



## **FOR IMMEDIATE RELEASE**

### **Breast Cancer Update: Next Topic in Health Literacy Series presented by Wilton Library and Western Connecticut Health Network**

WILTON, Connecticut, May 3, 2018 — An update in breast cancer screening and treatment will be the next topic in the Health Literacy Series presented by [Wilton Library](#) and [Western Connecticut Health Network](#). This program will take place on Tuesday, May 22, at 7:00 PM at the Wilton Library.

Featured speakers include: [George Zahrah](#), MD, Medical Director for Cancer Genetics at Norwalk Hospital and a medical oncologist with the Norwalk Hospital [Whittingham Cancer Center](#), and [Linda T. Vahdat](#), MD, MBA, Clinical Director of Cancer Services at Norwalk Hospital and a breast medical oncologist at Memorial Sloan Kettering.

Dr. Zahrah will focus on prevention, as well as screening for breast cancer. He will discuss the latest guidelines for screening for early detection of breast cancer.

Dr. Vahdat will discuss targeted therapies for advanced breast cancer. These new therapies for metastatic breast cancer, or cancer that has spread from the breast to other organs of the body, are helping patients to live longer with fewer side effects. She will also discuss risk factors, diagnosis, and treatment for triple negative breast cancers.

Following the presentations by Dr. Zahrah and Dr. Vahdat, there will be a question and answer session moderated by Dr. Saras Nair, former chairman of the Department of Pathology at Norwalk Hospital, and a trustee of the Wilton Library Association.

This presentation is part of the "Get Well, Stay Well" health literacy series presented by Wilton Library and Western Connecticut Health Network.

"Every day we hear of someone who is affected by breast cancer so this topic is an important one. We are pleased to provide these health education programs to the community with Western Connecticut Health Network," said Elaine Tai-Lauria, Executive Director of Wilton Library. "People can be assured of getting straightforward information directly from professional sources."

To register for this program, please visit [www.wiltonlibrary.org](http://www.wiltonlibrary.org) or call at (203) 762-6334. Wilton Library is located at 137 Old Ridgefield Road in Wilton, CT. *The Wilton Bulletin* is the media sponsor for the "Get Well, Stay Well" series.

#### **About Dr. George Zahrah**

Dr. George Zahrah, a medical hematologist and oncologist at the Whittingham Center at Norwalk Hospital, specializes in treating cancers of the breast and gynecological cancers. He received his medical degree from the University of Ancona, Italy. Following his internship and residency at Danbury Hospital, Dr. Zahrah was awarded a Fellowship from Brown University. Dr. Zahrah is certified in both hematology and medical oncology by the American Board of Internal Medicine. He has been in practice for more than 17 years. Dr. Zahrah serves as Medical Director for Cancer Genetics at Norwalk Hospital and serves as an investigator on several cancer clinical trials. He is also a clinical assistant professor of Medicine at Weill Cornell Medical College in New York.

#### **About Dr. Linda Vahdat**

Dr. Linda Vahdat, a nationally recognized breast cancer specialist, sees patients at both Norwalk Hospital and Memorial Sloan Kettering. She is also a professor of medicine at Weill Cornell Medical College. Dr. Vahdat has more than 20 years of experience in caring for people with breast cancer, with particular expertise in triple negative breast cancer, metastatic breast cancer, and breast cancer that is at high risk of recurring. Her research aims to find new therapies, particularly for triple-negative breast cancer, and strategies that target the area immediately surrounding tumors, not just the tumors themselves, to prevent breast cancer from spreading. She received her medical degree from the Mount Sinai School of Medicine and completed a residency there. She also completed a fellowship in hematology and oncology at MSK.

#### **CONTACT**

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##### **About Wilton Library**

The Wilton Library Association, Inc. (also known as Wilton Library) is a nonprofit organization at the heart of a vibrant and civically involved community, a community that enables the library to be the gateway where people discover and celebrate words, images, ideas and possibilities. Since 1895, the library has provided resources and vital services that progressed to meet the changing demands of the times. Today, the library is a cornerstone institution that provides a solid foundation for community life and reflects the priority the town has placed on the value of learning. A dynamic and evolving collection, access to technology, enrichment programs, classes on all manner of subjects including health and wellness, and concerts are just some of the offerings.

##### **About Western Connecticut Health Network**

[Western Connecticut Health Network](#) is the region's premier, patient-centered healthcare organization serving residents of western Connecticut and adjacent New York. WCHN is anchored by three nationally recognized hospitals, [Danbury Hospital](#), [New Milford Hospital](#), and [Norwalk Hospital](#). We have an integrated network of more than 1,300 employed and community physicians and specialists, 70 [Western Connecticut Medical Group](#) medical and sub-specialty practices across 16 communities, and [Western Connecticut Home Care](#). Our nationally renowned [Biomedical Research Institute](#) is leading innovative research, especially for cancer and Lyme disease. Many of our advancements have been made possible by generous donors from our community and through the [Danbury Hospital & New Milford Hospital Foundation](#) and the [Norwalk Hospital Foundation](#). As an academic institution, we are proud to shape the future of care through our partnership with the University of Vermont Larner College of Medicine. WCHN employs nearly 6,300 employees including about 1,900 clinical staff. For more information, visit [wchn.org](#). Share your comments with us at [Facebook.com/DanburyHospital](#), [Facebook.com/NewMilfordHospital](#), and [Facebook.com/NorwalkHospital](#).

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**Breastcancerphoto041118 Caption:** Wilton Library and the Western Connecticut Health Network present the next program in the "Get Well, Stay Well" series, which is an update on breast cancer screenings and treatment on Tuesday, May 22, at 7:00 PM at Wilton Library. Featured speakers are [George Zahrah](#), MD, Medical Director for Cancer Genetics at Norwalk Hospital and a medical oncologist with the Norwalk Hospital [Whittingham Cancer Center](#), and [Linda T. Vahdat](#), MD, MBA, Clinical Director of Cancer Services at Norwalk Hospital and a breast medical oncologist at Memorial Sloan Kettering. Registration is recommended. Visit [www.wiltonlibrary.org](#) or call 203-762-6334 for information, directions and registration. Wilton Library, 137 Old Ridgefield Road, Wilton, CT; main number 203-762-3950.