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Living to Tell the Tale

BOCA RATON RESIDENT Beth Guendjoian was a 38-year-old mother of two young daughters when she was diagnosed with breast cancer. She had a double mastectomy, but the cancer soon metastasized to her lymph nodes and bones. She was given just six to 18 months to live.

After a grueling course of chemotherapy and radiation, Guendjoian's breast cancer was found to be an aggressive type known as HER2+. Her oncologist, Charles L. Vogel, M.D., a renowned specialist in breast cancer care and research at Sylvester Comprehensive Cancer Center, suggested that Guendjoian try a then-experimental therapy called Herceptin.

"Within a few months, my cancer stopped spreading," she says. That was 16 years ago. Her two little girls are now grown and married. Guendjoian is still on Herceptin, now one of a growing array of targeted therapies for patients with breast and other malignancies.

"Dr. Vogel put my mind at ease from the beginning," Guendjoian says. "He's been treating and studying breast cancer for more than 35 years, and he knows what works." Guendjoian also regularly sees Sylvester hematologist-oncologist Reshma Mahtani, M.D., who practices in Deerfield. "She's very compassionate and goes that extra mile to make sure things get done," Guendjoian says.

"Never give up," Guendjoian advises breast cancer patients. "Do your homework. And don't second-guess yourself." She attributes her own consistently positive attitude to a favorite adage: "Women are like tea bags—you don't know how strong they are till you put them in hot water."



Beating Breast Cancer

Precise diagnostics, targeted treatments provide improved outcomes and more hope

First comes "Why me?"—quickly followed by the inevitable second question: "What next?"

Every year more than 200,000 Americans are diagnosed with breast cancer—and with that news come multiple questions and concerns. Expert answers provided by dedicated physicians who have devoted their lives to advancing breast cancer care can be found at University of Miami Sylvester Comprehensive Cancer Center.

To ensure an accurate diagnosis—the first step in determining appropriate treatment—Sylvester offers a full range of digital mammography services, including 3D imaging. The resulting images are reviewed by radiologists who specialize in breast cancer.

"Many malignancies found with this technology are tiny cancers that may require less aggressive treatments," says Monica Yepes, M.D., associate professor of clinical radiology and director of breast imaging services at Sylvester's Deerfield Beach location.

Sylvester breast cancer care comprises an array of treatment options, including clinical trials of the very latest, highly targeted therapies. "We have more than 20 scientists researching various aspects of breast cancer," says Joyce Slingerland, M.D., Ph.D., director of Sylvester's Braman Family Breast Cancer Institute. "Their findings can lead to new treatments to help shrink the tumor before surgical removal or to prevent a tumor from recurring later in life." Slingerland herself is currently leading a pre-surgical clinical trial that combines an estrogen-blocking compound and a targeted molecular therapy to inhibit tumor growth.

It's no surprise that the stresses and uncertainties of diagnosis and treatment can lead to depression in some breast cancer patients. Interestingly, the reverse is also true. "Being depressed increases the occurrence and recurrence rates of breast cancer," says Sylvester Deputy Director Marc Lippman, M.D. He is currently testing interventions that may address this phenomenon.

Amid many shared concerns, each breast cancer patient is unique. That's why Sylvester's comprehensive care is closely tailored to each woman's needs—and is changing the outlook for breast cancer patients, one patient at a time.



Sylvester radiologist Monica Yepes, M.D., combines specialized diagnostic expertise with the latest technologies to diagnose breast cancer.

▶ To learn more about breast cancer care at Sylvester, visit sylvester.org/cancer/breast or call 305-243-5302.

Beyond the Baby Blues

About one in five American women will experience depression in her lifetime. In fact, women are at twice the risk of men to suffer depression, anxiety, and eating disorders.

Nature or nurture? Turns out it's both: the complex, interwoven effects of hormones, genes, and societal pressures.

Because depression can be especially harmful to pregnant women and new mothers, Jeff Newport, M.D., a mood disorders specialist who recently joined UHealth Psychiatry, is creating a women's reproductive mental health program at UHealth.

Talk therapy can be helpful, but it's sometimes not enough. Though many pregnant women do not want to take medication, Newport says that the dangers of untreated depression for both mother and infant—from low birth weight and

developmental delays to severe family dysfunction—may outweigh the risks of taking an antidepressant. University of Miami Hospital also offers effective treatment options for more severe cases of depression.

“Depression in pregnancy is not a benign event, but there are effective ways to address it.”

— Jeff Newport, M.D.,
Director, Women's Reproductive
Mental Health Program

Women at every age and stage of life can reduce their risk for depression with healthful diet and regular exercise, according to Charles Nemeroff, M.D., chair of UHealth's psychiatry department. Nemeroff also emphasizes the importance of

maintaining relationships. “Women,” he says, “are much better at this than men.”

► For more information, call 305-243-6400 or visit uhealthsystem.com/patients/psychiatry.



Joyce Hesseberth/vhsport

Heads Up on Stroke

It's been called a “brain attack”—a catastrophic interruption in the flow of blood to the brain. Stroke is the fourth-leading cause of death in the U.S. and can have catastrophic effects on speech, movement, and memory.

Ralph Sacco, M.D., a nationally recognized stroke expert who has served as president of the American Heart Association, leads neurology at UHealth, where new stroke treatments are continually being pioneered and tested.

Sacco emphasizes, however, that prevention of stroke in the first place is by far the best approach. Jose Romano, M.D., chief of stroke at UHealth, agrees. “Hypertension,” notes Romano, “is the single biggest modifiable risk factor for stroke.”



Ralph Sacco, M.D., chair of UHealth Neurology, leads a team of experts dedicated to preventing strokes as well as treating them more effectively.

So if you have high blood pressure, make sure it's well controlled with medication. Exercise regularly, avoid smoking, and maintain a healthy weight.

Because a stroke can strike at any time, remember the F.A.S.T. stroke warning signs: Is the person's

Leading Stroke Care

From statins to stem cells, UHealth neurologists are at the forefront of investigating new therapies to improve outcomes for stroke patients. For example, Kristine O'Phelan, M.D., chief of neurocritical care at UHealth, is leading a study to find out if combining the current standard of stroke care—the “clot-busting” drug known as tPA—with hypothermia (cooling of the body) is more effective in protecting brain cells from damage than tPA alone.

Current stroke-focused clinical research at UHealth Neurology also includes a \$3.7 million NIH-funded study to improve the treatment and prevention of stroke among Hispanics.

FACE drooping, ARM weakness, and/or SPEECH difficult to understand or slurred? If any of these symptoms exist, it's TIME to call 911.

► Discover your risk for stroke and ways to reduce it at uhealthaware.org.



Kids and Concussion

Q. Our 13-year-old daughter has always been physically active, and now she wants to try out for her middle school soccer team. We don't want to say no, but we are concerned by all of the recent news about young athletes and concussion injuries. What should we be on the lookout for?

— E.M., Pembroke Pines

A. It's good that you are so vigilant about your daughter's health and well-being. Concussion poses special concerns for young people because their brains are still developing, and soccer is the second-leading cause of concussion among young athletes. In fact, the sport actually poses the highest risk of concussion for girls, because their less-developed neck muscles can make the practice of “heading” the ball particularly dangerous.



Kiko Ricote

Gillian A. Hotz, Ph.D., director of the UHealth Concussion Program, specializes in the care of pediatric sports-related concussions at University of Miami Hospital.

The most common symptoms of concussion are headache and dizziness. But a child may also complain of blurry vision, of feeling nauseous, or that light and noise are bothersome. Keep in mind that symptoms don't always develop immediately, or they may resolve but then return. Treatment usually involves rest not only from the sport, but from any physically or mentally tiring activities, such as schoolwork.

However, should your daughter get a worsening headache; experience tingling, numbness, nausea, vomiting, or confusion; or lose consciousness, seek medical attention immediately. We recommend baseline neurocognitive testing before the athletic season begins. If she does sustain a concussion, we then have an objective way to evaluate and monitor her recovery.

By helping kids learn coordination, sportsmanship, and discipline, team sports can be very beneficial. So when parents ask me if I would let my child play football or another sport associated with concussion injuries, I say, “Yes, but ...” You and your daughter, as well as her coach, athletic trainer, and teammates, need to understand the signs and symptoms of concussion. Just as importantly, your daughter should always be encouraged to report any symptoms—not to do so could be dangerous.

► For information about the UHealth Concussion Program, go to uconclusion.com.

“We recommend baseline neurocognitive testing before the athletic season begins.”

— Gillian A. Hotz, Ph.D.,
Director,
UHealth Concussion Program

VASCULAR HEALTH

Staying in Circulation

A FEW YEARS AGO, Plantation resident Dumarsais Blaise wanted nothing more than to dance at his son Alexander's wedding. But his left leg was in severe pain—and, even worse, in danger of being amputated.

Blaise had advanced peripheral artery disease (PAD), a disorder that blocks the flow of blood to the arteries of the leg. Affecting about 8 million people in the U.S., PAD often starts with pain much like ordinary muscle ache. Sores may take unusually long to heal. As it progresses, PAD poses serious threats to life and health. It can triple the risk of stroke and dramatically raise the risk of losing a limb due to impeded circulation.



Because the arterial blockage in Blaise's left leg was so severe, Handel Robinson, M.D., a UHealth vascular and endovascular specialist, performed a bypass procedure using veins from Blaise's right leg. The procedure restored circulation in the affected leg.

Luckily, most cases of PAD and other vascular conditions can be treated with minimally invasive techniques. The UHealth vascular and endovascular surgery team, the largest in South Florida, provides a full range of interventions to save lives and limbs. The team also offers novel procedures such as the use of a patient's own stem cells to improve circulation and regenerate tissue.

Today Blaise has some pain when he walks. “But,” he says, “I have my leg.” And he has one of his most treasured memories: dancing at his son's wedding.

► To learn more about vascular care at UHealth, visit umiamihospital.com.



Above: Vascular surgeon Handel Robinson, M.D., and patient Dumarsais Blaise; at top, Robinson examines Blaise during a follow-up visit after the vascular bypass procedure that saved Blaise's left leg.

Good to Know

Insights and Advances from UHealth

Can Exercise Beat Depression?

Hispanic seniors in the U.S. often struggle with feelings of isolation and thus have higher rates of depression than their Anglo counterparts. Yet they are less likely to seek mental health treatment.

University of Miami psychologist Daniel Jimenez, Ph.D., has kicked off a four-year NIH study using exercise and social engagement to help stem depression and enhance long-term mental health stability among South Florida Hispanic seniors.

Meeting three times a week for 16 weeks, study participants perform

some stretching and moderately intense exercise, then are asked to plan a future social activity. "The idea is for them to keep the body active and keep their minds entertained," Jimenez says. "It's a novel way of addressing mental health, as it focuses on prevention instead of treatment."



For more information on the study, call 305-355-9063.

Autism Insights

Parents of an autistic child face particular concerns when considering whether to grow their families. Will a second child have similar challenges?



Stephanie Dalton Cowan/theSpot

University of Miami professor of psychology and pediatrics Daniel Messenger, Ph.D., and his colleagues compared two groups of 3-year-olds who had not been diagnosed with autism spectrum disorder (ASD): those who had an older sibling diagnosed with ASD and those who did not.

The presence of an affected older sibling nearly tripled these youngsters' risk for developmental delays. However, their symptoms fell short of diagnosed ASD.

While an elevated risk for special needs is a clear possibility, "Autism is not all or nothing," Messenger says. "We are seeing a group of younger siblings who don't have autism, but who would benefit from developmental surveillance and early intervention."

For more information, visit umcard.org.

A New Treatment for Enlarged Prostate

Enlarged prostate or benign prostatic hypertrophy (BPH) affects more than half of all men over 50 years of age, causing frequent or difficult urination and other symptoms.

A new, minimally invasive technique known as prostate artery embolization (PAE) holds the potential to improve BPH symptoms and overall quality of life.



UHealth is participating in a multi-center, international trial that compares PAE to the standard surgical treatment for BPH, known as TURP (trans-urethral resection of prostate). UHealth is the only healthcare provider in South Florida offering PAE as part of the study.

For more information on the PAE study, call 305-243-3404 or 305-243-4917.

Changes of Heart

Success Against Heart Failure

More than 5 million people in the United States have heart failure, a condition in which the heart cannot pump enough blood to meet the body's needs and a common reason for hospitalization in older adults.

UHealth cardiologists at University of Miami Hospital are the first in the Southeast U.S. to implant a new miniaturized, wireless sensor to manage heart failure. The first and only FDA-approved device for monitoring

► For more information about UHealth heart care, visit uhealthsystem.com/patients/cardiology.

heart failure remotely, the CardioMEMS HF System transmits changes in pressures within the pulmonary artery. The resulting data allows physicians to remotely monitor patients' health status and adjust medical treatment accordingly.

Keeping the Beat

When the electrical impulses that control our heartbeat go awry—which can happen for a variety of reasons—heart rhythm disorders known as arrhythmias can result. A UHealth cardiology team led by Raul Mitrani, M.D., director of clinical cardiac electrophysiology, along with colleagues James O. Coffey, M.D., and Juan Viles-Gonzalez, M.D., was the first in South Florida to use the SmartTouch pressure-



sensitive catheter in the treatment of potentially dangerous arrhythmias. The device, which helps enhance the precision of electrophysiology procedures, is now used with many arrhythmia patients.

UHealth's electrophysiology team is also the first in the region to implant the Medtronic Reveal LINQ, the world's smallest cardiac monitoring device, in an atrial fibrillation patient. Just one-third the size of a AAA battery, the device "allows us to see a patient's heart rhythm over a long period of time," notes Mitrani, "and provide the most effective therapy."

DIABETES PREVENTION

Healthy Is as Healthy Does

by John E. Lewis, Ph.D.

Associate Professor of Psychiatry and Behavioral Sciences, University of Miami Miller School of Medicine

An ounce of prevention is worth a pound of cure. That timeworn homily is especially true of type 2 diabetes.

Unfortunately, millions of Americans have not gotten the message. Diabetes affects more than 20 million people in the U.S. Another 80 million of us have a combination of pre-diabetic health issues sometimes known as metabolic syndrome. These include overweight, high blood sugar, dyslipidemia (abnormal levels of lipids in the blood), and numbness of the extremities.

In type 1 diabetes, the pancreas loses its ability to make insulin, a hormone that regulates blood sugar levels. By contrast, type 2 or insulin-resistant

diabetes occurs when the pancreas produces adequate insulin, but the body has stopped using it effectively. That paves the way for erratic blood sugar levels and ever-more-debilitating chronic disease.

While genetic factors are associated with an individual's risk for type 2 diabetes, lifestyle choices play a major role. The good news is that type 2 diabetes can often be avoided, controlled, or even reversed through healthy habits.

To lower your diabetes risk, move your diet further down the food chain. That means fewer meat and dairy products and more whole, plant-based foods: vegetables, fruits, nuts, seeds, and

beans. Stay away from refined starches and those packaged, highly processed items with multiple ingredients you can

Green Goodness

Find John's favorite recipe for a delicious, super-nutritious "green" smoothie online at uhealthsystem.com.



barely pronounce, let alone identify. Talk with your doctor if you have food allergies or sensitivities.

As for exercise, "start low and go slow" if you have been sedentary for a long time. Don't overdo it to the point of injury. Likewise, don't be worried by a bit of soreness: Your muscles will become accustomed to the new routine over time.

You'll get your best results by combining three types of exercise: aerobic, which keeps your heart rate elevated for a period of time (such as walking, running, or swimming); strength training (lifting weights not only increases strength, but helps stabilize blood sugars), and stretching to keep your muscles and joints limber. The main thing is consistency. So pick activities you actually enjoy doing and slowly build your intensity.

Following these basic recommendations should get you well on your way to reducing or reversing your diabetes or pre-diabetic indicators. They may even help prevent you from ever being diagnosed with diabetes in the first place.

The author is a clinical researcher and expert on health promotion.

Diabetes Management Classes

IF YOU OR A LOVED ONE has been diagnosed with diabetes, expert guidance in mastering the skills to manage the condition is available at the University of Miami Kosow Diabetes Treatment Center, part of the University's Diabetes Research Institute (DRI).

Each month, diabetes classes are taught by a DRI team of certified diabetes educators, nutrition specialists, and physicians. The five-day intensive "Mastering Your Diabetes" program is offered four times per year. With these tools, patients and their families are able to improve diabetes management and increase flexibility and confidence in their everyday lives.

Many health insurances cover diabetes education; specialist co-pays may apply. For more information, call 305-243-3696, email diabeteseducation@med.miami.edu, or visit diabetesresearch.org/diabetes-management-classes.



EYE CARE

Bascom Palmer is #1 in Nation...Again

When it comes to protecting eye health, preventing blinding disease, and preserving vision in South Florida, all eyes are on the University of Miami's Bascom Palmer Eye Institute.

For the 11th consecutive year, Bascom Palmer (and its Anne Bates Leach Eye Hospital) recently ranked as the nation's best hospital for ophthalmology by *U.S. News & World Report*. Bascom Palmer has received the publication's No. 1 ranking a total of 13 times and has been consistently in the top two since the annual rankings began 25 years ago.

"The outstanding care that is delivered to each Bascom Palmer patient is the foundation for our reputation," says Eduardo C. Alfonso, M.D., chairman of Bascom Palmer Eye Institute. "The



"The outstanding care delivered to each Bascom Palmer patient is the foundation for our reputation."
— Eduardo C. Alfonso, M.D., Chairman, Bascom Palmer Eye Institute

well-being of our patients inspires us to continually reach higher and excel in areas of clinical care, vision research, and surgical innovation."

The Bascom Palmer team is recognized as an international leader in every ophthalmology

subspecialty. Faculty and staff have made notable contributions in the fields of macular degeneration, retinal surgery, glaucoma, corneal surgery, LASIK, cataract surgery, neuro-ophthalmology, plastic surgery, and eye cancers.

The complete rankings are accessible online at health.usnews.com/best-hospitals.

UHealth Support Groups

Bariatrics

Bariatrics post-op support groups are held at Nova University Building in Kendall, Nova Southeastern University Kendall Campus, and Hotel Hyatt Place in Doral (in Spanish). For more information, visit uhealthbariatrics.com or call 305-243-4400.

Cancer

Sylvester Comprehensive Cancer Center hosts more than a dozen support groups for cancer patients, families, and caregivers. In addition to groups for breast, pediatric, multiple myeloma, and lung cancer patients, among others, groups also focus on different stages of cancer treatment and on enhancing overall well-being through music, relaxation, and other modalities. For more information on Sylvester support groups, visit sylvester.org/support-and-services/support-groups.

Crohn's and Colitis

The Miami chapter of the CCFA (Crohn's & Colitis Foundation of America) support group is hosted by the UHealth Crohn's and Colitis Center. The group meets monthly on Wednesdays. For more information, call 561-218-2929 or email vmendez@med.miami.edu.



Clearing Away the Clouds

CATARACTS—a condition in which the normally clear lens of the eye gets "opacified," or clouded over—is one of the most common of all vision problems, affecting some 22 million people in the U.S. age 40 and over.

Surgical extraction of the opacified lens is the only available treatment option. During the surgery, the ophthalmologist removes the cataract (the cloudy natural lens of the eye) and replaces it with a new artificial lens, called an intraocular lens.

Cataract surgeries have been around, amazingly, for more than 1,800 years. Luckily, they've come a long way in that time, with major advances just in the last decade. Today cataract surgery is one of the world's most frequently performed surgical procedures—and one of the most successful. More than 95 percent of those who have cataract surgery regain vision levels between 20/20 and 20/40.

The most sophisticated cataract procedures, such as those offered at Bascom Palmer, utilize a high-precision Femtosecond laser developed by Bascom Palmer doctors. This FDA-approved technology is fast eclipsing traditional cataract surgery with laser-guided precision, faster recovery time and less trauma to the eye.

Combined with new high-definition lenses, the Femtosecond makes it possible to restore a full range of vision for patients—up close, far away, and in between.

So while cataracts are never welcome news, the good news is that today's cataract patients have more options than ever before.

► For more information about cataract surgery at Bascom Palmer, call 305-243-2020 or visit bascompalmer.org/specialties/cataracts/treatment.



World-Renowned Care Close to Home

UHEALTH – UNIVERSITY OF MIAMI HEALTH SYSTEM delivers direct access to the most highly trained physicians, latest scientific discoveries, and most sophisticated therapies and technologies—many of them pioneered and developed at the University of Miami Leonard M. Miller School of Medicine.

UHealth care includes Bascom Palmer Eye Institute, ranked the nation's #1 eye hospital for 11 years in a row by *U.S. News & World Report*; Sylvester Comprehensive Cancer Center, with its state-of-the-art diagnostics and treatments; and University of Miami Hospital, home to extraordinary excellence in a variety of vital medical disciplines. You can also conveniently access UHealth care at more than a dozen neighborhood locations in Miami-Dade, Broward, Palm Beach, and Collier counties.

MIAMI-DADE COUNTY

Miami Health District UM Medical Campus

- 1 Bascom Palmer Eye Institute
- 1 Sylvester Comprehensive Cancer Center
- 1 University of Miami Hospital
- 1 Multispecialty practices

Central and North Dade

- 2 UHealth at Hialeah
- 3 UHealth Bariatrics at Doral
- 4 UHealth Pediatrics North

Coral Gables

- 5 UHealth Adult Primary Care (UM Coral Gables campus)
- 5 UHealth at Coral Gables (opening 2016)

South Dade

- 6 UHealth at Kendall (Sylvester and other specialties)
- 7 UHealth Pediatric Specialties South

BROWARD COUNTY

- 8 Sylvester at Coral Springs
- 9 Sylvester at Deerfield Beach
- 10 Sylvester at Hollywood
- 11 UHealth at Ft. Lauderdale
- 12 UHealth at Plantation (Bascom Palmer, Sylvester, and other specialties)
- 13 UHealth Pediatrics at Weston

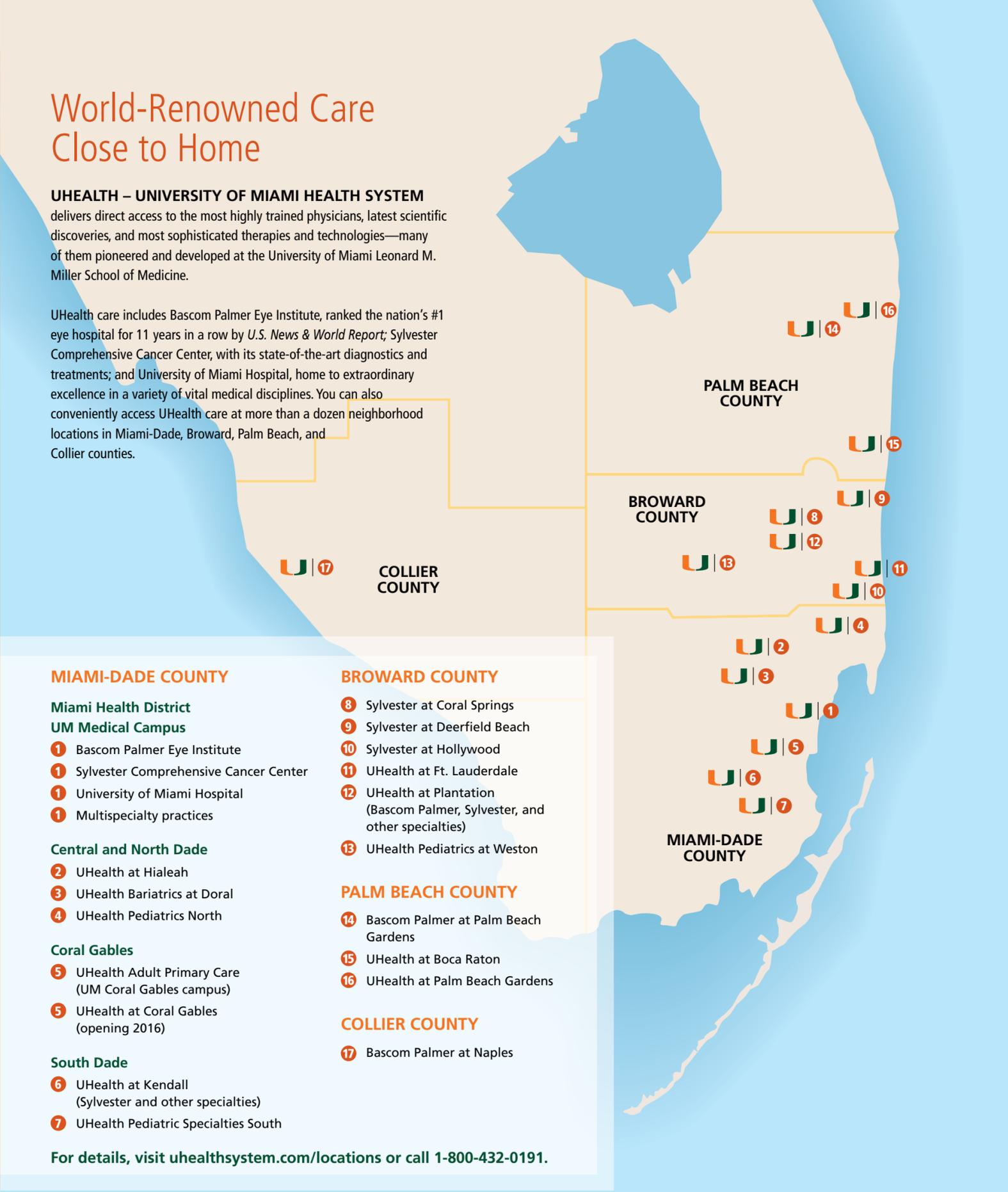
PALM BEACH COUNTY

- 14 Bascom Palmer at Palm Beach Gardens
- 15 UHealth at Boca Raton
- 16 UHealth at Palm Beach Gardens

COLLIER COUNTY

- 17 Bascom Palmer at Naples

For details, visit uhealthsystem.com/locations or call 1-800-432-0191.



Back in Action

Not long ago, it was taking Boynton Beach resident Abraham Zuskin an hour to get out of bed. Zuskin was in severe pain from lumbar spinal stenosis, a degenerative condition of the spine.

Zuskin, an active retiree in his 70s, knew he couldn't continue living that way. So he met with UHealth orthopaedic surgeon Joseph P. Gjolaj, M.D., at UHealth's Plantation facility.

"After reviewing my films, Dr. Gjolaj explained exactly what the problem was and what could be done," Zuskin recalls. "I was impressed with his knowledge and bedside manner, and decided to have the surgery as soon as possible."

Back pain causes more disability than any other condition. If chronic pain stems from a spine disorder related to deformity, degeneration, or injury, a surgical intervention can often bring relief. Because the latest minimally invasive techniques use such tiny incisions, recovery is much quicker than in traditional surgery.



Last summer, Gjolaj performed a revision laminectomy and fusion on Zuskin at University of Miami Hospital. The procedure stabilizes the spine and removes a small portion of bone or disc material to create more space for nearby nerves and a better healing environment.

Even when surgery is not the best option, notes Gjolaj, "our team works closely with other healthcare providers who offer non-surgical treatments to ensure that each patient gets the right care."

"I couldn't be happier with the results," Zuskin says. He's since returned to favorite activities such as golf and bowling, "which," he says, "I could never have done again without this surgery."

► **To learn more about spine care at UHealth, call 305-243-BACK (243-2225) or visit uhealthspine.com.**



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FIFTH ANNUAL DOLPHINS CYCLING CHALLENGE FEBRUARY 7 – 8, 2015

Pulling Ahead Against Cancer

Amazing things happen when two powerhouses take the fight against cancer to the streets. Over the past four years, the Dolphins Cycling Challenge (DCC) has raised nearly \$7 million for cancer research at University of Miami Sylvester Comprehensive Cancer Center.



The upcoming fifth event, DCC V, offers routes ranging from 12 to 104 miles, plus a new 5K run/walk. Non-riders can also make a direct donation, be a "virtual rider," or help organize a corporate sponsorship. Volunteers are needed at DCC events in Miami, West Palm Beach, Ft. Lauderdale, Davie, and Boca Raton.

► **For more information and to register, visit ridedcc.com.**