

Free Health & Wellness Spring 2018 Seminar Series

- May 7** **Cancer Prevention:**
Sugar Avoidance and Strategies to Reduce Your Cancer Risk
Lewis C. Cantley, PhD
Andrew J. Dannenberg, MD
- 8** **Love the Skin You Are In:**
An Overview of Skin Wellness
Kira Minkis, MD, PhD
George I. Varghese, MD
- 15** **Prevention and Treatment of Stroke**
Matthew E. Fink, MD
- 22** **More Than Meets the Eye:**
Aging and Ocular Health
Sarah H. Van Tassel, MD
Athanasios Papakostas, MD



All seminars are **FREE** and open to the public. Seating is available for 250 people on a first-come, first-served basis.

All seminars: 6:30–8 pm

All seminars held at **Uris Auditorium**
Meyer Research and Education Building
Weill Cornell Medicine
1300 York Avenue (at 69th St.)

American Sign Language interpretive services will be provided at all seminars.

If you require a disability-related accommodation, please call **212-821-0888** and leave a message.

For more information on the Health & Wellness Series please visit our website at: www.weill.cornell.edu/seminars/

NewYork-Presbyterian David H. Koch Center: A New Patient Experience

When NewYork-Presbyterian's leadership set out to develop a new, world-class ambulatory care center, they started with a simple question: What will exceptional ambulatory care—both clinical care and total patient experience—look like in the future, and how can we make that vision a reality today?



NewYork-Presbyterian David H. Koch Center

NewYork-Presbyterian David H. Koch Center, opening in April, will be home to a wide range of ambulatory care services, including outpatient surgery, interventional radiology, diagnostic imaging and infusion services, as well as an Integrative Health Center. Five floors will be transformed into the new NewYork-Presbyterian Alexandra Cohen Hospital for Women and Newborns, offering best-in-class maternal and neonatal care, beginning in 2020.

NYP David H. Koch Center will also be home to the Integrative Health and Wellbeing program at NewYork-Presbyterian. Opening in June, the program, run in collaboration with Weill Cornell Medicine, focuses on preventing disease and promoting physical, psychological and social well-being through holistic health care. It strives to help patients lead healthier lives by offering effective self-care and self-healing tools they can use every day.

We're proud of what we've built together. NYP David H. Koch Center is, first and foremost, a commitment to our patients and our institution's core values, a promise that NewYork-Presbyterian is focused on delivering exceptional care and the best patient experience—to every patient—now and into the future.

Read more about the center at <http://www.nyp.org/locations/david-h-koch-center>

NCI Director Highlights Precision Medicine and Immunotherapy in Talk at Weill Cornell Medicine

Among the vast portfolio of research at the National Cancer Institute (NCI), its new director is paying close attention to advances in precision medicine and immunotherapy—two approaches that have the potential to reshape the way physicians treat cancer.

"Precision medicine is really going to change how we do oncology," said Director Dr. Norman Sharpless during a talk March 15 at Weill Cornell Medicine "It's going to force us to face the fact that cancer is not one disease but thousands of diseases."

Speaking to faculty, staff and students at a packed Uris Auditorium, Dr. Sharpless shared his impressions as a new NCI director—he began his tenure in October 2017—and highlighted work the institute is spearheading to drive new discoveries in cancer care. He also added that basic research is key to making immunotherapy more effective. "This is why basic science is still really important



Photo credit: Ashley Jones

to fund," said Dr. Sharpless, who earlier in the day met with leadership from Weill Cornell Medicine's Sandra and Edward Meyer Cancer Center and toured its labs.

While funding for the National Cancer Institute has been robust over the past two years and Dr. Sharpless is optimistic about the future, he acknowledged that there are always more good ideas than funds to support them. He also discussed the importance of providing research funding to early-stage investigators and the promise of other initiatives led by the Institute such as the Cancer Moonshot.

Maintaining a Healthy Weight Can Reduce Cancer Risk

Maintaining a healthy weight is one of the most important things you can do to reduce your lifetime risk of cancer. According to the International Agency for Research on Cancer (IARC), part of the World Health Organization, there is sufficient evidence that links obesity and being overweight to 13 types of cancer. Excess fat is also associated with abnormal glucose metabolism and insulin levels, which are associated with certain types of cancer. Excess fat can promote chronic low-level inflammation, which, over time, can damage the DNA in cells and lead to cancer.

Losing weight is not easy, and keeping it off is even harder. Yet losing even a small amount of weight can reduce your cancer risk. By setting realistic goals and adopting healthful lifestyle habits, you can achieve lasting weight loss that helps you maintain a healthy weight.

Learn more about cancer prevention at our upcoming Health and Wellness Seminar on May 1 titled, "Cancer Prevention: Sugar Avoidance and Strategies to Reduce Your Cancer Risk."

Weill Cornell Medicine Celebrates 20 Years Since Renaming



For Weill Cornell Medicine, 1998 was a banner year. Amid its centennial celebration, the academic medical institution renamed itself in deep appreciation for Joan and Sanford I. Weill and their exemplary leadership, launching a bright, new era of dynamic expansion. Powered by the renaming—and the Weills' groundbreaking \$100 million gift—Weill Cornell Medicine has transformed over the past two decades from a small Ivy League medical college to a formidable leader in global healthcare.

"As we fulfill our imperative to improve human health, we continue to make a significant impact on the lives of patients in New York and around the world," said Dr. Augustine M.K. Choi, the Stephen and Suzanne Weiss Dean of Weill Cornell Medicine. "Our institution is truly a triple-threat powerhouse, with excellence in all parts of our mission to Care, Discover and Teach."

CARE

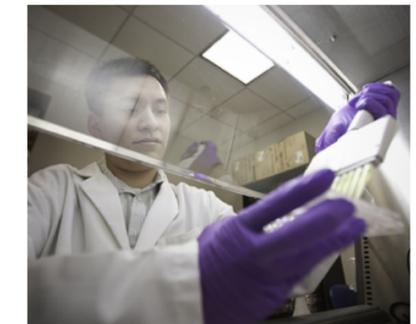


Credit: Roger Tully

Over the past two decades, Weill Cornell Medicine has expanded its clinical footprint and extended the range of services for patients, with more than 1,300 physicians currently providing care in 18 academic clinical departments at over 40 sites in New York City. Further, Weill Cornell Medicine—in partnership with NewYork-Presbyterian—broadened its reach throughout Manhattan and into Brooklyn and Queens. Weill Cornell Medicine's worldwide network of collaborators also includes the GHESKIO

Centers in Haiti, Weill Cornell Medicine-Qatar (WCM-Q) and global health programs on six continents. Further, the Weill Greenberg Center, Weill Cornell Medicine's 13-story flagship ambulatory care facility, consolidated numerous clinical programs under one roof, providing patients with access to primary and specialty care, as well as imaging, since 2007.

DISCOVER



Credit: Amanda Painco

In the last 20 years, the research enterprise at Weill Cornell Medicine has expanded significantly, with increasing numbers of physicians and scientists working to speed the most innovative discoveries to patients in need.

Weill Cornell Medicine's collaborative programs and talented faculty continue to attract leading investigators dedicated to improving human health through cutting-edge translational research. The 18-story Belfer Research Building, which opened in 2014, exemplifies this interdisciplinary, collaborative approach to biomedical research and includes key institutes and centers that conduct research in the areas of neuroscience, precision medicine, cancer, cardiovascular disease, inflammatory bowel disease and children's health, among others.

TEACH



Credit: Roger Tully

Weill Cornell Medicine is one of the leading medical schools in the United States, producing accomplished academic physicians who advance medicine through research. With its award-winning faculty, a state-of-the-art clinical skills center and a new curriculum that utilizes innovative teaching methods, Weill Cornell Medicine is continuing to build upon its position as a premier academic medical center that provides a world-class education to the next generation of physician-scientists.