

Good News

from the University of Rochester Medical Center

News for friends of the Medical Center.



Hydration 101: Drinking 8 glasses of water and other myths debunked

As temperatures rise, it's important to stay hydrated. But does everyone need to drink 8 glasses of water each day? And, will your morning coffee really dehydrate you? Holly Gilligan, a clinical dietitian, gets to the bottom of these common hydration questions.

[Get the details »](#)



Breast cancer survivor says she found stability in the “village” at Wilmot

Cheryl Rivers, a hardworking mom, was used to being a rock to the people around her. But after a stage 2 breast cancer diagnosis, she had trouble finding stability—until she came to the Wilmot Cancer Institute. “They say it takes a village to raise a child. It's kind of the same concept when you're going through cancer,” she reflects.

[Read more »](#)



Strong ranked the #1 hospital in region

U.S. News & World Report released its 2023-2024 adult Best Hospitals rankings, and Strong Memorial Hospital is listed as the top hospital in the Rochester region. Strong also ranked 16th in New York State and achieved “high performing” status in four adult specialties and 12 condition and procedure rankings.

[See the ratings »](#)



The current and future role of single-port robotic surgery

The da Vinci single port (SP) robotic surgical system, which made its clinical debut in 2018, represents a significant technological advance in robotic surgery. While it does not fully replace the capabilities of the multi-port system, it represents a potential new approach for several major robotic urological procedures.

[Learn more »](#)

WILMOT WARRIOR WEEKEND

leaving cancer in the dust



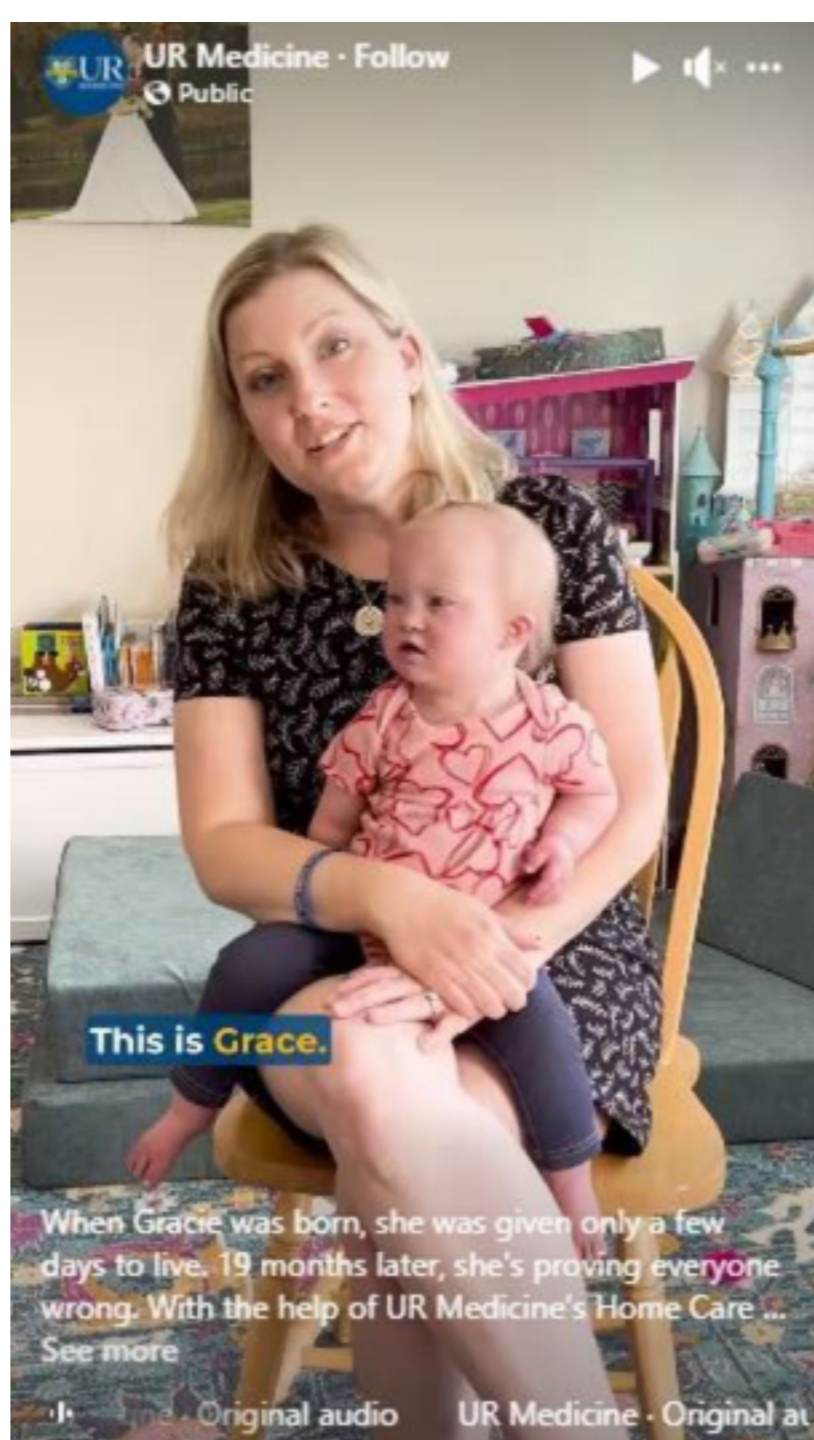
Wilmot Warrior Weekend

Now is the time to inspire and motivate your friends, family, and colleagues in the fight against cancer at Wilmot's 2023 Warrior Weekend, September 29—October 1, the premier charity event offering cycling, a walk, and a run in New York's Finger Lakes region. The new “Breakaway” cycling event will take place on Saturday, September 30 followed by our traditional Warrior Walk + 5k on Sunday, October 1. Discounted inaugural event pricing is available. Funds raised provide critical support for cancer research and Wilmot's survivorship program. Volunteer opportunities are also available. Please email WarriorWeekend@rochester.edu for more information.

Together we can help more patients survive and thrive following cancer treatment and care, and leave cancer in the dust.

[Register today »](#)

Social media highlight



When Gracie was born, she was given only a few days to live. 19 months later, she's proving everyone wrong **with the help of UR Medicine Home Care.**



Good News is produced by URMCM Advancement Communications. Direct feedback and questions to urmcadvcommservices@ur.rochester.edu.

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