

HOPE & HEALING

A guide to helping survivors navigate through their journey

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

Visit us at builttobeatcancer.com

Summer 2024 Issue

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

Northside Hospital Cancer Institute to Host Third Annual Patient and Caregiver Education Conference

A cancer diagnosis for oneself or a loved one can be an overwhelming and confusing time. There is no manual on how to navigate the situation or what to do to help. In response to this, Northside Hospital Cancer Institute (NHCI) is hosting the third annual Patient and Caregiver Education Conference to empower patients, survivors and their caregivers through education, advocacy and networking. The conference will take place on Saturday, August 17, 2024, from 9 a.m. to 3:30 p.m. at The Hotel at Avalon in Alpharetta.

The 2024 conference will feature two tracks: a patient (all stages)/survivor track and a caregiver track. Presentations will aim to provide attendees with the tools to LEAP (learn, engage, advocate and persevere), while also providing opportunities for networking, relaxation and support. The conference will feature both patient and caregiver panels and conclude with a networking session.

Confirmed presentations include the following:

- LEAP! (Learn, Educate, Advocate, Persevere)
- The ABCs of Precision Oncology
- Symptom Management – Mind, Body and Soul
- Alphabet Soup of Nutrition
- Self-Advocacy and Education
- How to Advocate for Your Loved One

Presenters will include Northside-affiliated providers and external experts, Georgia Center for Oncology Research & Education president and CEO and three-time cancer survivor, Lynn Durham, as well as celebrity chef and gastric cancer survivor, Hans Rueffert. The conference is free of charge, and lunch will be served. Refreshments, a community resource guide and NHCI goodies will also be provided.

In addition to the educational presentations, attendees will have access to chair massages, a relaxing lounge space and a community resource area where over 20 organizations will have staff to answer questions and provide information to take home. For additional details on the conference or to register, please visit tinyurl.com/pt-cg-conf.

We hope to see you in August!

Highlights from last year's conference



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Upcoming Cancer Awareness Months

July: Sarcoma and Bone Cancer
September: Leukemia & Lymphoma, Prostate Cancer, Gynecologic Cancer and Thyroid Cancer

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northside.com/hope-healing-sign-up



ASK OUR EXPERT



Sleep and Cancer

By: Jill Rossrucker, MD, Medical Director of the Northside Hospital Cherokee Sleep Lab

What sleep problems are commonly associated with treatment for cancer?

Sleep difficulties are common in patients with cancer, with 30-75% reporting trouble sleeping. Frequently reported sleep disturbances from patients with cancer include, trouble falling asleep; frequent wake-ups and difficulty falling back to sleep; snoring and gasping noises during sleep; early morning awakening; difficulty concentrating; frequent and long naps during the day; as well as lack of sleep or excessive sleep.

How do cancer and the associated treatments impact sleep?

Many factors contribute to sleep issues, including treatment and medication side effects, hospital stays, pain, fatigue and mental health issues.

Side effects from treatments such as radiation therapy, chemotherapy, hormonal therapy and surgery impact sleep. Medication to treat pain and nausea can cause sedation. Additionally, anemia from chemotherapy can also contribute to tiredness and fatigue.

Hospital stays can create sleep difficulties because of the environment and hospital routines of checking vital signs, giving medications and various other interruptions.

Tips for better sleep in the hospital include:

- Bringing comforting items from home.
- Keeping blinds open during the day to maintain a normal sleep schedule.
- Asking for medication or treatment to be administered during the day and being out of the bed as much as possible.
- Requesting to not be awakened for vitals after sleep onset.



Pain from a variety of sources including the cancer itself, associated treatments and surgeries, as well as procedures and testing can significantly impact sleep. This pain can prevent sleep onset and sleep maintenance.

Finally, fatigue is almost universal in patients undergoing treatment for cancer. The degree of fatigue varies from patient to patient; however, this should not cause distress, but should be anticipated. Fatigue can be due to anemia, pain, lack of sleep, nutritional issues, lack of exercise, hormonal changes, medications and emotional issues associated with the diagnosis and treatment of cancer. Tips to improve fatigue include conserving energy, staying active (if physically able) and practicing relaxation techniques.

Mental health is also affected in many patients and can lead to depression, anxiety and distressing concerns about the diagnosis and treatment of cancer, which can also lead to issues with sleep.

How and when should I bring up my sleep issues with my health care team?

All patients should mention any sleep or mental health concerns to the health care team as soon as they are noticed. These issues can be managed in the short term by medications to assist with anxiety, depression and sleep as well as general tips to improve sleep and mental health concerns.

How are sleep problems assessed?

Sleep issues are assessed by discussion with a provider who will take a sleep hygiene history, which includes things like:

- When the sleep issue began.
- An estimated bedtime and how long it takes (on average) to fall asleep.
- Identification of frequent awakening and the amount of time it takes to fall back asleep as well as identification of the cause(s) of frequent awakenings:
 - Is pain being well managed?
 - Is the sleep environment conducive to good sleep?
 - Is there excessive napping during the day?
- Helpful questions to ask a provider during the sleep hygiene history include:
 - Why am I having trouble sleeping?
 - What steps can I take to improve my sleep?
 - Should I seek the help of a therapist?
 - Are any medications appropriate for my concerns?

What are some techniques used to manage sleep problems?

Below are some helpful techniques that can be used to manage sleep problems:

- Prioritize sleep, make gradual adjustments and minimize napping, if possible.
- Set up a sleep schedule by having a fixed wake up time and fixed bedtime (when able). Keep a consistent routine, budget time for winding down and minimize light exposure after dark as light is the most powerful wake stimulant.
- Restrict any in bed activity and unplug from electronics. The bed is for sleep only not for watching television or scrolling on social media.
- Keep the room cool, dark and quiet with no clock;

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Sleep and Cancer *(continued from page 2)*

use black out drapes, an eye mask, earplugs, a sound machine or anything else that will make the room void of anything that may arouse you. Sometimes sleeping apart from a bed partner may be necessary to avoid additional arousals from a partner's snoring, frequent movements or frequent bathroom needs.

- Do not remain in bed while not sleeping. If unable to return to sleep read something boring on black and white paper in an uncomfortable chair in a different room to help block the brain from intruding thoughts that promote feeling awake. When feeling sleepy return to bed and think a neutral thought like waves or clouds while not allowing other thoughts to enter. This takes practice, but it works!

- Take medications prescribed to promote sleep, control anxiety and/or control pain.
- Stay active during the day.
- Reduce caffeine and alcohol consumption as well as eating and drinking before bed.



In summary, be aware of the importance of sleep and how cancer can be anticipated to affect sleep (hopefully for only a short time). Optimize sleep practices and talk to the health care team for guidance to assist with obtaining a restful slumber.

Source: [Ancoli-Isreal, S. Sleep Disturbances in Cancer: A Review. Sleep Med Res. 2015;6 \(2\): 45-49. doi:https://doi.org/10.17241/smr.2015.6.2.45](https://doi.org/10.17241/smr.2015.6.2.45)



BOOST YOUR HEALTH & WELLNESS



Tips for Increasing Fiber Intake

By: Savannah Duffy, MS, RDN, LD

Fiber is an important dietary component found in plant foods, such as fruits, vegetables, whole grains and legumes. Research tells us that incorporating fiber in the diet is a key part of healthy eating and reducing the risk of cancer. In fact, the American Institute of Cancer Research recommends about 25 grams of fiber for women and 30 grams of fiber for men each day. Below are recommended strategies to help with increasing fiber intake.

First, choose whole grains. Refined grains like white breads, pastas, crackers and pastries have been processed in a way that removes most of the dietary fiber. Instead of choosing these options, look for products that are labeled as "made with 100% whole grains." When in doubt, check the ingredients label. "Whole grain" should be listed as one of the very first ingredients on the package.



Eat fruits and vegetables at every meal. A diet rich in produce can help in reaching a fiber goal. However, when produce is used in juices or smoothies, most of the fiber that is naturally found in these foods is lost. Instead, opt to eat produce in whole form. As a bonus, choose fresh or frozen most often, as canned options will also be lower in fiber.



Incorporate beans, lentils, nuts and seeds regularly. These choices are rich in fiber and low in cost. Try incorporating them in salads, casseroles and soups, or serve them as a hearty side with main dishes.



If increasing fiber intake is still a struggle, visit the Northside Hospital Nutrition Services [webpage](#) for more information or to connect with a dietitian who can assist further!

Source: aacr.org/resources/blog/the-fiber-cancer-link/

Recipe Corner: Chickpea & Quinoa Grain Bowl

Ingredients

1 cup cooked quinoa
 ½ cup canned chickpeas, rinsed and drained
 ½ cup cucumber slices
 ½ cup cherry tomatoes, halved
 ¼ avocado, diced
 3 tablespoons hummus
 1 tablespoon finely chopped roasted red pepper
 1 tablespoon lemon juice
 1 tablespoon water, plus more if desired
 1 teaspoon chopped fresh parsley (optional)
 Pinch of salt
 Pinch of ground pepper

Directions

1. Arrange quinoa, chickpeas, cucumbers, tomatoes and avocado in a wide bowl.
2. Stir hummus, roasted red pepper, lemon juice and water in a bowl. Add more water to reach desired consistency for dressing. Add parsley, salt and pepper and stir to combine.

Nutrition facts per serving: 503 calories, 17 grams of fat, 75 grams of carbohydrates, 18 grams of protein, 16 grams dietary fiber

Recipe from [Eating Well](#); Photo by Robby Lozano



Prep Time: 15 minutes
Total Time: 15 minutes
Yield: 1 serving (3 cups)

Look to Northside Hospital Oncology Rehabilitation Specialty Services to Move Forward



Cancer and the body's natural reaction to treatment can often cause physical and cognitive challenges including, but not limited to pain, fatigue, muscle weakness, loss of memory and difficulty with concentration.

These challenges present themselves during and after cancer treatment, which can make it challenging to do daily activities or return to work.

The goal of cancer rehabilitation is to:

- Enable patients to stay as active as possible to participate in work, family and other life activities.
- Lessen the side effects and symptoms of the cancer and its treatment.
- Help maintain independence.
- Improve quality of life.

Patients can play an active role by talking with the health care team about cancer rehabilitation any time a change in physical activity or everyday tasks is noticed.

Common symptoms or dilemmas often experienced include the following:

- Becoming weaker or more tired than when initially diagnosed.
- Difficulty talking or swallowing.
- Pain that is not caused by cancer.
- Muscular or bone-related challenges.
- Trouble with movement and balance.
- Changes with hearing.
- Difficulty recovering from treatment and participating in regular activities.
- Uncertainty about how much to exercise or how to best exercise.
- Concerns with memory or difficulty concentrating.

- Swelling in one or both arms or legs.
- Changes with bowel, bladder or sexual activity.

Cancer rehabilitation is provided by trained rehabilitation professionals before, during and after cancer treatment. The specialists described below are examples of the different types of rehabilitation professionals at Northside Hospital who can help manage symptoms and answer questions.

- **Physical Therapists** specialize in helping people improve **mobility**, reduce **pain** and increase strength.
- **Occupational Therapists** help maximize **function** and **safety** during everyday living situations such as bathing, dressing, cooking, cleaning, etc. and managing **fatigue** and **endurance**.
- **Speech Pathologists** specialize in helping people maintain and improve swallowing, **communication** and **cognitive** concerns.
- **Lymphedema Therapists** focus on reducing **swelling** and providing individuals with the correct garments and education to maintain everyday functions and life activities.
- **Pelvic Floor Therapists** address the use of the pelvic floor muscles which serve an integral role in **bowel, bladder** and **sexual activity**.
- **Wound Care Therapists** promote **wound healing** utilizing treatment modalities and dressings that decrease the risks of infections and promote wound closure.
- **Audiologists** assess **hearing** and **balance** and provide aides to maximize the ability to communicate.



Visit the Oncology Rehabilitation Services [webpage](#) for more information, including the virtual visits offered at Northside. A physician referral is required for therapy.



STORIES OF HOPE & HEALING*

Survivor Story: Meet Chris



What are the events that led to your cancer diagnosis?

In the fall of 2021, I began having continuous abdominal pain, which I had never had before. I went to see my gynecologist, and she felt a mass during the examination. Based on the ultrasound I had, she thought it was

uterine fibroids and recommended a hysterectomy so that it would not be a problem in the future. I was almost 50 years-old, so I agreed to the surgery. By happenstance, my gynecologist referred me to surgical oncologist, Dr. Oi-Wah Stephanie Yap at University Gynecologic Oncology, not because she thought it was cancer, but because she could perform the surgery sooner and was highly experienced.

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Survivor Story: Meet Chris *(continued from page 4)*

I had an MRI, so my doctors could get a better look at the mass. The surgery went as planned, but a couple of weeks later, Dr. Yap called to tell me that the mass was cancerous. I was diagnosed with uterine leiomyosarcoma, a rare cancer.

What treatment did you receive?

Surgery is the gold standard for this type of cancer, so there was no further treatment after my initial surgery. At my first scan a few months later, a new tumor was discovered in my pelvis. I was referred to Dr. Kamal Ummed at Georgia Cancer Specialists, and I started receiving intense chemotherapy the following week.

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

My husband, family, co-workers and neighbors helped with meal delivery and transportation to appointments. I found a couple of advocacy organizations online, which was helpful for a rare cancer like mine. My chemotherapy treatment required hospitalization every few weeks. I got to know the friendly nurses on the third floor of Northside Hospital Atlanta over several months, which also lifted my spirits.

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

I attended the Patient and Caregiver Education Conference at The Hotel at Avalon in August 2023. In addition to hearing from great speakers there, I learned about Camp Hope, an

annual weekend cancer retreat for patients held in the fall. I found the retreat to be cathartic and relaxing. It was great to get to know other patients with cancer from all walks of life. I attended Mind Over Cancer, a virtual series that helped me develop effective coping strategies. I have also attended a couple of classes held at Cancer Support Community Atlanta. All of this support has been free of charge.

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

Decide what you want to share about your diagnosis and treatment with others. Take the help that people want to give. When learning about your cancer, there is a lot of information out there, so look for trustworthy sources, and go at your own pace. It is easy to become overwhelmed.

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

Treatment is ongoing. I have had two more surgeries to remove tumors from my pelvis and spine. I had radiation following my spine surgery, and I am currently on my third chemotherapy regimen.

Closing Thoughts:

There is not much to be gained in feeling sorry for yourself. Do I ever feel down? Of course, but I enjoy my life much more when I focus on the positives.



*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****Community Partner Spotlight: Harts of Teal****Please share the name and purpose of the organization.**

Harts of Teal, Inc, a 501(c)(3) nonprofit charitable organization, is an advocate for awareness and education of ovarian and other gynecological cancers. The organization is a presence throughout the journey for both patients and survivors of these cancers to provide support and encouragement. Through various awareness initiatives, Harts of Teal, hopes to reach as many women as possible and make a significant impact saving lives.

Please describe the population that Harts of Teal serves.

Harts of Teal serves women of all ages. Women who receive an ovarian or other gynecological cancer diagnosis are often older than 50 years of age, but recently there has been an increase in younger women being diagnosed. For this reason, it is very important that women of all ages and demographics learn about their bodies. Identifying early

warning signs of changes that happen to your body can aid in survival and overall quality of life. Early detection saves lives. Listen to your body. You know it better than anyone else. If something does not feel right, please talk to a health care provider and push for more testing or bloodwork.

What resources does Harts of Teal provide to patients, survivors and/or caregivers?

One of the resources that we provide for patients and survivors of ovarian and other gynecologic cancers is support through monthly in-person dinners and monthly Zoom encouragement calls. The women in our community are like family to us, and we are all loving each other along the way. When we learn of a new woman who has received this diagnosis, we send them a Blessing Bag filled with items that are helpful during treatment. Care packages along the

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Community Partner Spotlight: Harts of Teal *(continued from page 5)*

journey are important because women may go in and out of the hospital to battle complications or recurrences. We do not want any woman to walk this journey alone. If you or someone you know has a "heart of teal," reach out! There is a community waiting to welcome you with open arms. Harts of Teal represents a group of women who share the same fears and pains and wants to be there for you to let you know that you are loved.

Please share the details of any outreach programs that Harts of Teal sponsors in the community.

Our biggest awareness campaign is called Teal for Teachers. We have served over 11,500 teachers nationally. The teachers in a designated school receive an insulated lunch tote with a few goodies inside. The most important part is a card that each teacher receives, informing them of the signs and symptoms of ovarian and other gynecological cancers. Our hope is that a woman who does not know that she is at risk will become better equipped to advocate for her health. Being your own health care advocate has become more important than ever.

What type of volunteer opportunities does Harts of Teal offer, and what is the best way to get involved?

For volunteer opportunities, we are seeking women that

want to help us spread this very important information to the community. One volunteer opportunity is to help us assemble and deliver our Teal for Teachers lunch totes. Our volunteers can also encourage the women we serve through writing cards of inspiration. We host several events throughout the year as well, such as Wheels for Teal Poker Run, Cookies with Santa, Socking It To Ya and our biggest annual fundraiser, the 5K & 1M Color Run.

Please speak to the partnership between Harts of Teal and Northside Hospital Cancer Institute.

Northside Hospital Cancer Institute (NHCI) has joined Harts of Teal for the last four years as a sponsor for our annual 5K & 1M Color Run. Astrid Wilkie-McKellar and the amazing team at Northside take women's health very seriously and offer many opportunities for women to take control of their health. This year we are excited to partner with NHCI to grow our Teal for Teachers campaign and include nurses, women's ministries and women-owned businesses. If you are interested in learning more about how to get involved or want to nominate your school or business for our awareness campaigns, please email us at hartsofteal@gmail.com or visit our [website](#).

Summer Series for Survivors at Cancer Support Community Atlanta

Summer is here, and it is a great time to think about changing up routines for better health. Cancer Support Community (CSC) Atlanta has some great upcoming programs to help individuals thrive during survivorship.

Begin the day with a morning stretch! In this virtual class, participants will perform energy bursting movements as well as focus on proper breathing and hydration. Classes are held each Thursday from 9:00 to 9:30 a.m. and can be a great way to get energized for the day.

CSC Atlanta has also created a rotating exercise series that addresses a variety of issues important to survivors. The series offerings are virtual and include the following:

- **Bone Health:** Like every part of the body, bones need maintenance to be healthy and strong. In this class, participants will practice weight-bearing exercises and resistance training to build strength and stability to promote bone building and bone health.

- **Lymphedema:** Many individuals living with lymphedema are afraid to exercise; however, this class will teach safe exercises that will focus on reducing some of the swelling and discomfort that lymphedema causes. Exercise is one of the best ways to begin experiencing some relief!
- **Neuropathy:** Neuropathy can affect many survivors. In this class, participants will perform gentle movement-based exercises focusing on lower and upper extremities. Individuals will complete this class with different tools to practice daily from the comfort of home.

Join CSC Atlanta for these rotating classes and experience a better you this summer. Visit CSC Atlanta's [website](#) for class dates and times, and to register.



Morning stretch with Jane every Thursday morning from 9-9:30 a.m.

Rotating exercise series every Thursday from 11 a.m.-noon
July: Bone Building, August: Neuropathy and September: Lymphedema
Nutrition seminar on supplements on August 20th at noon



GET INVOLVED

Northside Hospital Foundation Survivor Celebration at Truist Park

The Cancer Survivor Celebration was held on April 9, 2024, and hundreds of survivors and their families attended. Here are some photo highlights:



Visit the [Northside Hospital Foundation Event](#) page to see more photos.

Volunteer Opportunity!

Northside Hospital Cancer Institute sponsors the Susan G. Komen More Than Pink Walk in October, which requires quite a bit of packing. The packing party date has not been officially set, but if interested in participating in an assembly line packing, please email team captain, Mildred.Pierre@northside.com.



EVENTS & CANCER CELEBRATIONS

CANCER SCREENING & PREVENTION

[Skin Cancer Screenings](#)

October 22, 2024 from 6-8 p.m. @ Northside Hospital Cancer Institute Radiation Oncology – Atlanta

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

Next six-week session starts on August 13, 2024

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.

[Prostate Cancer Screenings](#)

- August 15, 2024 from 5:30-8 p.m. @ Atlanta Cancer Care- Conyers
- August 29, 2024 from 5:30-8 p.m. @ Northside Hospital Cancer Institute Radiation Oncology – Preston Ridge in Alpharetta
- September 12, 2024 from 5:30-8 p.m. @ Northside Hospital Cancer Support Center – Gwinnett in Lawrenceville
- September 26, 2024 from 5:30-8 p.m. @ Northside Hospital Cancer Institute Radiation Oncology – Atlanta

[Mobile Mammography Van – ScreenAtlanta](#)

August 22, 2024 @ Georgia Cancer Specialists – Conyers

To schedule an appointment or for additional information, call [404.531.4444](tel:404.531.4444).



PATIENT EDUCATION & SUPPORT EVENTS

Cancer Transitions: Moving Beyond Treatment

Next four-week virtual program begins August 7, 2024 from 6-7:30 p.m. Cancer Transitions is a free four-week workshop designed to help cancer survivors make the transition from active treatment to survivorship. Each week participants will meet for a 90-minute virtual session to discuss important topics focused on health and well-being. For more information and registration, please email lauren@cscatlanta.org.

Northside Hospital Cancer Institute 2024 Patient and Caregiver Education Conference

August 17, 2024 from 9 a.m.-3 p.m. @ The Hotel at Avalon in Alpharetta

Northside Hospital Cancer Institute Metastatic Breast Cancer Retreat

September 13-15, 2024 in Sautee Nacoochee

We encourage survivors to apply early due to limited openings.

For more information, please email Kymberly.Duncan@northside.com or call 404.303.3676.

Leukemia & Lymphoma Society Southern Blood Cancer Conference

September 21, 2024 @ the Loews Atlanta

2024 Survivor Retreat

November 8-10, 2024 in Sautee Nacoochee

We encourage survivors to apply early due to limited openings.

For more information, please email Kymberly.Duncan@northside.com.

CANCER TRANSITIONS
MOVING BEYOND TREATMENT

It is quite common to feel a wide range of emotions once treatment ends.

This post-treatment phase of survivorship requires many things - physical activity, nutrition, a healthy emotional life, and management of any health concerns that may arise.

You can **improve your quality of life** by addressing these in an active way.

Cancer Transitions® is a free, 90-minute, four-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care.

- Session 1: Get Back to Wellness; Take Control of Your Survivorship
- Session 2: Emotional Health
- Session 3: Getting Well and Staying Active
- Session 4: Medical Management Beyond Cancer: What You Need to Know

Life can feel *so different* after cancer diagnosis.

LEUKEMIA & LYMPHOMA SOCIETY
CANCER SUPPORT COMMUNITY
GILDA'S CLUB

This virtual program requires advance registration. Find out when the next series starts and register with Lauren Welch at lauren@leukemiasociety.org

2024 Patient and Caregiver Education Conference

SATURDAY, AUGUST 17, 2024
The Hotel at Avalon | 9000 Avalon Blvd. | Alpharetta, GA



COMMUNITY EVENTS

CANCER WALKS/EVENTS – SPONSORED BY NHCI

The Pink Ribbon 5K Run/Walk by Sisters By Choice

July 20, 2024 @ 8:30 a.m. @ Piedmont Park in Atlanta

Team Maggie's Dream 5K/10K

September 14, 2024 from 7:30-10 a.m. @ the River @ RCCG King's Court Chapel in Roswell

Southeastern Brain Tumor Foundation Race For Research

September 21, 2024 @ 7:15 a.m. @ Atlantic Station in Atlanta

Georgia Ovarian Cancer Alliance Teal Trot 5K Walk & Run

September 21, 2024 @ 9:30 a.m. @ Chastain Park in Atlanta

American Cancer Society's Relay for Life of Atlanta

September 21, 2024 @ 11 a.m. @ Hope Lodge Atlanta in Decatur

Georgia 2-Day Walk for Breast Cancer

September 28 @ 7 a.m. – September 29, 2024 @ noon, starts @ Atlanta Marriott Marquis

Leukemia & Lymphoma Society Light the Night

October 5, 2024 @ 5:30 p.m. @ Piedmont Park in Atlanta

2024 Atlanta Walk to End Colon Cancer

October 19, 2024 @ 9:30 a.m. @ Westside Reservoir Park in Atlanta

Komen Georgia MORE THAN PINK Walk

October 26, 2024 @ 8:30 a.m. @ Lenox Square in Atlanta

NORTHSIDE EVENTS

Northside Hospital Sarcoma Stroll

July 24, 2024 @ 6:30 p.m. @ Blackburn Park in Brookhaven

Sarcoma Strong Run/Walk 5K

August 24, 2024 at 8 a.m. in Piedmont Park in Atlanta

Tennis & Pickleball Against Breast Cancer

Benefiting Northside Hospital's Breast Care Program @ various locations

- October 4, 2024 in North Fulton/Gwinnett
- October 11, 2024 in Forsyth
- October 18, 2024 in Cherokee
- October 25, 2024 in North Fulton

Paint Gwinnett Pink 5K Walk/Run for Breast Cancer

October 19, 2024 @ 8 a.m. @ Coolray Field in Lawrenceville



Follow Northside Hospital:

