



Hematology-Oncology Associates of CNY

Personalized cancer care – when you need us, where you need us.

Revised Visitor Policy

One vaccinated visitor over age 16 can now accompany patients receiving chemotherapy or other infusions. [Click here for the complete policy.](#)

Food Safety Tips

Source: US FDA www.fda.gov



We are ALL at risk for food illnesses, but older adults or those with certain health conditions such as cancer, are at an increased risk. Use these tips to lower your risk.

1. Wash your hands, & keep the prep area & cooking tools clean.
2. Rinse produce. Wipe lids of cans before opening.



Do NOT wash meat, poultry, fish or eggs.

3. Keep raw foods separate from each other, even in the shopping cart & fridge.

It can be helpful to use different colored cutting boards for different types of foods.

4. Do not reuse a marinade if there was raw food in it, unless you bring the marinade to a boil first.

5. Safe temperatures (in degrees Fahrenheit):

*Beef/pork/lamb: 145 (unless ground, then 160)

*Fish: 145

*Turkey/chicken/duck: 165



6. Put food in the fridge or freezer within 2 hours after cooking or buying from store, or within 1 hour if it's hot outside.



7. Do not thaw or marinate food on the counter.

Keep in the fridge, or you can thaw under cold water or in the microwave.

YOUR OPINION MATTERS -- What frequency of newsletters for you prefer to receive?

Once per month

Select

Twice per month similar to this month's newsletter

Select

Twice per month with less content

Select



In honor of our 40th Anniversary this month, all offices will

close at noon on Friday, July 22

as a thank you to our staff for their commitment and caring.

Plus, tune in to WSYR TV9's Bridge Street show on Friday, July 15 to hear one of our founding physicians, Santo DiFino, MD, and our CEO, Maryann Roefaro share all about the past 40 years and insights about the future!

[Click here to watch previous episodes of Cancer Q&A with HOA.](#)



HOA BUZZ WORDS



Immunotherapy

Immunotherapy is treatment that uses a person's own immune system to fight cancer. Immunotherapy can boost or change how the immune system works so it can find and attack cancer cells. If your treatment plan includes immunotherapy, knowing how it works and what to expect can often help you prepare for treatment and make informed decisions about your care.

Fun at the Second Annual Cancer Care Celebration with the Auburn Doubledays!

[Click here for a video.](#)



To help us maintain our mission to provide patients with the highest level of quality care we ask for feedback via patient surveys. And, we are proud to say that each month more than 95% of respondents rank HOA as the best possible provider for cancer and blood disorders. If you agree with them - **could you please do us a favor and write us a Google review?**

All you need to do is [click here!](#)



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