



HOPE & HEALING

A guide to helping survivors navigate through their journey

Visit us at builttobeatcancer.com

Fall 2025 Issue

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

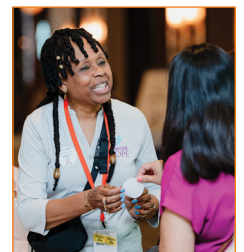
**NORTHSIDE
HOSPITAL
CANCER INSTITUTE**
BUILT TO BEAT CANCER

Northside Hospital Cancer Institute Hosts Fourth Annual Patient and Care Partner Education Conference

On Saturday, August 9, 2025, the Northside Hospital Cancer Institute hosted its fourth annual Patient and Care Partner Education Conference at the Hotel at Avalon in Alpharetta. This year's theme was "My Action Plan" (MAP) and every attendee received a gift bag with their own conference booklet including a MAP to take notes with actionable next steps. The 2025 meeting began with breakfast and a networking event, then all 180 attendees followed the same track, which included presentations from external experts Rita Abdallah and Dawn Fowler on complementary and alternative medicine and prioritizing mental health, respectively.

Presentations on bone health and heart health were given by Northside's very own Dr. Don Beringer and Dr. Mary Bergh. The conference concluded with an interactive Patient and Care Partner Panel and prizes were raffled off throughout the day, including a one-night stay at the Hotel at Avalon. Twenty-eight community organizations and advocacy groups (including Northside behavioral health, genetics, navigation, nutrition, rehabilitation, and research) were there to share information and resources with all patients, survivors and care partners. Thank you to everyone who attended and to all of our wonderful volunteers!

Photos from the 2025 Conference:



Attendee Feedback

"I felt extremely supported and was so happy to see familiar faces from the volunteers, survivors and Northside staff."

"Thank you for a very informative conference! I've been attending since it started and every year it gets better. Please keep up the good work!"

"As a new cancer patient, I'm not sure what I need to know. But being around other patients and cancer medical staff provided me opportunities to chat and relate to those folks in a casual setting."

IN THIS ISSUE

ASK AN EXPERT

p2 Working During and After Treatment
By: Wannette Stevens-Fripp, LCSW

BOOST YOUR HEALTH & WELLNESS

p3 Supporting Your Gut Microbiome
By: Emily Hamm, MS, RDN, CSO, LD

p4 Recipe Corner:
Good Morning Yogurt Bowl

STORIES OF HOPE & HEALING

p4 Survivor/Thriver Story: Meet Neena

p5 Care Partner Spotlight: Meet Gladys

COMMUNITY SUPPORT & RESOURCES

p6 NHC Partner Spotlight - TurningPoint Breast Cancer Rehabilitation

p7 Finding Your New Normal: Cancer Transitions Series at CSC Atlanta
By: Christy Andrews, Executive Director, CSC Atlanta

p7 Northside Hosts its Annual Metastatic Breast Cancer Retreat at Elohee
By: Emily Beard, RN, BSN, OCN, CBCN

EVENTS & CANCER CELEBRATIONS

p8 General Education

p8 Patient Education & Support Events

p8 Cancer Screening & Prevention

p8 Community Events

p8 Northside Events



ASK AN EXPERT



Working During and After Treatment

By: Wannette Stevens-Fripp, LCSW

Will I be able to work safely during my treatment? Could treatment impact my concentration, energy level and immune system?

Yes, working during treatment is possible for many, but it is important to monitor for fatigue, infection risk and overall tolerance. Along with implementing protective measures (infection prevention, breaks, etc.), it is important to share any symptoms with your oncologist/behavioral health team so that you can plan safe work schedules. Additionally, it is helpful to plan a reduced workload and notify your behavioral health team if you begin to experience anxiety, distress or depression.

Who should I tell about my condition, and how much information should I share?

Disclosure is a personal decision with pros and cons to consider. Sharing may facilitate understanding and accommodations and open doors for additional resources; however, it may also raise concerns about stigma or discrimination. It is suitable to share with human resources or a supervisor only what is necessary to support any needed accommodations (for example: "I will have periodic medical appointments and may need flexibility," rather than full details of a diagnosis). A counselor, social worker or occupational rehabilitation specialist can help you plan how and who to tell.

What are my rights at work? Can I request reasonable adjustments? If so, what are some examples?

Research shows that employees have rights at work and reasonable adjustments (accommodations) can be made for you within the workplace. The adjustments will allow you to do your job effectively, and aid you in continuing to be an asset to your employer during this time.

Some examples of accommodations include:

- Reducing or modifying tasks that are physically strenuous
- Flexible hours or part-time work
- Telework or remote work when feasible
- More frequent rest breaks
- Private workspace to reduce infection risk
- Adjusted deadlines or fewer projects
- Providing auxiliary tools or ergonomic equipment

Are there any legal protections for individuals who are working during and after treatment?

It is important to be knowledgeable about your employer, the laws that govern them and benefits/resources that are available to you during this time, so that you are

empowered to make the best plan of action. There are laws that protect you from retaliation for using protections. When requesting accommodations or leave, your employer may require medical certification.

[The Family and Medical Leave Act \(FMLA\)](#) allows eligible employees to take up to 12 weeks of unpaid, job-protected leave for serious health conditions (including treatment) or recovery. [The American Cancer Society describes how cancer treatment can qualify under FMLA. You may need to meet eligibility criteria \(duration of employment, hours worked\) to use FMLA.](#)

[The "Employment Rights of Cancer Survivors and Caregivers"](#) by Blood Cancer United (formerly the Leukemia & Lymphoma Society) highlights that employers cannot discriminate based on cancer history when you are qualified for a job, and must provide accommodations.

[The "Individuals with Cancer in the Workforce and Their Federal Rights"](#) document links to the Americans with Disabilities Act (ADA) and other disability/discrimination legal protections. In the United States, the ADA/ADA Amendments Act protects individuals with disabilities, which may include those with cancer diagnoses or treatment effects, from discrimination and mandates reasonable accommodations when one is "qualified."

Organizations such [Cancer & Careers](#), [Triage Cancer](#), [National Cancer Legal Services Network \(NCLSN\)](#), and [Cancer Care](#) provide a summary of these protections for cancer survivors and more.

What resources (emotional, financial, logistical) are available for someone undergoing treatment while working?

A behavioral health professional can aid you in multiple ways as you transition through treatment.

Available resources include:

- Emotional/psychosocial: psycho-oncology counseling, support groups, peer support, behavioral health interventions, stress management, cognitive rehabilitation
- Financial: hospital financial counselors, cancer-specific foundations (local cancer support non-profits), patient assistance programs, grants, co-pay assistance, travel/transportation aid
- Logistical: patient navigators, social workers, vocational rehabilitation services, transportation support, childcare help, home help services

(continued on page 3)

Working During and After Treatment (continued from page 2)

- Workplace/employment support: Employee Assistance Programs (EAPs), vocational rehabilitation or occupational therapy, legal aid for employment rights, job retraining or job matching.

Please contact [Northside Behavioral Health Services](mailto:behavioralhealthservices@northside.com) at behavioralhealthservices@northside.com or **404-851-8960** with additional questions.

References:

1. Klaver KM, et al. *J Cancer Surviv.* 2020 Apr;14(2):168-178.
2. Dorland HF, et al. *J Cancer Surviv.* 2018 Jun;12(3):371-378.

3. So SCY, et al. *Front Psychol.* 2022 Apr 12;13:866346.
4. López-Faneca L, et al. *Occup Environ Med.* 2025 Aug 25;82(6):305-312.
5. Duijts SFA, et al. *Disabil Rehabil.* 2017 Oct;39(21):2164-2172.
6. Forcino RC, et al. *JMIR Form Res.* 2023 Jun 26;7:e47263.
7. Hyseni F, et al. *J Cancer Surviv.* 2022 Feb;16(1):165-182.
8. Dos Santos BB, et al. *Work.* 2025 Jul 10;10519815251357580.
9. Kollerup A, et al. *Econ Hum Biol.* 2021 Dec;43:101057.
10. Le GH, et al. *J Cancer Surviv.* 2025 Jun;19(3):766-778.
11. Neumark D, et al. *Ind Labor Relat Rev.* 2015 Aug;68(4):916-954.
12. Murnaghan S, et al. *JBI Evid Synth.* 2024 Apr 1;22(4):607-656.
13. Lieb M, et al. *Psychooncology.* 2022 Jun;31(6):893-901.
14. Halpern MT, et al. *Cancer Res Commun.* 2023 Sep 12;3(9):1830-1839.
15. Hu D, et al. *World J Gastroenterol.* 2025 Jan 7;31(1):100357.

**BOOST YOUR HEALTH & WELLNESS****Supporting Your Gut Microbiome**

By: Emily Hamm, MS, RDN, CSO, LD

More and more information is being gathered through research to support the hypothesis that the **gut is the second brain**. The gut microbiome, composed of trillions of microorganisms, such as viruses, bacteria and fungi that aid in digestion, metabolism and immune function, really does impact overall health in a huge way. And what we eat, drink and breathe can impact the gut microbiome and influence its composition.

Furthermore, with the rise of cancer diagnoses, incidence of inflammatory bowel disease, irritable bowel syndrome, food sensitivities, allergies and even autoimmune diseases, it is important to understand the effects that the gut microbiome may play in the development of these diseases.

Below are some tangible ways to positively impact the gut microbiome through diet and lifestyle choices.

1. Consume a plant-based, whole foods diet. **Women should aim to consume 25 grams per day of fiber and men, 38 grams per day.** Focus on getting a wide variety of non-starchy vegetables, fruits, whole grains and lean proteins to promote bacterial diversity. Eating fiber allows your gut bacteria to make short-chain fatty acids, which are like food for the healthy bacteria in your gut. This helps the good bacteria grow and thrive while keeping the bad bacteria from taking over.
2. Eat fermented foods regularly. Try yogurt, kefir, kimchi, sauerkraut or kombucha. Be mindful to choose varieties with minimal or no added sugars for optimal gut health. Fermented foods are a way to add healthy bacteria directly to your gut.

3. **Reduce and limit added sugars.** High sugar intake can negatively impact the microbiome in the gut by promoting growth of more pathogenic bacteria. While challenging, limiting added sugars is truly beneficial for total health. **Current recommendations for added sugar intake are less than 25 grams per day for women and 36 grams per day for men;** for perspective a 16 oz Coca-Cola has 52 grams of added sugars. Read nutrition facts labels and ingredients lists carefully to screen for those sneaky added sugars.
4. **Use probiotics when indicated.** If you have had a recent gastrointestinal infection, been on antibiotics or have been told to take probiotic supplements, do so to help replenish good gut bacteria. Talk with a medical provider to identify which probiotic strains will be best for you.
5. **Avoid alcohol.** Alcohol is a toxic carcinogen that not only kills your cells and mutates them, but can also kill good gut bacteria and create an environment that is susceptible for growth of disease-causing agents.

**References:**

- my.clevelandclinic.org/health/body/the-gut-brain-connection
- eatright.org/health/essential-nutrients/carbohydrates/easy-ways-to-boost-fiber-in-your-daily-diet#:~:text=Fiber%20is%20an%20essential%20nutrient,and%20conditions%20such%20as%20diverticulosis
- dietaryguidelines.gov/sites/default/files/2021-11/DGA_FactSheet_AddedSugars_2021-06_508c.pdf
- heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much
- Bodke H, Jogdand. *Cureus.* 2022 Nov 9;14(11):e31313.
- mdanderson.org/cancerwise/how-does-alcohol-affect-the-microbiome.h00-159696756.html#:~:text=

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.

Good Morning Yogurt Bowl – a high protein, high fiber, probiotic rich way to start your day!

By: Emily Hamm, MS, RDN, CSO, LD

Ingredients

- 2/3 cup plain, unsweetened Greek yogurt
- 1/2 cup fresh berries of choice
- 1/2 medium banana
- 1-2 tablespoons chia seeds
- Dash of cinnamon, vanilla or stevia for sweetness

Directions

1. First, mix your Greek yogurt with cinnamon, vanilla and/or stevia then add your chia seeds. Let them sit for 20 minutes to soak and absorb some of the fluid from the yogurt and soften up.
2. Slice berries and bananas, and put them on top of the yogurt. Optional addition: drizzle of peanut butter or almond butter.



STORIES OF HOPE & HEALING*

Survivor/Thrivers Story: Meet Neena



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

Over Thanksgiving break 2021, my family and I took a dream vacation to Hawaii. I had the time of my life, but I felt fatigued. I figured it was the stress of travel

and the upcoming holidays, but in December I noticed a lump in my breast during my monthly self-exam. I made an appointment to see my gynecologist, and she recommended that I get a needle biopsy. In December 2021, I received a letter in the mail indicating that the biopsy was positive for cancer. It was a terrifying way to receive the news, and I did not fully understand it. I called the doctor who did the biopsy, and she referred me to a breast surgeon. Even though receiving the news of my breast cancer was terrifying (and I wish I had heard it from another human being, not from a letter) every part of my journey at Northside Hospital that followed was filled with warm, human connection and excellent care.

Fast forward to July 2024, I noticed a lump growing on my back. By December, it was difficult to ignore, so my oncologist, [Dr. Nishan Fernando](#), ordered a scan. I was diagnosed with a high-grade non-specific pleomorphic sarcoma—cancer again!

What treatment did you receive?

I met Dr. Fernando in January 2022 and began chemotherapy for breast cancer in February 2022.

I received two cycles of chemotherapy, a cycle of radiation ([Dr. Edmund Simon](#)), a cycle of immunotherapy, a double mastectomy ([Dr. Kimberly Lairet](#)) and reconstruction surgery ([Dr. Michael Mirzabegi](#)), and then a follow-up reconstruction revision surgery. Phew; it was a lot! I received all my treatments at Northside Hospital Forsyth, and I feel like I received the very best care.

For my sarcoma diagnosis, I was referred to [Dr. Scott Davidson](#) who performed the surgery to remove the sarcoma tumors. He removed them in one surgery with clear margins in February 2025. [Dr. Katherine Santosa](#)

performed the reconstruction to close the wounds (removing large tumors from your back leaves huge holes, which require extensive plastic surgery to close back up). I ended up having three surgeries and going to Northside Wound Care over several months to fully close the wounds.

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

I am lucky to have very supportive family and friends who linked arms and wrapped themselves around me during my illness. Friends drove my kids to their activities and brought us meals, so that we could experience as much normalcy as possible. My parents, husband and kids were incredibly loving and supportive. I accessed events through Cancer Support Community – Atlanta and attended the weekend retreat offered to patients with cancer through Northside Hospital.

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

I attended the retreat at Elohee through Northside. That was such a gift. I used the weekend getaway to relax, rest and connect with other cancer warriors. I have also attended the annual Patient and Care Partner Education Conference at the Hotel at Avalon for the past two years and plan to continue attending. The speakers are excellent, and I learn so much each year.

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

This was very difficult for me, but I had to learn how to ask for help. Once I started chemotherapy, it became very clear that I could no longer manage the details of my life the way I had before. I needed help caring for my children, preparing meals, going to appointments and recovering from surgeries and treatments. I am forever grateful that my family and friends took on so many burdens of my life, so that I could focus on healing and spending my very limited energy with my family.

(continued on page 5)

Survivor/Thrivers Story: Meet Neena *(continued from page 4)*

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

I am now about two months out from treatment.

Closing Thoughts.

I would not wish cancer upon anyone, but it has had a few unexpected silver linings. I always knew I had a close community of friends and a very tight family but having them by my side during this very difficult journey was priceless. I also learned how to say yes to the things that are meaningful to me, and to say no to things that do not fit in my life. I struggled with that beforehand, but I have

learned that my time and energy are not limitless. Additionally, I took a huge leap of faith and created a travel agency with my best friend to celebrate all things travel and adventure. It has been a thrill to create itineraries for ourselves (we are our most-aligned clients!) and others. Tomorrow is not a given, and now I encourage everyone to take the trip!



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

Care Partner Spotlight: Meet Gladys

Please share a little about yourself and your loved one.

My husband Ron and I are originally from Jamaica, but we have been in the United States for over 40 years. We have two adult children, our daughter who is married with

two little girls and our son. Ron is an Executive Director with the Georgia Department of Behavioral Health and Developmental Disabilities, and I am a certified public accountant who works as the Associate Vice President of Accounting and Finance with an insurance company. Ron and I were preparing to celebrate our 40th wedding anniversary with our family and friends when he was diagnosed with prostate cancer. I am a survivor of kidney cancer myself, and I have lost close family to other forms of cancer.

What do you want other people to know about the role of a care partner?

One of the most important things that a care partner can do is to be a calming influence. A cancer diagnosis is scary and shocking, so even though you might be scared yourself, it is important to manage those feelings and be a support to your loved one. They will need to make many important decisions and might be so emotional that they can hardly hear what the doctor says. As the care partner, you can accompany them to appointments, help them formulate any questions they may have and take notes on the responses they receive. Additionally, you can be a sounding board as they make the decisions and prepare for appointments and for treatments. A care partner is also very helpful in assisting with the aftermath of treatments whether it is post-surgery or another form of treatment. That might involve hands-on care or simply being there for them.

How has this experience changed your perspective on life?

In our relationship, Ron was considered "the healthy one." He exercised, ate well, prioritized sleep and relationships and had hardly been sick with more than a cold, while I on

the other hand, had experienced several health challenges. He was also vigilant with his routine doctor visits, so a cancer diagnosis was very unexpected. It was a shocking reminder that life is short, nothing is guaranteed and we need to make the most of every day. As people of faith, we already knew this and had to live it out. Work had an outsized impact on our lives, so this forced us to reevaluate our priorities and lean in more to the things that are most important to us and our family.

Can you describe the most challenging part of your care partner experience?

The most challenging part of my care partner experience has been managing my own feelings and opinions and allowing my husband to make his own decisions while considering my input. Ultimately, it is his body, so he needs to be the final voice on his cancer journey.

What resources or organizations have been most helpful to you throughout your journey?

The physicians at Georgia Urology and at Northside Hospital have been crucial to our journey. They provided clear and unbiased information regarding his prognosis and treatment options and helped us to feel comfortable about their ability to provide excellent care. The Northside support groups have also been very helpful as they connect us with others going through a similar situation. It reminds us that we are not alone in this journey and that we also can provide support to those that are new in this experience.

What advice would you give to someone new to the care partner role?

The best advice I can give to someone new in the care partner role is to be patient and be positive. Healing will not happen overnight. There may even be some setbacks and poor outcomes, so relish the time that you can spend together, and focus on the positives of each day.





COMMUNITY SUPPORT & RESOURCES

NHCI Partner Spotlight - TurningPoint Breast Cancer Rehabilitation



Purpose of the organization.

TurningPoint Breast Cancer Rehabilitation is a nonprofit organization dedicated to improving the quality of life for individuals affected by breast cancer through specialized and evidence-based rehabilitation services.

Population that TurningPoint Breast Cancer Rehabilitation serves.

TurningPoint serves individuals of all ages who have been diagnosed with breast cancer, are currently undergoing treatment, are living in survivorship or are at increased risk for developing breast cancer. This includes those with genetic predispositions, family history or other risk factors who seek preventive education and support.

Resources that TurningPoint Breast Cancer Rehabilitation provides to patients, survivors and/or care partners.

TurningPoint provides a comprehensive range of specialized resources to support patients, survivors and care partners throughout every stage of the breast cancer journey. Services offered include:

- Physical therapy (both in person and virtual)
- Professional counseling (both individual and support groups)
- Exercise programs (both individual and group classes)
- Nutrition programs (both individual and group classes)
- Massage therapy

Beyond clinical services, we provide educational workshops and outreach initiatives focused on breast cancer rehabilitation, and wellness strategies to empower patients, survivors and care partners with knowledge and resources. Financial assistance programs are available to ensure that no one is denied care due to financial constraints. In addition to our main clinic in Sandy Springs, TurningPoint operates a satellite clinic in downtown Atlanta.

Outreach programs that TurningPoint Breast Cancer Rehabilitation sponsors in the community.

TurningPoint has two main outreach initiatives:

- **The Atlanta Initiative**, which launched in 2021 and provides specialized rehabilitation services to Black and LGBTQIA+ breast cancer survivors in downtown Atlanta.

- **The Georgia Outreach Initiative**, launched in January 2022 and primarily funded through the Georgia Center for Oncology Research and Education (CORE), aims to reduce geographic and financial barriers to care for individuals outside metro Atlanta. Together, these initiatives embody TurningPoint's mission to provide compassionate, evidence-based rehabilitation that empowers breast cancer survivors to reclaim their health and well-being.

Additionally, through collaboration with organizations like the Center for Black Women's Wellness, TurningPoint enhances the cultural relevance and accessibility of care, ensuring that survivors receive support tailored to their unique needs.

Volunteer opportunities that TurningPoint Breast Cancer Rehabilitation offers and the best way to get involved?

TurningPoint offers a variety of volunteer opportunities throughout the year, and we are always grateful for those who want to get involved! One of our largest annual events is The Pink Affair in March, where we often need extra hands to help everything run smoothly. We also host annual golf tournaments and a pickleball tournament, both of which provide great opportunities for volunteers and participants alike.

In addition to event support, we sometimes need help assembling patient welcome packets or preparing mailings for upcoming activities. Creative volunteers can also make a meaningful impact by crafting thoughtful gifts for our patients—such as hats or head covers for chemotherapy, comfort pillows to support recovery or care bags and baskets to lift their spirits. If you're interested in volunteering, the best way to get involved is to reach out directly through the TurningPoint website.

Partnership between TurningPoint Breast Cancer Rehabilitation and Northside Hospital Cancer Institute?

Northside Hospital Cancer Institute has been an invaluable partner to TurningPoint. This trusted relationship has allowed us to support their patients through various stages of recovery, and we are honored to be part of their care journey. We have also had the opportunity to participate in several of Northside's events and professional conferences, which has helped strengthen our connection and broaden our impact.

Upcoming Cancer Awareness Months

October: Breast Cancer and Liver Cancer

November: Lung Cancer, Pancreatic Cancer, Stomach Cancer, Carcinoid Cancer, Honoring Care Partners



Finding Your New Normal: Cancer Transitions Series at CSC Atlanta

By: Christy Andrews, Executive Director, CSC Atlanta

Life after cancer treatment often brings a mix of emotions—gratitude and relief, but also new questions and challenges. Survivorship is a journey of its own, and the right tools and support can make it easier. That is why [Cancer Support Community Atlanta \(CSC Atlanta\)](#) is proud to offer Cancer Transitions; a nationally recognized program designed for survivors moving beyond active treatment.

This four-week, evidence-based series helps participants navigate physical, emotional and practical issues after treatment. Led by oncology experts, sessions cover nutrition for survivorship, managing side effects, emotional well-being

and physical activity. Survivors also gain practical skills for setting health goals and building resilience.

Just as important, Cancer Transitions creates a space for connection. Participants share experiences, find encouragement and leave the program feeling more confident and supported as they move forward.

The next Cancer Transitions series begins October 31, 2025 and meets weekly for four weeks. The ninety-minute sessions are offered virtually and free of charge, but space is limited. Do not miss this opportunity to build strength, knowledge and community—reserve your spot today at supportgroups@cscatlanta.org.



Northside Hosts its Annual Metastatic Breast Cancer Retreat at Elohee

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

The annual Metastatic Breast Cancer Retreat held September 12-14, 2025 at Elohee in Sautee-Nacoochee was another one for the books! A total of 18 participants (nine patients and nine care partners) enjoyed a variety of activities including group sharing sessions, nature walks, massage and spa services, a Qi Gong class and evenings under the stars chatting beside a bonfire.

Through the years of creating programs to support people with stage 4 breast cancer, we have learned that they have unique needs and do not necessarily identify with other early-stage breast cancer “survivors.” While in many respects metastatic breast cancer can be managed like a chronic disease (through ongoing treatment), the lack of predictability and overall uncertainty can be overwhelming and challenging for the patient and for the people supporting them.

In 2019, we created the annual Metastatic Breast Cancer retreat to help support these patients and care partners by building community and sharing resources. The retreat

is an offering of rest and rejuvenation for our patients living with stage 4 breast cancer and the care partner of their choice - a spouse, relative or close friend. Over the years, the feedback we have received is that a lot of down time to relax and the chance to connect with others who are having similar experiences over facilitated group meetings and shared meals is what is most appreciated.

What is remarkable is how every year (with a completely different group of patients and care partners) there is instant community and a bond over shared experiences. While our participants come from all over the state, and have many differences, they connect because they all understand how complex and challenging it is to manage stage 4 breast cancer. We give them a chance to “get away from it all,” and enjoy a break, some pampering, homemade meals and time to reconnect with nature and each other. It is a weekend that leaves us all feeling lighter, more relaxed and prepared for the journey ahead.





EVENTS & CANCER CELEBRATIONS

GENERAL EDUCATION

Georgia Lung Cancer Roundtable Annual Meeting

November 14, 2025 @ Northside Hospital - Forsyth from 10 a.m. - 2 p.m.

[Click here to register](#)

PATIENT EDUCATION & SUPPORT EVENTS

Cancer Transitions: Moving Beyond Treatment

Next four-week virtual program begins October 31, 2025 from 11 a.m. to 12 p.m.

CANCER SCREENING & PREVENTION

Skin Cancer Screening

March 12, 2026 @ Northside Hospital Cancer Institute Radiation Oncology - Cherokee from 6-8 p.m.

To schedule, call [404-531-4444](tel:404-531-4444).

Prostate Cancer Screening

March 12, 2026 @ Northside Hospital Cancer Institute Radiation Oncology - Cherokee from 6-8 p.m.

To schedule, call [404-531-4444](tel:404-531-4444).

National Lung Cancer Screening Day

November 8, 2025 @ Northside 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 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 6-week session start date: November 11, 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

Melanoma Research Foundation Atlanta Miles for Melanoma 5K

November 2, 2025 @ Brook Run Park in Atlanta from 7:30-11 a.m.

Atlanta Cancer Care Foundation's Taste of Hope Casino Night

November 6, 2025 @ Ivy Hall in Roswell from 7-10 p.m.

Georgia Alliance for Breast Cancer Survivors Breakfast

November 15, 2025 @ County Club of Gwinnett in Snellville from 9-11 a.m.

NORTHSIDE EVENTS

Sarcoma Strong Run/Walk 5K

November 8, 2025 @ Chastain Park in Atlanta @ 8 a.m.

Great American Smokeout

November 20, 2025

Activities occurring at each Northside Hospital campus. More information to come.



SIGN UP-SURVIVORSHIP NEWSLETTER SUBSCRIPTION

Follow Northside Hospital:

