

Advancing Health Through Lifestyle, Learning, and Collaboration

As summer winds down, the ACS National Breast Cancer Roundtable (NBCRT) continues to advance collaborative efforts that translate evidence into action. Through the leadership of our volunteers, partners, and subject matter experts, we are equipping healthcare professionals, researchers, patient advocates, and communities with evidence-based resources that improve cancer prevention, early detection, treatment, survivorship, and quality of life.

This month, we are excited to launch our Lifestyle Medicine educational webinar series while continuing preparations for our second breast density webinar this fall. Together, these initiatives reflect the ACS NBCRT's commitment to improving health outcomes through education, collaboration, and innovation.

Roundtable News

Featured Educational Event

American Cancer Society | NATIONAL BREAST CANCER ROUNDTABLE

PUBLIC WEBINAR

Lifestyle Medicine Across the Cancer Continuum: Prevention, Treatment, and Survivorship

TUESDAY, AUGUST 18, 2026
12:00 – 1:00 PM ET

REGISTER

Lifestyle Medicine Across the Cancer Continuum: Prevention, Treatment, and Survivorship

Tuesday, August 18, 2026 | 12:00–1:00 PM ET

Lifestyle medicine is an evidence-based medical specialty that focuses on preventing, treating, and, in some cases, reversing chronic disease through healthy lifestyle behaviors. Join the ACS NBCRT for an engaging introduction to the six pillars of lifestyle medicine and learn how these principles can support individuals across the cancer continuum—from prevention through survivorship.

Featured Speakers:

✓ Amber Orman, MD, DipABLM, FACLM, Chief Wellness Officer at AdventHealth

✓ Laura Makaroff, DO, Senior Vice President, Cancer Prevention at the American Cancer Society

Co-moderators:

✓ Naomi Ko, MD, MPH, Mary Beth and Chris Gordon Fellow, Harvard Radcliffe Institute 2025-2026; Section Chief of Medical Breast Oncology, NYU Langone Health

✓ Jason Wilson, MD, MBA, CPE, FACS, Medical Director, Sentara Enterprise Oncology Service Line; Clinical Chief, Sentara Surgery Specialists, Sentara Medical Group

Participants will explore practical, evidence-based strategies related to nutrition, physical activity, restorative sleep, stress management, social connection, and avoidance of risky substances, while learning how lifestyle medicine complements traditional cancer care.

Register Today!

Volunteer Leadership Spotlight

The Lifestyle Medicine webinar is the result of months of collaboration among volunteer leaders representing clinical medicine, lifestyle medicine, patient advocacy, and public health.

We'd like to take a moment to share a special thanks to Anne Gaglioti, MD; Ashley Dedmon, MPH, MCHES®, CHW, LSS, DrPH(s); Erin Steigleder, MSW; Jason Wilson, MD, MBA, CPE, FACS; and Naomi Ko, MD, MPH, DipABLM for their leadership and expertise. We also extend our appreciation to Dr. Amber Orman and Dr. Laura Makaroff for sharing their expertise and helping launch this educational initiative.

ACS National Roundtables 2025 Impact Report

The ACS National Roundtables, including the National Breast Cancer Roundtable, recently released our 2025 Impact Report, highlighting the progress we've made together. As a member of the NBCRT community, your contributions have helped to improve breast cancer outcomes through enhanced screening, risk reduction, access to treatment, and clinical trial diversity. Thank you for being part of this important work.

Explore the 2025 National Roundtables Impact Report to see the impact you've helped make possible, and where we're headed together. For a broader look at the American Cancer Society's collective impact through our Patient Support pillar, visit: cancer.org/psimpact.

Read the Report

Looking Ahead

Mark Your Calendar



September 30

Beyond the Letter: Supplemental Screening and Shared Decision-Making for Women with Dense Breasts

Building on the success of our June webinar, this second educational program will focus on supplemental screening options, individualized breast cancer risk assessment, and practical strategies for shared decision-making with patients.

Featured Experts:

- Wendie A. Berg, MD, PhD

- Amy Patel, MD
 - Tracy Bataglia, MD, MPH
-

Priority Team Progress

- **Early Action:** Lifestyle Medicine webinar launch; final planning for the September Breast Density webinar; continued dissemination of the NBCRT Risk Assessment Toolkit.
- **Clinical Trials:** Final preparations for the national Clinical Trials Navigation Survey launching in September.
- **Access to Treatment:** Final preparations for the National provider survey in November
- **Support & Wellness Services:** Evidence review and toolkit development continue toward a spring 2027 launch.

Interested in getting involved with our Priority Team at the ACS NBCRT?

Our Priority Teams bring together clinicians, researchers, advocates, survivors, caregivers, and organizational partners to advance focused projects across early action, access to treatment, clinical trials, and support and wellness services.

To learn more about current opportunities to participate, [please email Melissa Thomas](#).

Resource Spotlight

Explore trusted resources that support healthy living before, during, and after a cancer diagnosis:

- [American Cancer Society Guidelines for Diet and Physical Activity for Cancer Prevention](#)
 - [American Cancer Society Healthy Living Resources](#)
 - [American College of Lifestyle Medicine](#)
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In Case You Missed It

You Got the Letter: What to Do Next After a Dense Breast Notification

Thank you to everyone who joined our June breast density webinar featuring Wendie A. Berg, MD, PhD, and JoAnn Pushkin. If you missed the webinar, or would like to revisit the content, you can access the webinar recording, presentation materials, and more [here](#).

Stay Connected

Thank you to our volunteers, member organizations, advisors, and partners for advancing the mission of the ACS National Breast Cancer Roundtable. Together, we are working to ensure that every person has access to evidence-based breast cancer prevention, screening, treatment, and survivorship resources.

Questions, ideas, or opportunities to connect? Reach out anytime at nbcrt@cancer.org.

With appreciation,

Melissa Thomas, PhD, MSPH, MSA, MCHES®, C.CHW, FAACE
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