

# HOPE & HEALING

A guide to helping survivors navigate through their journey

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

Visit us at [builttobeatcancer.com](http://builttobeatcancer.com)

Summer 2023 Issue

Northside Hospital Cancer Institute Call Center: [404.531.4444](tel:404.531.4444)

## Northside Hospital Cancer Institute to Host Second Annual Patient and Caregiver Conference

Communication is essential to successful relationships; however, communication surrounding a cancer diagnosis can be quite challenging not only for patients with their health care providers and families, but also for caregivers. This year's Northside Hospital Cancer Institute Patient and Caregiver Conference will feature communication as its core theme. The conference will take place on Saturday, August 12, 2023, from 9:00 a.m. to 3:00 p.m. at The Hotel at Avalon in Alpharetta.

The 2023 conference will again feature three tracks: **Patient** (all stages and survivor), **Caregiver** (must be 18 or older to attend) and **Thriver** (advanced disease). Presentations will aim to provide attendees with the tools to have successful communication in all types of relationships, including patient and health care provider and patient and caregiver. Presentations will also address the relationship between mind and body.

### Confirmed Presentations:

- Communication – A Pathway to Healing
- Mind & Body – Gut Health
- Let's Talk About the Science – Genetics, Genomics & Research
- Mind & Body – The Psychology of Cancer
- Mind & Body – Caring for the Caregiver
- Mind & Body – Integrative Medicine
- Talking About Cancer – A Guide on Communication
- Talking About Cancer – Thriver Stories

Presenters will include Northside-affiliated providers and external experts, including Beau Rappé who will return to deliver the opening presentation. The conference is free of charge, and lunch will be served.

In addition to the educational presentations, attendees will have access to a community resource area where over 20 advocacy groups will have representatives and information. For additional details on the conference or to register, please click [here](#). We hope to see you in August!

### Highlights from last year's conference



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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](mailto:survivornewsletter@northside.com).



## ASK AN EXPERT



### What to Expect During Radiation Therapy

By Mudit Chowdhary, MD of Northside Radiation Oncology Consultants

**What is radiation therapy and how is it used in a cancer treatment plan?**

Radiation therapy, or radiotherapy, is the use of various forms of energy to safely and effectively treat cancer and other diseases. Radiation therapy works by damaging the genetic material within cancer cells. Once this happens, the cancer cells are not able to grow and spread. When the damaged cancer cells die, the body naturally removes them. Normal cells are also affected by radiation, but they can repair themselves in a way that cancer cells cannot. If radiation therapy is recommended as part of a treatment plan, a radiation oncologist will develop a customized plan to deliver radiation to the tumor area while shielding as much surrounding normal tissue as possible.

**What are the various types of radiation therapy?**

There are several forms of radiation therapy. Patients most commonly receive some form of external beam radiotherapy (EBRT), which refers to the delivery of tightly targeted radiation beams from outside the body. A course of EBRT involves several daily treatments (fractions) over the course of a few days to a few weeks. Specialized forms of EBRT also exist, including, stereotactic radiosurgery (SRS) or stereotactic body radiation therapy (SBRT). SRS and SBRT are used to precisely deliver very high doses of radiation to small tumors, which allows patients to be treated in as little as one to five treatments. In certain cases, internal radiation therapy is required. This is called brachytherapy and involves placing a sealed radioactive source inside, on or near the tumor. This can be permanent or temporary based on the cancer type.

**What can be expected before and during the first radiation therapy session?**

Before the first radiation therapy session, a consultation will occur to determine if radiation therapy is recommended as part of the treatment plan. Following this, a "CT simulation" or "mapping session" occurs, where the patient is placed in the exact position to be maintained during the actual treatment. Immobilization devices such as molds,

casts, headrests or other devices are customized to assist in this process. A special treatment planning CT scan is then obtained. The radiation therapist (under the radiation oncologist's supervision) marks the area to be treated on the immobilization devices and/or the skin with either small, permanent tattoos or stickers. Next, the radiation oncologist designs a treatment plan in conjunction with a medical physicist and dosimetrist. The treatment plan undergoes rigorous quality assurances to ensure the radiation plan designed is as accurate and safe as possible. After this is completed, treatment can begin.

**Do patients feel the radiation treatment and does it hurt?**

Not at all! Radiotherapy is invisible and cannot be seen or felt.

**What side effects may occur from radiation therapy and how can they be managed?**

The side effects of radiation therapy vary based on the type of cancer being treated, the area being treated and the length and purpose of treatment. For example, when treating breast cancer, common side effects include, skin redness, peeling and/or breast swelling. In contrast, for abdominal tumors, common side effects include diarrhea, nausea and/or cramping. The one systemic side effect that is common to all radiotherapy treatments is fatigue. Interestingly, studies have shown lesser fatigue among patients who exercise and continue with typical daily activities. To help manage side effects, patients are monitored during the course of treatment and may be prescribed over-the-counter or prescription medications, as needed.

(continued on page 3)



## What to Expect During Radiation Therapy *(continued from page 2)*

### What can be done to protect the healthy body tissue and/or skin during treatment?

The radiation oncologist will discuss individualized ways to protect healthy body tissue during treatment. This could include certain skincare regimens or dietary recommendations.

### Are patients radioactive after treatment?

Thankfully patients do not become radioactive after treatment! There are no restrictions in terms of being around family and friends.



## BOOST YOUR HEALTH & WELLNESS



### Ototoxicity: Cancer's "Silent" Side Effect

By Sara Stepper, AuD, CCC-A

While undergoing treatment following a cancer diagnosis, patients often think about the more well-known side effects, such as fatigue and hair loss, but another lesser-known side effect to be aware of is ototoxicity. Ototoxicity is the unfavorable pharmaceutical reaction of certain drugs that can cause hearing loss, tinnitus and balance problems through interactions with the inner ear and balance organs.

Though all survivors and patients currently undergoing cancer treatment may be at risk for ototoxicity, patients with a diagnosis of head and neck cancer are especially at risk. New studies, as recent as 2022, have revealed that 40-50% of patients who have undergone cancer treatment have clinically significant hearing loss and tinnitus. Symptoms of ototoxicity include:

- Difficulty hearing (hearing loss)
- Ringing, hissing or other noises in the ears (tinnitus)
- Feelings of fullness or pressure in the ears
- Dizziness, vertigo, imbalance

Oftentimes, feelings of isolation, depression and irritation can accompany these symptoms. Hearing loss and dizziness can also impact quality of life and lead to obstruction of communication with loved ones, friends, co-workers, health care providers and others. Additionally, ototoxicity can affect development, socialization and reasoning for patients. In fact, untreated hearing loss can be associated with intellectual decline. These combined effects can result in isolation, fatigue, depression and anxiety for patients of all ages as well as a greater risk for

fall or injury coupled with general health decline. An audiologist can help identify and manage ototoxicity in many ways (see Figure 1).

### Figure 1: How an Audiologist Can Help Manage Ototoxicity

Monitor hearing before, during and after treatment through audiological testing to determine ototoxic effects

Manage symptoms via counseling regarding communication strategies, fitting hearing aids or tinnitus retraining therapy

Communicate with the oncologist and primary care provider to discuss intervention options to minimize hearing loss and dizziness

Create custom earplugs for noise and water protection

Maximize quality of life through diagnostic vestibular (balance) testing and identify those who may benefit from physical therapy for dizziness

Counsel and educate loved ones about possible hearing and balance problems, suggest support groups to meet others with similar struggles

Call [Northside Hospital Audiology Services](#) today to learn more about hearing aid benefits offered through insurance. Contact [Northside Rehabilitation Services](#) at 404.236.8030 (Atlanta) or 770.667.4231 (Alpharetta) with any questions or to schedule an audiology appointment.

Click [here](#) for additional resources.



## How to Improve Bone Health Before, During and After Cancer Treatment

By Meena Jayabalan, MS, RDN, CSO, LD

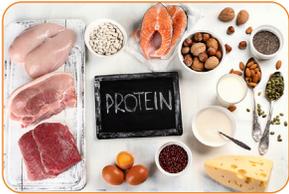
Healthy bones are the foundation of healthy bodies. Bone growth and loss are natural processes that occur as the body ages and changes; however, it is never too late to improve bone health. One easy way to do this is to eat a diet rich in calcium, vitamin D, protein and magnesium.



**Calcium** is one of the most important nutrients for bone health. The body does not produce calcium on its own. Instead, it comes from dietary sources (most effective) or calcium supplements. Rich sources of dietary calcium include dairy foods, such as milk, cheese and yogurt as well as non-dairy foods such as nuts, seeds, beans, soy, vegetables (leafy greens, rhubarb, artichoke, squash) and seafood.



**Vitamin D** helps the body to absorb calcium. The body produces vitamin D when sunlight turns a chemical in the skin into vitamin D3, which the body then transforms into an active form of vitamin D. However, it is important to be very careful about sun exposure and to always apply sunscreen to reduce the risk of skin cancer. It is possible to get vitamin D from some foods, but only a few, like oily fish and mushrooms exposed to UV light. Additional sources of vitamin D include fortified milk, yogurt and orange juice.



**Protein** helps to build and repair bones. Protein makes up to 50% of bone volume and approximately one-third of its mass. Adequate protein intake plays an important role in bone formation. Protein sources such as beans, lentils, eggs, dairy products, fish, tofu, nuts and seeds should be included in each meal daily.



**Magnesium** is a mineral that plays an important role in maintaining healthy bones. Magnesium contributes to increased bone density and helps prevent the onset of osteoporosis. Most people do not get enough magnesium in their diets, especially if they consume large amounts of processed foods from which much of the magnesium is removed. Dietary sources that are rich in magnesium include nuts (almonds, cashews, Brazil), seeds (sunflower, sesame, pumpkin), legumes, fish, beans, whole grains and dark green vegetables.

All adults should be concerned about bone health, which is especially important for cancer patients and survivors. Some cancer treatments can cause bones to become more thin and fragile. Patients with breast, ovarian or prostate cancer are at higher risk for osteoporosis. They often receive treatments to reduce the hormones that help their cancer grow. However, these hormones also control how fast the osteoblasts (new bone formation) and osteoclasts (aged bone resorption) work. When these cells slow down, they build new bone more slowly, resulting in bone loss. It is important for patients who are currently undergoing treatment or who have completed treatment to do things to help maintain bone density.

### Here are some ways to maintain bone density:

- Quit smoking. Smoking makes bone loss happen much faster. For help with quitting smoking, speak with a provider about the [smoking and tobacco cessation programs](#) offered at Northside Hospital.
- Limit alcohol consumption. Alcohol affects the cells that build new bones. If consuming alcohol, limit consumption to one drink per day for women and two drinks per day for men.
- Exercise daily. The best activities for healthy bones include strength training (weightlifting, exercises using resistance bands), posture exercises (standing, sitting with good posture, yoga), balance training (Tai Chi, dancing and walking) and aerobic exercises.
- Eat a diet rich in calcium, vitamin D, protein and magnesium.

Bone growth and loss will happen naturally as the body ages, and as it adapts to various treatments and therapies. By tackling this with the proactive approach of a balanced diet (high in calcium, vitamin D, protein, and magnesium) and daily movement, one can help to both increase bone health and decrease the risk for osteoporosis and other bone-related health issues.

#### References:

Taxel P, et al. *J Endocrine Soc.* 2018;2:574-588.  
 Cancer Support Community. *Bone Health for Cancer Survivors* 888.793.9355  
 Castiglioni S, et al. *Nutrients.* 2013;5:3022-3033.

## Recipe Corner: Yogurt Parfait

### Ingredients (for two servings)

8 ounces Greek yogurt (slightly less than 1 cup)  
 ½ cup fresh or frozen fruit, such as berries or bananas  
 ¼ cup mixed nuts, such as walnuts, pecans, almonds, cashews  
 1 tablespoon mixed seeds, such as sesame, chia, sunflower  
 1 tablespoon shredded, unsweetened coconut flakes

**Nutrition Facts per serving:** Calories: 242; Fat: 17 grams; Saturated Fat: 7 grams; Polyunsaturated Fat: 3 grams; Monounsaturated Fat: 5 grams; Carbohydrates: 12 grams; Sugar: 5 grams; Fiber: 3 grams; Protein: 13 grams; Sodium: 57 milligrams.

Source: [cookforyourlife.org/recipes/yogurt-parfait/](https://cookforyourlife.org/recipes/yogurt-parfait/)

### Directions

In two bowls, divide yogurt evenly and top each bowl with half the amount of fruit, nuts, seeds and coconut.



## STORIES OF HOPE & HEALING\*

### Survivor Story: Meet Tori



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

In November of 2021, I was dealing with what I believed to be a bout of food poisoning. I was vomiting quite a bit, so I went to the hospital and was initially diagnosed with acute kidney failure. During

that visit, I received four blood transfusions, and the doctors told me I was severely anemic. Additionally, my fluids were not draining properly (which contributed to the vomiting), so a stent was placed in my ureter. I went back home, and a month later I returned to the hospital because I was not feeling well again. As I am not the type of person who gets sick easily or often, I was concerned, and asked the doctors to help figure out what was wrong. I was referred to an oncologist and sent home. Ten days later, I returned to the hospital, because I was in excruciating pain. I was seen by Dr. Meaghan Tenney, and she took a biopsy of my cervix. On December 27, 2021, I was diagnosed with stage four cervical cancer.

#### What treatment did you receive?

I received six weeks of radiation. During each of those weeks, I also received a round of chemotherapy. Overall, I was in treatment for a little less than two months.

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

During my treatment, I was blessed to have my mother serve as my support system. She even moved

from Texas to Georgia for four months to take me to all my appointments and help nourish me back to health. The time surrounding my diagnosis was very difficult for me because I had just moved to Atlanta six months prior. I did not tell many people what I was going through, and the few that I did tell were either at the hospital daily or at my home weekly to make sure I was okay until my mother was able to move.

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

As cliché as it sounds, my advice is to stay as positive as possible, because a positive mindset will get you through a lot. Another piece of advice I would give is to make sure you voice how you feel every day even if you're not feeling well that day (and if you're not feeling well, lean on your support system). I made the mistake of acting stronger than I was so that I would not scare or overwhelm my mother. By doing that, I internalized a lot of emotions and tried to manage physical pain alone, which was not healthy.

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

As of April 2023, I am one year out of treatment and one year free of cancer. Currently, I am on a journey with my partner to see if I can carry a pregnancy. Due to the radiation on my cervix and not being able to freeze my eggs before beginning treatment, I do not have any eggs left. We are in the process of meeting with fertility doctors to see if I will be able to carry a pregnancy with a donor egg or my partner's egg.

*(continued on page 6)*

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

**Survivor Story: Meet Tori** *(continued from page 5)*

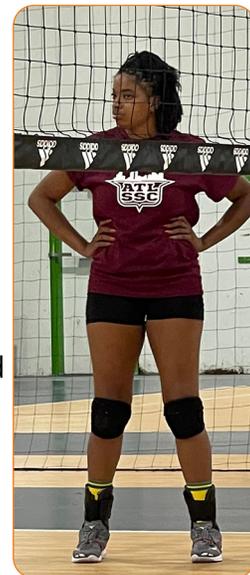
Now that you have completed your treatment, how can your journey benefit someone else?

Once I completed treatment, I felt more comfortable speaking with my own family and friends about my journey. It was then that I decided to give back. I have a social work background, and I love helping other people, so after I went through my journey, I wanted to do my part and help others going through the same thing.

**Closing Thoughts**

A cancer diagnosis is extremely difficult for not only the patient, but also for their supporters. I would make sure to communicate honestly and clearly with the supporters you have trusted with your story. Let them know what you do or do not need from them.

Additionally, although it may be challenging, I would recommend, trying to live as normal a life as possible. Do the things you used to do, like play board games, read books, go on walks, take hikes, swim and hang out with friends. Do not isolate yourself from the world just because you have a cancer diagnosis. Before and after treatment, I played flag football and volleyball. Both teams were a great support to me and motivation to get back to playing! Now, I play both regularly and I am the quarterback of my football team, the Georgia Savages.

**COMMUNITY SUPPORT & RESOURCES****Team Maggie's Dream Keeps the Hope of Family Alive for Young Patients**

By Mary Jones, CEO of Team Maggie For A Cure, Inc.

Choosing one's life or one's dreams; what an impossible decision to have to make. Each year, many young people make the decision to receive potentially life-saving cancer treatments at the cost of possibly losing their dream of one day having children. At 24, Team Maggie's Dream namesake Maggie Davis faced the shock of a breast cancer diagnosis. Suddenly, Maggie was forced to focus on her challenging cancer treatment, but as a young woman, she was concerned about the possibility of never being able to have children.

Infertility, a common side effect of some cancer treatments, can affect young men and women who undergo surgery, radiation, chemotherapy and targeted hormonal therapies. Sadly, many do not fully understand the long-term impact of this side effect. Those who are informed of the possibility of infertility and choose to undergo fertility preservation must then rush to find resources and financial support because time is of the essence. The arrangements to harvest and freeze eggs or sperm often take longer than the patient has before treatment must begin. Additionally, fertility preservation is expensive and

can cost \$5,000-\$15,000 for the initial procedure alone. To further complicate the issue, insurance does not often cover fertility preservation.



Thankfully, the difficult journey for Maggie and her family led to positive outcomes. She is now cancer free and mother to a beautiful little girl. Experiencing the frantic and confusing process of cancer treatment and fertility preservation without a road map led Maggie and me to take action. Maggie was fortunate enough to have the support of her large, gregarious family that took it upon themselves to speak with fertility doctors and oncologists to learn more about the process and her options. Because of this, Maggie and I decided that no other young patient should have to make their own way and go through the process alone. From the passion of helping others, Team Maggie's Dream was born.

Team Maggie's Dream is now a thriving 501(c)(3) nonprofit that educates young men and women

*(continued on page 7)*

## Team Maggie's Dream Keeps the Hope of Family Alive for Young Patients *(continued from page 6)*

about their options and can act quickly to assist with portions of the funding. The "team" (myself and a Board of Directors) works with oncologists and fertility specialists to identify possible candidates for assistance as well as accepts applications for financial assistance grants from patients. Based in Roswell, they provide financial support to young cancer patients across the country, and they are the only non-profit organization in the United States that raises money for fertility preservation for patients with cancer.

Team Maggie's Dream welcomes all to join them in helping courageous young people battling cancer know that when the time is right, they can pursue the dream of family. To learn more about the organization, make a tax-deductible donation or participate in one of Team Maggie's Dream's annual fundraising events (Fishing Tournament, 5/10K Run, Giving Tuesday, Maggie's Dream Night) go to [TEAMMaggiesDream.org](https://TEAMMaggiesDream.org).

## Community Partner Spotlight: The Sarcoma Foundation of America



### Organization's Purpose

The Sarcoma Foundation of America (SFA), a 501(c)(3) nonprofit charitable organization, is an advocate for research to find new and better therapies with which to treat patients

with sarcoma. The organization raises money to privately fund grants for sarcoma researchers and conducts education and advocacy efforts on behalf of sarcoma patients.

### Population SFA Serves

SFA works with patients, survivors and caregivers by providing education programs and advocating for the sarcoma community. SFA also works with the scientific community to award research grants to uncover better treatment options and ultimately a cure for sarcoma. Each year SFA awards approximately \$1 million in research grants to scientists studying all subtypes of sarcoma.

### SFA's Available Resources

Support is available to sarcoma patients in numerous ways, including the [Jordan's Dream Fund](#), which helps cover certain expenses incurred as the result of participation in clinical trials. SFA also maintains an

online clinical trials database for patients as well as a list of treatment centers in the United States and overseas. Webinars featuring sarcoma physicians and surgeons presenting updates on recent breakthroughs and new treatments are regularly offered. These sessions are recorded and placed on the SFA website for playback.

### SFA's Annual Community Event

Since 2018, SFA has conducted a Race to Cure Sarcoma event in Atlanta. This year's event was held at Suwanee Town Center on April 15, 2023. The fundraiser is a 5K timed run or a 1-mile fun run/walk. This year, 262 participants in the Atlanta Race to Cure Sarcoma raised over \$36,400 to benefit SFA's research grant programs.

### Volunteer Opportunities and How to Get Involved

Every year, SFA seeks volunteers to assist with the Race to Cure Sarcoma events. Participants can help with event set-up, fundraising, soliciting sponsors, and/or promotion of the event. Volunteers also assist with the [Stand Up to Sarcoma Gala](#) held annually in New York and are key to fundraising and securing sponsors for the event.

For more information on SFA or to get involved, contact [Elinore Tibbetts](#), Director of Communications.

### High Risk and Breast Cancer

#### A Free Virtual Workshop Series Presented by Cancer Support Community Atlanta

How do you know if you or your family members are considered at high risk for developing breast cancer? How can you manage your risk? Join this three part virtual series to hear from Northside Hospital Cancer Institute High Risk Program experts to learn who is considered high risk and how to plan for proper cancer screening, risk management and ongoing surveillance. Emily Beard, with Northside Hospital Cancer Institute, will moderate this series. The first session of the series will take place on **August 17, 2023 from noon-1 p.m.**

To register click [here](#).



## Northside Hospital Foundation Survivor Celebration at Truist Park

The Cancer Survivor Celebration was held on April 11, 2023 and hundreds of survivors and their families attended! Here are some photo highlights:



Click [here](#) to view additional photos from the celebration.



## EVENTS & CANCER CELEBRATIONS

### CANCER SCREENING & PREVENTION

#### Mobile Mammography Van – ScreenAtlanta

August 14, 2023 @ Atlanta Cancer Care – Conyers

To schedule an appointment or for additional information, call 404.531.4444.

#### [Skin Cancer Screening](#)

October 24, 2023 from 6-8 p.m. @ Northside Hospital Cancer Institute Radiation Oncology – Atlanta

#### [Prostate Cancer Screenings](#)

August 14, 2023 from 5:30-8 p.m. @ Atlanta Cancer Care – Conyers

August 24, 2023 from 5:30-8 p.m. @ Northside Hospital Cancer Institute Radiation Oncology – Preston Ridge in Alpharetta

September 7, 2023 from 5:30-8 p.m. @ Northside Hospital Cancer Support Center – Gwinnett in Lawrenceville

September 28, 2023 from 5:30-8 p.m. @ Northside Hospital Cancer Institute Radiation Oncology – Atlanta

#### [Built To Quit – Smoking and Tobacco Cessation Course](#)

Next six-week session start date: September 12, 2023

Weekly classes include the American Lung Association Freedom from Smoking curriculum and are available in person and virtually. They are conducted in a group setting, which encourages participants to learn from each other.



### PATIENT EDUCATION & SUPPORT EVENTS

#### [Cancer Transitions: Moving Beyond Treatment](#)

Next four-week virtual program begins August 3, 2023 from 10:30 a.m.-noon

#### [Northside Hospital Cancer Institute 2023 Patient and Caregiver Conference – Navigating the Cancer Journey & Beyond](#)

August 12, 2023 from 9 a.m.-3 p.m. @ The Hotel at Avalon in Alpharetta



2023 Patient and Caregiver Conference  
NAVIGATING THE CANCER JOURNEY & BEYOND  
SATURDAY, AUGUST 12, 2023

The Hotel at Avalon  
9000 Avalon Blvd. | Alpharetta, GA



**Northside Hospital Cancer Institute Metastatic Breast Cancer Retreat**

September 15-17, 2023 @ Sautee Nacoochee

For more information, please email [Kymberly Duncan](mailto:Kymberly.Duncan@northsidehospital.com) or call 404.303.3676.

**Camp Hope** (for Northside Hospital Cancer Survivors)

September 29-October 1, 2023

For more information, please call 404.851.8992.



**COMMUNITY EVENTS**

**NHCI Sponsored Cancer Walks/Events – Sponsored by NHCI**

**Team Maggie 5K/10K**

September 16, 2023 from 7:30-10 a.m.

@ the River @ RCCG King's Court Chapel in Roswell

**Georgia Ovarian Cancer Alliance Teal Trot 5K Walk & Run**

September 16, 2023 @ 9:30 a.m. @ Chastain Park in Atlanta

Free for all survivors and for the first 35 registrants with the code "NSIDE"

**Southeastern Brain Tumor Foundation Race For Research**

September 23, 2023 @ 7:15 a.m.

@ Atlantic Station in Atlanta

**Leukemia & Lymphoma Society Light the Night**

October 7, 2023 @ 5:30 p.m. @ Piedmont Park in Atlanta

**Georgia 2-Day Walk for Breast Cancer**

October 7, 2023 @ 7 a.m. - October 8, 2023 @ noon,

begins @ Atlanta Marriott Marquis

**Making Strides Against Breast Cancer of Atlanta**

October 14, 2023 from 9 a.m.-noon

@ Mercedes-Benz Stadium in Atlanta

**2023 Atlanta Walk to End Colon Cancer**

October 21, 2023 @ 9:30 a.m.

@ John C. Howell Park in Atlanta

**Komen Georgia MORE THAN PINK Walk**

October 21, 2023 @ 8:30 a.m. @ Lenox Square in Atlanta

**LUNG FORCE Walk – Atlanta**

October 28, 2023 at 9 a.m.

@ Atlantic Station Green Space in Atlanta

**Miles for Melanoma – Atlanta**

October 29, 2023 @ Brook Run Park in Atlanta

**NORTHSIDE EVENTS**

**Tennis & Pickleball Against Breast Cancer**

October 6, 2023 @ North Fulton/Gwinnett

October 13, 2023 @ Forsyth

October 20, 2023 @ Cherokee

October 27, 2023 @North Fulton

Benefiting Northside Hospital's Breast Care Program

**Paint Gwinnett Pink 5K Walk/Run for Breast Cancer**

October 14, 2023 @ 9 a.m. @ Coolray Field in Lawrenceville

**Wine Women & Shoes**

November 18, 2023 @ 1 p.m.

@ The Hotel @ Avalon in Alpharetta

Benefiting the Northside Hospital Cancer Institute



Click [here](#) to sign up to receive the Survivorship Newsletter in your inbox.

**Upcoming Cancer Awareness Months**  
**July:** Sarcoma & Bone Cancer  
**September:** Leukemia & Lymphoma, Prostate Cancer, Gynecologic Cancer and Thyroid Cancer

Follow Northside Hospital:

