Prevention Matters

| FOX CHASE CANCER CENTER RISK ASSESSMENT PROGRAM PUBLICATION | SPRING/SUMMER 2025 |

Risk Assessment Program Receives Generous Donation from Theresa Guglielmi

Interview with Carol O'Brien, loving sister of Theresa Guglielmi (October 7, 1954 -September 23, 2024)

My sister Terry and I grew up in Philadelphia with my mom and dad. She was five years younger than me, and she was my best friend even when we were little girls. We had a Catholic school education. We were always each other's best companion. Terry was quick-witted and had an exceptional sense of humor, often, we would laugh until we cried. While traveling to London, Terry actually made one of the Buckingham Palace Guards laugh!

Before Theresa started working at Fox Chase in 2006, she worked for Connecticut General, an insurance company in the city and at The Renfrew Center for Eating Disorders for 20 years prior to Fox Chase. Theresa absolutely loved working at Fox Chase; she was very fond of her coworkers and the doctors that she worked for. She was honored to work for Dr. Neil Meropol at the beginning of her career in the Risk Assessment Program. But she loved Dr. Michael Hall the most. They had a very wonderful working relationship. Theresa had a great deal of respect and admiration for Dr. Hall. She worked as an Administrative Assistant managing Dr. Hall's high- risk clinic (GI-TRAP) for patients with GI cancers and for those considered to be at high risk for cancer due to a hereditary cancer syndrome such as Lynch syndrome. She enjoyed talking to patients and family members and always treated them with compassion and respect.

Tell us something about Theresa that her co-workers didn't know about her.

Terry traveled a lot in her younger days. While flying into Rome with her friends in October of 1978, Terry saw a white smoke billowing from the Sistine Chapel chimney signaling that the cardinals had elected a new pope, Pope John Paul II. They arrived at midnight, and she managed to coax her friends into going to the Vatican Square that night to relish in the excitement with thousands of people. Ever since that night in 1978, Terry always had a special fondness for Pope John Paul II.

Terry was a true music buff. She used to say to me that I must have grown up under a rock because I didn't know much about music. Many years ago, Terry was hired on the spot at an interview for a part-time position at WMMR which is an active rock radio station in Philadelphia. People were calling to request a song, and she would have to retrieve the vinyl records to play it. She knew every song on every album, as well as the background information on the members of the band. Terry even had the opportunity to be backstage at a Rolling Stone concert with WMMR. Terry was also an avid reader and was proud of the collection of books she collected over the years. Also, Terry had a passion for Broadway shows. For years, we would drive to New York City, with our mom, to see the latest show on Broadway. Terry was also very sentimental. She saved and cherished many items over the years, including, post cards, letters, greeting cards, Play Bills, just to name a few.

What were Theresa's reasons for supporting the Risk Assessment Program at Fox Chase through her generous donation?

Terry had a very special relationship with Dr. Hall. She admired him immensely, and she saw first-hand how dedicated he was to the Risk Assessment Program, patients, and research. She knew the importance of the program and genetics in cancer prevention, and she wanted to make sure that the program continued to flourish.

We didn't know Terry was as sick as she was, and when she passed, she didn't have a will, but I had promised her I was going to honor her wishes to make a contribution to the Dr. Hall's Risk Assessment Program at Fox Chase Cancer Center. I am honored to do so on Terry's behalf. Terry's absence leaves a void that can never be filled, but her spirit lives on in the hearts of all who knew her. Terry's legacy of love, compassion and generosity will continue to guide me.

What impact do you hope to achieve through this donation?

I have no doubt that this program will help others. I hope it will help families to learn about genetic risk and take a proactive approach to reduce their risk of developing cancer. My intent is that it will support research that is so crucial for advancing our understanding of cancer. I'm confident that it will help to educate people and will help physicians to save even more patients' lives.

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What is your personal experience with Fox Chase Cancer Center?
I have had a remarkable experience with Fox Chase that I would like to share. Prior to my informing Fox Chase Cancer Center of my sister's generous donation, my husband was referred to see Dr. Malorie Simons, a GI doctor at Fox Chase. The day prior to the appointment, my husband had bad chest pain which led us to Frankford Torresdale Hospital where we spent the whole night. After ruling out a heart attack, we were sent home. The next morning, we had our appointment with Dr. Simons. She reviewed the labs that were done the night before and asked my husband if he still has chest pain. When he said yes, she immediately called Jeanes Hospital and let them know that we were coming over. Dr. Simons and her nurse Danielle got my husband into a wheelchair and literally pushed him over in the wheelchair to the Jeanes ER. In my opinion, that is just above and beyond, but that is indicative of the care people get at Fox Chase. It's a wonderful, wonderful facility with exceptional doctors and staff!

Theresa's (and Carol's) support is invaluable to our department, and we are truly grateful for her commitment to the Risk Assessment Program of Fox Chase Cancer Center.

How To Give: https://www.foxchase.org/giving/how-to-give

Meet Our New Team Members

Ananya Jain, ScM, LCGC, Genetic Counselor

I am deeply privileged to be a part of Fox Chase's Risk Assessment Program as a genetic counselor. Originally from Princeton, New Jersey, I earned my Bachelor's degree in Genetics from Rutgers University, where I was able to explore my passion for genetics. During my time at Rutgers, I conducted research on the genetics of alcoholism and gained invaluable experience shadowing various genetic counselors. These experiences deepened my understanding of the crucial role that genetic testing and counseling play in providing patient-centered care.

I later pursued my Master of Science in Genetic Counseling through the joint program at Johns Hopkins University and the National Institutes of Health, graduating in December 2023. As a genetic counselor at Fox Chase, my goal is to provide personalized and comprehensive care to patients helping them understand their unique hereditary cancer risks while also supporting them holistically throughout their cancer journey. In my free time I enjoy spending time with my friends and family, painting, and exploring new restaurants.

Erica Trujillo, MS, LCGC, Genetic Counselor

I'm grateful for the opportunity to be a part of the esteemed Risk Assessment Program at Fox Chase and I'm looking forward to serving the patients who trust us with their care. I am a Pennsylvania native, but I have spent the last three years working as a cancer genetic counselor with a diverse population in Augusta, Georgia. I took a collaborative approach to counseling, empowering patients to make their own decisions regarding genetic testing. I completed my Bachelor of Science in Biology at the University of Richmond in Virginia and my Master of Science in Genetic Counseling at the University of Pennsylvania. I am excited to continue to provide a patient-centric approach to informed care and contribute to educational outreach at Fox Chase!
"The best way to find yourself is to lose yourself in the service of others" – Mahatma Gandhi

The STARs Align for Employee Recognition at Fox Chase

On Tuesday, March 11, 2025, twelve winners of STAR – Special Talent Achieving Results – Award were announced and celebrated. This quarterly employee recognition event highlights excellence in achieving the organizational goals, leadership competencies, and core values of Fox Chase. The STAR Award is part of the new Fox Chase Recognition Program to honor employees for excellence in performance, and it honors employees in each of the following categories: Excellence in Administration, Excellence in Management, Excellence in Patient Support, and Excellence in Research Support.

We congratulate Deborah Grace, a Research Assistant in the Department of Clinical Genetics, for receiving this well-deserved award in Excellence in Research Support.

Deb joined our department in the fall of 2023 to support Dr. Mary Daly's Breast Cancer Family Registry (BCFR) study that had just been renewed for its 5th 5-year funding cycle. Though it was a completely new project for her, she navigated the process of study activation seamlessly. As a result, Fox Chase Cancer Center is the first of the six

Deb Grace with Fox Chase leadership

BCFR sites (internationally) to be in the field and actively recruiting young women with breast cancer.

In addition, Deb has supported the department's research initiatives and is credited for overall increase in RAP (Risk Assessment Program) research study patient enrollment and blood sample collection. Deb has been a great addition to the team. The growth of our research program is much to her credit. We are lucky to have a STAR like Deb!

What are My Options for Colorectal Cancer Screening?

By Ananya Jain, Genetic Counselor

Colorectal cancer is the fourth most common cancer in the United States, with the lifetime risk of 1 in 24 men and 1 in 26 women. Each year, about 150,000 Americans are diagnosed with colorectal cancer.
Although colorectal cancer is the second leading cause of cancer death in the U.S., screening and lifestyle modifications have reduced deaths in recent decades. When detected early through screening, colorectal cancer is highly treatable. For individuals at average risk, colorectal cancer screening is recommended starting at age 45.

The landscape of colorectal cancer screening continues to evolve, with ongoing research and development of new screening technologies. Most recently in July 2024, the Food and Drug Administration approved Shield, the first blood test for colorectal cancer screening. Developed by Guardant Health, Shield is a primary screening tool for average risk individuals for colon cancer. Shield works by detecting tumor DNA shed by colon cancer cells in the bloodstream. A March 2024 study involving over 10,000 average risk participants evaluated Shield's effectiveness at detecting colorectal cancer. The results found that in participants who had colorectal cancer detected by colonoscopy, Shield correctly identified 83% of cases. However, the sensitivity for detecting advanced precancerous lesions was only 13.2%. This is a major limitation, as procedures like colonoscopy can detect and remove precancerous lesions, preventing colorectal cancer.

With multiple screening options available, understanding their differences, benefits, and limitations can be challenging. The table below outlines current colorectal cancer screening options.

Colorectal cancer screening is invaluable for cancer detection and prevention. Ultimately, it is important to discuss your screening options with your doctor to determine what the most appropriate screening tool is for you.

Screening Tool	Description	Pros	Cons
Colonoscopy	A visual screening procedure where a doctor inserts a flexible tube with a light and camera through the rectum to examine the rectum and colon.	• Most comprehensive screening method. • Detects both precancerous polyps and cancer. • Can remove precancerous polyps, preventing cancer. • If normal and no additional risk factors, screening is needed only every 10 years.	• Requires bowel prep the day before. • Requires sedation and a ride home, which may mean missing a day of work. • Small risk of bleeding and bowel perforation.
Virtual Colonoscopy (CT colonography)	A type of CT scan which visualizes the colon and rectum.	• Non-invasive and does not require sedation. • Alternative for individuals who cannot undergo a colonoscopy (e.g., those on blood thinners). • If normal, screening is needed only every 5 years.	• Exposes the individual to small amounts of radiation. • Requires bowel prep the day before. • If polyps are found, a colonoscopy is required for removal.
Flexible Sigmoidoscopy	A visual screening procedure that is similar to a colonoscopy but only examines the rectum and the lower third of the colon.	• Does not require sedation or full bowel prep. • Can remove detected polyps.	• Does not visualize the entire colon. • Small risk of bowel perforation or bleeding.
Stool Based Tests (e.g., Fecal Immunochemical Test, (FIT), Cologuard)	An at-home stool test that looks for tiny amounts of blood and/or abnormal DNA changes which may indicate colorectal cancer or precancerous polyps. • Cologuard detects both abnormal DNA and blood in the stool.	• Non-invasive and does not require sedation. • Some tests require no special prep or diet prior to the test. • Can be done at home. • Cologuard: If normal, screening is needed only every 3 years. • FIT: Done annually.	• Less accurate or sensitive than a colonoscopy. • If the test comes back positive, it may require a colonoscopy. • Potential for false positives and negatives. • -Requires collecting and shipping a stool sample to a lab.
Blood tests (ex: Shield)	A blood test that detects abnormal DNA changes associated with colorectal cancer or precancerous polyps.	• Non-invasive and does not require sedation. • Does not require special prep or diet. • Quick sample collection, often easier than stool-based tests or colonoscopy.	• Less sensitive than a stool-based test or colonoscopy. • If the test comes back positive, it may require a colonoscopy. • Potential for false positives and negatives.

Volunteers in the Department of Clinical Genetics

From left to right: Aditya Sivakumar, Anuudari Oldokhbayar, Juan Garcia, Eliza Davenport, Theodore Ajluni, Layne Estes

This year the Department of Clinical Genetics at Fox Chase has had the privilege to host and mentor a group of talented students who came to us from a unique Post-Baccalaureate Premedical Program at Bryn Mawr College. This program is for students who want to pursue a career in medicine but are new to the medical field. Students were involved in different projects in the department after completing all necessary training in HIPAA and Human Subject Research.

ADITYA SIVAKUMAR

My name is Aditya Sivakumar. I am 22 years old and from Bridgewater, NJ. I received my bachelor's degree from Rensselaer Polytechnic Institute in Economics in 2024. I decided to become a Bryn Mawr post-bac because I knew that a career in medicine would be a better fit for my values, for long-term satisfaction, and for my love of science.

While volunteering at Fox Chase, I learned the importance of setting certain boundaries when using data for research. It was interesting to see how Fox Chase is streamlining their data collection practices to effectively use technology while simultaneously prioritizing security and confidentiality of patient information by implementing ethical guidelines and requirements like HIPAA. I would highly recommend other premeds to try research volunteering at Fox Chase.

In 10 years, I hope to see myself as a doctor involved in research. I am thrilled by the prospect of being able to make the most of my upcoming clinical education in the lab and seeing how I can play a small role in shaping the future of how care is delivered.

ANUUDARI OLDOKHBAYAR

My name is Anuu. I was born and raised in Ulaanbaatar, Mongolia, and earned my bachelor's degree in business administration from the University of Washington. I pursued a career in corporate consulting and had the opportunity to achieve significant milestones. I was seeking something more fulfilling. This led me to shift my focus toward medicine, where I can continue to build meaningful relationships and solve complex problems, but have a direct role in contributing to the well-being of others.

During my volunteering, I was surprised by how integrated the multidisciplinary approach for cancer care and cancer genetics research was at Fox Chase. The collaboration between genetic counselors, oncologists, and other healthcare professionals has highlighted the importance of teamwork in providing the best care for patients.

I would recommend volunteering at Fox Chase to students planning on pursuing medical school. It offers a unique opportunity to gain exposure to clinical genetics and research, allows you to see the real-world applications of what you've learned, and provides insight into the collaborative nature of healthcare.

In 10 years, I see myself hopefully finishing up residency, but hard to say given life is full of surprises.

JUAN GARCIA

My name is Juan Garcia. I was born in Colombia and immigrated to Hampton Roads, Virginia, where I grew up. I studied Government and Public Health at the College of William & Mary. Before Bryn Mawr, I worked in management consulting for five years. I always had a passion for patient care and health equity, which ultimately led me to pursue medicine. The post-bac program at Bryn Mawr College has provided a highly structured academic environment to complete the pre-med curriculum, with a strong legacy of preparing students for medical school (and beyond!). It has been the perfect place to make this transition!

At Fox Chase, I've learned how to interpret pedigrees to identify high-risk patients for gastrointestinal cancers, navigate genetic databases, and appreciate the critical roles of every team member within the clinical genetics lab – from world-class physicians and genetic counselors to the program managers who keep everything running smoothly.

One of the most valuable parts of this experience has been seeing how medical and technological advancements directly improve patient care. From genetic screening to targeted therapies, innovation is not just shaping the future of medicine – it's actively changing how we prevent, diagnose, and treat disease. Volunteering at Fox Chase sharpened my analytical skills, broadened my exposure to the medical profession, and deepened my understanding of the many layers involved in a patient's care journey.

In 10 years, I hope to be a practicing physician, working to improve healthcare access for vulnerable populations both domestically and abroad.

ELIZA DAVENPORT

My name is Eliza Davenport, and I am a 2020 graduate of Emory University where I majored in Media Studies and minored in Economics. I largely grew up in New Canaan, CT, but I am originally from London, England. Prior to entering Bryn Mawr's post-bac program, I worked in pharmaceutical communications. My experience working in the pharmaceutical industry helped me come to the realization that I wanted to have a career where I could make a more direct impact on the lives of patients and apply my lifelong interest in science and medicine.

Volunteering at Fox Chase has been an extremely rewarding experience for me and I have had ample opportunities to volunteer in various departments, including the Clinical Genetics department, the Institutional Review Board, and in the surgical family waiting suite. Through working with Dr. Hall, I have learned more about Lynch syndrome and its heritability, and the importance of risk assessment in catching cancer early. Every person I have interacted with at Fox Chase has been invested in my learning and growth, and though I am just a volunteer, I always feel included and appreciated. I highly recommend volunteering at Fox Chase!

In 10 years, I hope to be an attending physician with my own practice on the East Coast. So far, I have been interested in the field of oncologic dermatology, but I know that I will be exposed to many more specialties that will open a world of possibilities.

THEODORE AJLUNI

I'm Teddy Ajluni. I grew up in southeastern Michigan and earned a BA in anthropology and history from Columbia University in New York. Prior to Bryn Mawr, I was a Fulbright Scholar to South Korea, working in education and journalism. While many factors influenced my transition into medicine, one of the most pivotal was my own experience as a patient.

During my undergraduate years, I was diagnosed with a carcinoid tumor in my upper right lung and had to take a semester off for a lobectomy. That experience gave me a profound appreciation for the positive impact that a dedicated medical team can have on a patient. Since then, my time with Clinical Genetics has deepened my understanding of the genetic basis of cancer. While lectures teach us that cancer is rooted in our genes, engaging in pedigree analysis of high-risk families has made the inherited nature of cancer risk feel somewhat more tangible and consequential for me. Observing Dr. Hall and other physicians in the clinic, as well as the staff at the Risk Assessment Program, has reinforced that cancer is not just an individual diagnosis, but a family-wide conversation.

In 10 years, I hope to be a physician who provides the same compassionate, life-changing care that my own specialists gave me.

LAYNE ESTES

My name is Layne Estes, I am 26 years old, and I grew up in the Bay Area, California. I completed my undergraduate degree in Human and Organizational Development & Medicine, Health, and Society at Vanderbilt University. I decided to transition to medicine because it is such an impactful field that I had always been interested in pursuing. Before this, I was working as a financial consultant at a large firm in New York City.

I have absolutely loved my time with the Clinical Genetics team at Fox Chase; everyone is so kind, helpful, and incredibly skilled at what they do. During my experience I've seen how much thoughtfulness and empathy go into every patient interaction, especially when navigating genetic diagnoses. This has shown me how impactful clear, compassionate communication can be when building trust and supporting patients in vulnerable moments. To fellow students, I would absolutely recommend volunteering at FCCC, particularly with the Department of Clinical Genetics!

In 10 years, I am hoping to be finishing up my residency; as of now, I am unsure of the specialty that I want to practice, but my dream is to blend medicine and artistry in a way that makes a transformative difference in people's lives. I can also see myself adopting many huskies along the way.

Improving Diet with Vioscreen

Patients who have been seen in the Risk Assessment Program, through genetic counseling or in one of our high-risk clinics, are eligible to participate in the Vioscreen research study.

VioScreen is a 20-minute online assessment that captures a person's complete diet history, performs a detailed nutrition analysis of their dietary behavior, and identifies areas for improvement.

After completing the Vioscreen assessment participants receive a comprehensive report with a) Health Eating Index (HEI) score that rates a person's diet's healthfulness, b) Dietary Inflammatory Index (DII) score that measures how much a diet contributes to inflammation, and c) personalized recommendations on how to improve your diet. This assessment is offered at no cost as part of the ongoing research study entitled: *A pilot study to explore the feasibility of improving dietary habits of patients undergoing cancer risk assessment using VioScreen™, a Computerized Food Frequency Questionnaire*. This can be a vital tool to help people manage their diet and nutrition in the fight against cancer and other chronic diseases.

Early Onset Breast Cancer Cohort

The Breast Cancer Family Registry (BCFR) is an international resource of multi-generational families, data, and biospecimen. It was established for collaborative research on breast cancer in 1995 and has been renewed for another five years by the National Cancer Institute.

Fox Chase Cancer Center, along with six other international sites, has begun recruitment for the Early Onset Breast Cancer Cohort. The study is being conducted in the Department of Clinical Genetics and is led by Mary B. Daly, MD, PhD.

With the global rise of breast cancer in women who are 40 years old and younger, the BCFR researchers are trying to understand factors that influence the development of early onset breast cancer. Through this new study we will be looking at risk factors (such as diet, exercise, and environment etc.), medical history (such as medication, pregnancy, reproductive history etc.), and family history of cancer.

Requirements to join this new study include being newly diagnosed with breast cancer between the ages of 18 to 45, receiving treatment at Fox Chase or Temple University Hospital, and being willing to donate blood and complete questionnaires.

https://www.bcfamilyregistry.org

Testing a combination of vaccines for cancer prevention in Lynch syndrome (Tri-Ad5 Vaccine Trial)

The usual approach for patients with Lynch syndrome is to be followed closely by their doctor with regular colonoscopies, upper endoscopies, pelvic imaging (ultrasounds), urine tests, and skin examinations to watch for the development of cancer. Removal of the ovaries, and sometimes the uterus or colon before cancer develops is also part of the management of Lynch syndrome.

Fox Chase Cancer Center has joined fifteen other institutions across the U.S to find out if the vaccines are tested as part of the clinical trial will be effective at preventing colon polyps and cancers of the colon and other organs. At Fox Chase, the study is led by Michael Hall, MD, MS.

This randomized placebo-controlled phase IIb trial tests whether Tri-Ad5 in combination with N-803 works to prevent colon and other cancers in participants with Lynch syndrome. Each of the three injections in Tri-Ad5 vaccine contain a different substance that is in precancer and cancer cells. Injecting these substances may cause the immune system to develop a defense against cancer that recognizes and destroys any precancer and cancer cells that produce these proteins in the future. N-803 may increase immune responses to other vaccines. Giving Tri-Ad5 in combination with immune enhancing N-803 may lower the chance of developing colon and other cancers in participants with Lynch syndrome.

The study is currently offered to patients meeting the study eligibility criteria and who have been already scheduled for their annual screening colonoscopy at Fox Chase. The study expects to complete patient enrollment by early June. We will continue to update our patients on the progress of this study.

For more information: **https://clinicaltrials.gov/study/NCT05419011**

FORCE: An Invaluable Resource for Patients with Hereditary Cancer Risks

FORCE, or Facing Hereditary Cancer EMPOWERED, is one of many organizations dedicated to cancer patients and their families to provide support, guidance, advocacy and resources. Specifically, FORCE's mission is to improve the lives of individuals and families facing hereditary cancer.

What are some resources FORCE can provide?
FORCE has resources on a variety of topics, including up to date information on cancer risk, screening, prevention and treatment by gene. Currently, FORCE has information for individuals with genetic mutations in the following genes: *APC, ATM, BARD1, BRCA1, BRCA2, BRIP1, CDH1, CDKN2A, CDK4, CHEK2,* the Lynch Syndrome genes *(MLH1, MSH2, MSH6, PMS2 and EPCAM), HOXB13, MUTYH, NBN, PALB2, RAD51C, RAD51D, STK11* and *TP53*.

In addition, FORCE shares patient stories, tips for communicating genetic testing results and family history with relatives, education about breast reconstruction, menopause, well-being and survivorship, fertility and family planning, financial assistance and much more.

FORCE specifically also has resources for previvors, the LGBTQIA+ community and Spanish speakers.

How can FORCE help me find community and support?
FORCE fosters community and support on multiple levels. From a free Peer Navigation Program that connects individuals together who have the same genetic mutation or other common experiences, to message boards, a private Facebook group, a helpline, webinars, and support meetings, there are many ways to connect with others who understand the situation you may be in.

How is FORCE involved in research?
FORCE helps patients find studies to enroll in related to hereditary cancer detection, prevention and treatment. Additionally, FORCE trains people who are new to science to use their personal experiences to help guide hereditary cancer research through a self-paced online educational course. They provide researchers with tips on working with patient stakeholders to strengthen their research.

What are some volunteer opportunities with FORCE?
FORCE has extensive volunteer opportunities where cancer survivors, family members, and those at high risk for developing cancer can get involved to advocate and spread awareness about hereditary cancer risk.

Volunteers can advocate for policies related to hereditary cancer research and patient rights. They can also share personal experiences with the community and other at-risk individuals and raise awareness on social media about hereditary cancer.

For more information, visit
FORCE - Facing Hereditary Cancer Empowered home page.

Peppers Stuffed with Turkey and Wild Rice

Vivid vegetables don't just add color to a dish; they also pack important phytochemicals. Green peppers are rich in lutein, red peppers are packed with beta-carotene and tomatoes provide lycopene. This recipe features a rainbow of healthy veggies and flavorful wild rice packed inside an edible pepper bowl. Ground turkey adds lean protein and onions and garlic lend flavor and cancer-fighting antioxidants.

Ingredients:

- 1 Tbsp. olive oil
- ½ medium onion, chopped
- 1 cup coarsely chopped mushrooms (any kind)
- 1 lb. ground turkey
- 2 cups baby spinach leaves, chopped
- 1 cup diced tomatoes
- 2 cloves garlic, minced or 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. oregano
- ¾ cup chopped carrots, steamed and cut into ½ -inch chunks
- 1 ½ cups cooked wild rice
- 4 large green or red bell peppers, tops removed and seeded*
- Salt and pepper, to taste

Nutrition Facts

servings per container
Serving size (432g)

Amount per serving
Calories 330

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 240mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3mg	15%
Potassium 716mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes 4 servings (1 pepper per serving). Per serving: 330 calories, 13 g total fat (3 g saturated fat, 0 g trans fat), 80 mg cholesterol, 27 g carbohydrates, 28 g protein, 5 g dietary fiber, 240 mg sodium, 7 g sugar, 0 g added sugar.

Directions:

1. Preheat oven to 350 degrees.
2. In a skillet over medium-high heat, heat oil. Sauté onion and mushrooms until onions are translucent. Add turkey, spinach, tomatoes, garlic and seasonings and cook until turkey is cooked through, about 5-6 minutes.
3. Place turkey mixture in large mixing bowl and add carrots and wild rice. Combine well. Using spoon, lightly pack mixture into peppers.
4. Place peppers in 9-inch square oven dish, add ¼ cup water to bottom of pan and bake about 45-50 minutes or until peppers are just tender. Serve.

Notes: *Save tops to cover peppers during baking for a moister filling

Prevention *Matters*

The Department of Clinical Genetics offers one of the most comprehensive risk assessment programs in the Philadelphia region. It encompasses all of Fox Chase Cancer Center's clinical services for people at risk for cancer, as well as innovative research in the areas of cancer prevention and genetics.

CONTACT THE RISK ASSESSMENT PROGRAM:

1-877-627-9684 | foxchase.org/rap
rapinfo@fccc.edu

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Director, Risk Assessment Program

Michael Hall, MD, MS
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FOX CHASE CANCER CENTER
TEMPLE HEALTH

Genetic Counseling Comes to Chestnut Hill Hospital

Fox Chase Cancer Center has expanded its genetic counseling and high-risk breast cancer services to Temple Health - Chestnut Hill Hospital, providing broader access to cancer risk assessment in the Philadelphia area.

The new weekly clinics, operating on Wednesdays and Thursdays at 8835 Germantown Avenue, offer education, screening, and genetic counseling/testing for individuals with a personal history of cancer as well as those considered to be at risk of getting cancer.

"We have had genetic counseling available for patients at Fox Chase for over 30 years," said Corinne Zrada, a licensed and board-certified genetic counselor. The expansion allows patients to receive DNA analysis from blood or saliva samples to detect mutations that may increase cancer risk.

The Chestnut Hill team includes Genetic Counselors, Corinne Zrada and Dylane Wineland, and Physician Assistant, Devora Schapiro, who specializes in high-risk breast cancer services.

Patients can schedule appointments at 877-627-9684.


Corinne Zrada, Genetic Counselor


Dylane Wineland, Genetic Counselor


Devora Schapiro, Physician Assistant

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