



Who: Jennifer Marti MD

Children: Jackson (Grade 5)

At school: Wetherby is committed to giving back to the community, and I am glad that there are opportunities for children to participate in these volunteering experiences, to understand the importance of helping others. Jack enjoyed volunteering at the Friends of +Pool Riversweep with his sister. I am also happy that there are events to bring parents together — I look forward to the Carols by Candlelight and holiday decorating this year.

Away from school: I am a breast and thyroid surgeon, I take care of patients with breast and thyroid cancer, and also patients with benign conditions.

Surgery is a very exciting and satisfying field, as the results are immediate and tangible. Surgical oncology is an always evolving field, and our approach to how we treat patients with cancer is constantly changing. How we approach patients with breast and thyroid cancer is very different today than just 5-10 years ago, which makes it a dynamic and exciting discipline.

For patients with a cancer diagnosis, they are understandably frightened and in a very vulnerable position. Helping them to navigate their treatment process, while trying to put them at ease, is emotionally rewarding. It is a great honor to take care of patients who place so much trust in you, and this makes it a pleasure to go to work every day.

Expert wisdom:

- More is not always better. There is a lot of unnecessary testing in modern medicine. It's important to know that there are both pros and cons to cancer screening tests; we overemphasize the benefits and often we don't even mention the harms. Before pursuing a cancer screening test or diagnostic test, ask your doctor to discuss the pros and cons, and alternatives (e.g. observation). Then you can make an informed decision on the course you want to pursue (a helpful website is <https://www.choosingwisely.org/>). The nationwide Wisdom study (<https://www.thewisdomstudy.org/>) is investigating a personalized approach to breast cancer screening, to see if this is more effective than a one-size-fits-all approach. This study is accessible to everyone, and anyone can self-enroll online.
- If you want to minimize your risk of developing cancer and maximize your cardiac health, exercise regularly and avoid eating processed foods. I don't think we emphasized the importance of this enough to vulnerable populations during the COVID pandemic.
- If you notice a breast lump, you should, of course, seek consultation with a doctor. However many women do not know that monthly self-breast self-exams are no longer recommended, since it leads to unnecessary imaging and biopsies with no proven benefit. (For more info, go to <https://uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening-2009>).

What she loves about Wetherby-Pembridge: It's such a unique and special place. In addition to the focus on academics and sports, the teachers and staff also prioritize the children's emotional development. The core values—Respect, Resilience, and Responsibility—are not just buzzwords for the website. These values allow the children to excel not only academically, but also to feel happy, safe and well-adjusted at school. WPNY also celebrates creativity and unconventional thinking, and they focus on the strengths of the children, not the negatives. This helps build the confidence and performance of the students, and makes it such a warm, and supportive environment. It's such a joy to see my son run into school enthusiastically every day.

