solution. Engaging in moderate-intensity aerobic exercise (like walking or cycling) for at least 30 minutes, three times per week, significantly reduces CRF both during and after treatment. Combining aerobic exercise and resistance training enhances these benefits. Regular physical activity also alleviates other common side effects like pain and cognitive impairments, improves physical functioning, enhances psychological well-being by reducing anxiety and depression, supports immune function and improves sleep quality.

While it is important to know that exercise helps patients prepare for and endure cancer treatments, it can still be hard to know where and how to start. Some quick tips to getting started include:

- Just getting started! Even small steps like taking a 5-minute walk can lead to big changes.
- Picking an exercise or activity you actually enjoy.
- Contacting a physical therapist or cancer exercise specialist for ideas.
- Understanding your “why” such as staying strong for your kids/spouse/family or to inspire others.

Physical preparation can be broken down into three phases; pre-treatment, during treatment and after treatment, and each phase requires a different focus.

- Before treatment, a “prehabilitation” phase can lay the foundation of physical strength and endurance to better tolerate treatment. This can include strength training twice a week, 20-30 minutes of aerobic activity daily and daily stretching and mobility.
- During treatment, maintaining movement with short walks, seated exercises or gentle yoga can combat deconditioning caused by too much rest.
- After treatment, the focus shifts to rebuilding muscle and endurance, restoring mobility and balance and improving mental health through consistent resistance and aerobic exercise.

Throughout the process, listen to your body, adjust intensity and build a strong support team of family, friends, physical therapists and cancer exercise specialists to increase the chance for success. Learn more about Oncology Rehabilitation services offered at Northside Hospital by visiting northsiderehabilitation.com/services/oncology-rehab. A physician referral is required for therapy.

References: asco.org/about-asco/press-center/news-releases/movement-medicine-structured-exercise-program-challenge
curetoday.com/view/high-fiber-diet-linked-to-better-treatment-responses-in-skin-cancer





STORIES OF HOPE & HEALING*

Survivor/Thrivers Story: Meet Bill



What are the events that led up to your cancer diagnosis?

I went to see my primary care provider (PCP), [Dr. Samantha Benson](#), and upon review of my test results, she recommended I go to Georgia Urology, since my PSA had increased slightly for the last four or five years. I had no other real symptoms

that would indicate any issues with my prostate. For some reason, I did not blow off her recommendation, and I made an appointment. I got my PSA taken at the urologist's office, and it had jumped from 3.3 to 4.5. All of my tests led to a prostate biopsy, which resulted in 17 out of 17 samples positive and a Gleason score of 9. Genetic testing of the cancer showed it was high risk, with a score of 0.95 out of 1.0. All of my doctor's appointments ended up going about as badly as they could. The whirlwind of visits and follow-ups quickly blurred together, leaving me overwhelmed.

What treatment did you receive?

I was told that surgery (prostatectomy) was my only option based on my biopsy results. The surgery in late March of this year was successful. As suspected, my urologist, [Dr. Daniel Belew](#), had to sever nerves and be as aggressive as he could to remove all of the cancer, which was showing signs of wanting to spread. Despite his efforts, he was unable to get the margins he wanted without causing additional damage to my urinary system.

How and where did you receive support during your treatment and recovery?

Throughout my treatment, the health care providers at Georgia Urology followed a definitive plan and were super attentive to my treatment schedule given the aggressiveness of my cancer. I have had regular visits with Georgia Urology and have relied on their expertise to understand my situation and make informed decisions. Additionally, since my surgery I have been regularly going to physical therapy to try and recover as well.

Did you utilize patient support resources at NHC? If so, which would you recommend?

I did keep in touch with the Northside navigation nurses, but I did not have to take advantage of the resource. I knew it was available to me, but I was able to have a relatively smooth journey in spite of the circumstances.

What advice do you have for someone navigating their treatment and recovery journey?

Being diagnosed with cancer can be an overwhelming and emotional experience. I truly believe it is imperative not to get too far ahead of your current situation, as there are so many variables and things out of your control. If you are not careful you will overwhelm yourself with dramatic outcomes and "what ifs" that can become too much to manage. It is easier said than done, but you really need to try and stay in the moment, take each step as it comes and trust your doctors and support system.

How far out are you from treatment or is treatment ongoing?

I am almost 11 weeks out from my surgery, and recovery is going pretty much as expected. I am continuing with physical therapy and hope to overcome some incontinence and ED issues. It is also worth noting that I just recently got my first post-surgery PSA test results, and the PSA was not detectable. This is obviously good news, but I am going to remain vigilant and ensure that I continue following standard prostate cancer/PSA detection protocols.

Closing Thoughts

I have been told more than once that my PCP saved my life. I am still amazed at the aggressive timeline of my prostate cancer detection that led to surgery and recovery. I essentially had no symptoms beyond a slightly upward trending PSA. If I had not been proactive and listened to my doctor I would be in a much worse situation.

I also want to be sure that people understand that a journey with cancer is an emotional as well as a physical experience. I expected the physical side to be uncomfortable at times, but the emotional side was unexpectedly tough too. The best advice I was given was to make sure I gave myself grace and time to absorb all the emotions that I might expect to experience. Additionally, try your best to find someone you can confide in and ask questions. This type of support system is absolutely invaluable and essential to staying grounded.



*Patients' stories are based on individual experiences. The process from diagnosis through treatment may vary as well as symptoms, side effects and provider recommendations.



COMMUNITY SUPPORT & RESOURCES

NHCI Partner Spotlight - [Georgia CORE](#)



Purpose of the organization.

Georgia CORE is a statewide nonprofit reducing the burden of cancer through research, education and advocacy. We foster collaboration and connection between Georgia's cancer research, academic and patient advocacy communities. Through these efforts, our aim is to increase access to cancer clinical trials, potential new treatments, screenings, preventative services and survivorship resources throughout the state.

Population that Georgia CORE serves.

While we serve all Georgians, our focus on increasing access means we target under-resourced and under-insured communities in our state.

Resources that Georgia CORE provides to patients, survivors and/or care partners.

Georgia CORE empowers the cancer community and its stakeholders with education and actionable information on screenings and preventative services. We also maintain the only statewide online information center of its kind with details on oncologists, clinical trials, treatment centers and resources throughout the state.

Outreach programs that Georgia CORE sponsors in the community.

Two areas of outreach are the [Georgia Cancer Trial Finder program \(GCTF\)](#) and our partnership with Georgia Public Health clinics throughout the state. The GCTF program works with providers, patients and care partners to identify the closest open clinical trial.

Since 2012, Georgia CORE has worked with the Georgia Department of Public Health to identify women at high risk for breast and ovarian cancer and provide access to free genetic testing for those who qualify. We also provide education and screenings by awarding funds to community organizations that work directly with patients to provide access to screening for lung, breast, cervical, colorectal and prostate cancer.

Volunteer opportunities that Georgia CORE offers and the best way to get involved.

Georgia CORE invites volunteers to serve on advisory committees to help fulfill our mission in the areas of research, education and advocacy. We also encourage Georgians to become educated on what state and federal resources are being provided to increase cancer research, screenings and preventative services in our state and to advocate for more.

Partnership between Georgia CORE and Northside Hospital Cancer Institute.

Northside Hospital Cancer Institute (NHCI) has been a consistent partner to Georgia CORE over the past two decades. Members of NHCI's leadership team have served on our Board of Directors. We are a partner in Georgia NCORP, which is led by [Dr. Guilherme Cantuaria](#) and [NHCI's research team](#), where we recruit and work with affiliate sites around the state to increase access to cancer clinical trials and improve cancer care delivery and treatment. We are grateful that NHCI is one of our closest partners, collaborators and supporters.

Volunteer Opportunity!

Northside Hospital Cancer Institute sponsors the Susan G. Komen More Than Pink Walk in October, which requires quite a bit of packing. Join in on the fun and give back by attending a packing party!

When: Wednesday, October 21st and Thursday October 22nd from 10 a.m. to 1 p.m.

Where: Northside Gwinnett – 631 Professional Drive Lawrenceville, GA 30046.

All volunteers will receive a free Northside branded 2025 Komen hockey-style shirt. Please email mildred.pierre@northside.com to sign up!



Do you have a question you would like answered by an expert or a story to share in a future issue of Hope & Healing? If so, please send your questions or stories to survivornewsletter@northside.com.



Art Therapy Classes Provide Space for Comfort, Reflection and Renewal

By: Christy Andrews, Executive Director, CSC Atlanta

"Art washes away from the soul the dust of everyday life." — Pablo Picasso

Think art therapy is not for you? Think again. You do not need any artistic skill or special talent to benefit from art therapy—just a willingness to explore and express yourself. At Cancer Support Community Atlanta (CSC Atlanta), art classes often become one of the most unexpected and rewarding experiences for participants.

These evidence-based programs are designed to help individuals impacted by cancer process emotions, reduce stress, build meaningful connections and boost overall well-being. Offered in a warm, supportive environment—both in person and virtually—CSC's art therapy classes are open to all, completely free and require no prior experience.

Dana Kuehn, MS, LPC, CSC Atlanta's experienced art therapist, sees firsthand the profound impact these classes

have, "The intention of each session is to be present, let go of the outside world, be open to playfulness and savor the community at your table," she shares. "No art talent is necessary. Sometimes, the most healing pieces are the most childlike."

From painting and clay to collage and creative retreats, CSC Atlanta offers a wide variety of expressive outlets that invite individuals to relax, reconnect and heal. Whether you are creating a vibrant canvas or simply enjoying the camaraderie of others, art therapy provides a space for comfort, reflection and renewal.

Visit www.cscatlanta.org to register for upcoming classes and discover how art can help bring color, calm and connection into your journey.



GET INVOLVED

Northside Hospital Foundation Hosts Survivor Celebration at Truist Park

The Cancer Survivor Celebration was held on Tuesday, April 8, 2025, and hundreds of survivors and their families attended. Here are some photo highlights:





EVENTS & CANCER CELEBRATIONS

CANCER SCREENING & PREVENTION

Skin Cancer Screening

August 7, 2025 @ Atlanta Cancer Care - Conyers from 5:30-8 p.m.

Prostate Cancer Screenings

August 7, 2025 @ Atlanta Cancer Care - Conyers from 5:30-8 p.m.

September 4, 2025 @ Northside Hospital Cancer Institute Radiation Oncology – Preston Ridge from 5:30-8 p.m.

September 25, 2025 @ The Cancer Support Center at Northside Hospital Gwinnett 5:30-8 p.m.

October 21, 2025 @ Northside Hospital Cancer Institute Radiation Oncology - Atlanta 5:30-8 p.m.

To schedule an appointment for a cancer screening, please call [404-531-4444](tel:404-531-4444).

National Lung Cancer Screening Day

November 8, 2025 @ Northside Hospital imaging locations in Holly Springs, Atlanta, Cumming and Lawrenceville.

Northside is partnering with the American Cancer Society National Lung Cancer Roundtable, American College of Radiology, Radiology Health Equity Coalition and U.S. Department of Veterans Affairs to raise awareness about lung cancer screening and offer low-dose CT (LDCT) lung screening on a Saturday. A physician order is required. Call [404-531-4626](tel:404-531-4626) to schedule an appointment.



Built To Quit – Smoking and Tobacco Cessation Course

Next six-week session start date: September 9, 2025

Weekly classes include the American Lung Association Freedom from Smoking curriculum and are available in person and virtually. They are conducted primarily in a group setting, which encourages participants to learn from each other. For more information, please visit northside.com/community-wellness/built-to-quit, call [404-780-7653](tel:404-780-7653) or email smokingcessation@northside.com.



COMMUNITY EVENTS

CANCER WALKS/EVENTS – SPONSORED BY NHCI

Team Maggie's Dream 5K/10K

September 13, 2025 @ the River at RCCG King's Court Chapel in Roswell from 7:30 a.m.-10 a.m.

ZERO Prostate Cancer Run/Walk Atlanta

September 13, 2025 @ Piedmont Park Promenade in Atlanta @ 8:30 a.m.

Southeastern Brain Tumor Foundation Race for Research

September 20, 2025 @ Atlantic Station in Atlanta @ 7:15 a.m.

Georgia Ovarian Cancer Alliance Teal Trot 5K Walk & Run

September 20, 2025 Chastain Park in Atlanta @ 9:30 a.m.

Georgia 2-Day Walk for Breast Cancer

October 4, 2025 @ Atlanta Marriott Marquis @ 7 a.m. and
October 5, 2025 @ noon

American Cancer Society Making Strides Against Breast Cancer

October 4, 2025 @ The Home Depot Backyard in Atlanta from 9 a.m.-noon

Leukemia & Lymphoma Society Light the Night

October 4, 2025 @ Piedmont Park in Atlanta @ 5:30 p.m.

Colorectal Cancer Alliance's 2025 Atlanta Walk to End Colon Cancer

October 25, 2025 @ Shirley Franklin Park in Atlanta @ 10 a.m.

Komen Georgia MORE THAN PINK Walk

October 25, 2025 @ Lenox Square in Atlanta at 8:30 a.m.

Think Pink Cherokee 2025 Breast Cancer Awareness Walk

October 25, 2025 in Canton from 9 a.m.-noon

Leukemia & Lymphoma Society Southern Blood Cancer Conference

October 25, 2025 @ the Loews Atlanta from 9:00 a.m.-2:15 p.m.

American Lung Association Lung Force Walk

November 8, 2025 @ Atlantic Station in Atlanta from 8-11 a.m.

When available, visit lung.org/get-involved/events for more details and to join the NHCI team, "The Lung & The Breathless."

Sarcoma Strong Run/Walk 5K

November 8, 2025 @ Chastain Park @ 9 a.m.

NORTHSIDE FOUNDATION EVENTS

Tennis & Pickleball Against Breast Cancer

Benefiting Northside Hospital's Breast Care Program

October 3, 2025 in North Fulton/Gwinnett

October 10, 2025 in Forsyth

October 17, 2025 in Cherokee

October 24, 2025 in North Fulton

Paint Gwinnett Pink 5K Walk/Run for Breast Cancer

October 18, 2025 @ Gas South District @ 8 a.m.

NORTHSIDE-HOSTED SURVIVOR EVENTS

2025 Patient and Care Partner Education Conference

August 9, 2025 @ The Hotel at Avalon in Alpharetta

Visit northside.com/patientandcaregiver to learn more or to register.

NHCI Metastatic Breast Cancer (MBC) Retreat

September 12-14, 2025 @ the Elohee Retreat Center in Sautee Nacoochee, Georgia

This is a weekend retreat facilitated by a clinical oncology social worker and oncology nurse. Registration is offered at no cost to MBC patients and their care partners. Applications are currently being accepted. For more information, please contact Kymberly Duncan at kymberly.duncan@northside.com.

Upcoming Cancer Awareness Months

August: Appendix Cancer awareness month

September: Blood Cancer (Leukemia & Lymphoma), Prostate Cancer, Gynecologic Cancer (Cervical, Ovarian, Uterine, Endometrial, Vaginal, and Vulvar cancers) and Thyroid Cancer awareness month

Follow Northside Hospital:

