

# Good News

from the University of Rochester Medical Center

News for friends of the Medical Center.

## 5 Ways to prevent Breast Cancer Recurrence



### For Breast Cancer Awareness Month, here are ways to lower the risk of recurrence

Most women treated for breast cancer have something else in common: they worry about the cancer coming back. Michelle Shayne, MD, a breast cancer specialist and genetics expert at the Wilmot Cancer Institute, offers survivors 5 tips (and more) for reducing the risk of recurrence. It's a sought-after topic, with relevance to thousands of people locally and an estimated 3.8 million breast cancer survivors in the U.S.

[Watch the video »](#)



### Team of specialists treat baby born with two unusual conditions

When a young couple found out during a routine ultrasound that their baby would be born with a cleft lip and palate, they were understandably worried. Then their son's care at the Eastman Institute for Oral Health led to the quick discovery of another condition that would necessitate surgery on his skull. A team worked together across specialties, between dentistry, neurosurgery, and plastic surgery to complete the right operations at the right times.

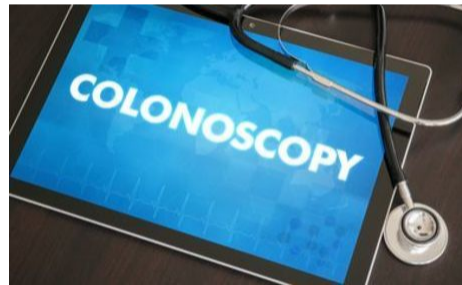
[Read their story »](#)



### World's first breastfeeding division

The Medical Center's new Division of Breastfeeding and Lactation will provide a variety of services to promote and advance breastfeeding and work to make breastfeeding accessible for families who may face obstacles due to socio-economic barriers or lack of institutional support.

[Learn more »](#)



### Do colonoscopies prevent colon cancer?

Despite some confusing information in the news about the value of colonoscopies, Wilmot Cancer Institute physicians and clinicians across the U.S. say the procedure remains the best and most proven way to detect cancer and prevent colorectal cancer deaths.

[Learn more »](#)



### Week of gratitude

November 17—23

An amazing thing happens when we share the love. When we reach out and say "hey, thanks." When we speak from the heart and lead with the good. So let's start a chain reaction of gratitude. We'll start. We're eternally grateful for you for supporting us in every way imaginable.

What are you grateful for? Has the University of Rochester Medical Center helped bring something special into your life? Who would you like to thank? Share on social media and help us spread the spirit of gratitude using #URGrateful

[Join in and watch the good unfold »](#)

### Social media highlight



Good News is produced by URMCA Advancement Communications. Direct feedback and questions to [urmcadvcommservices@ur.rochester.edu](mailto:urmcadvcommservices@ur.rochester.edu).

Share this email:



[Manage](#) your email preferences

[Opt out](#) to stop receiving future emails. View this email [online](#).

Larry and Cindy Bloch Alumni and Advancement Center 300 East River Road  
Rochester, NY | 14627 US

[Subscribe](#) to our email list.