

# DOCTOR PROFILE

MARK SHACHNER, MD

## Doctor on the RUN

By Jennifer Smith



Lisa Boccard and Dr. Mark Shachner

It all started with one test result. But this time, Dr. Mark Shachner, a general surgeon who specializes in breast, thyroid and colon cancer, wasn't the one relaying the results. Instead, he was on the receiving end.

In 2004, Dr. Shachner learned his cholesterol was high. After hearing the result, Dr. Shachner knew that he had to make some lifestyle changes to get himself in better health. It was then that a partner suggested he participate in the 5k Turkey Trot, and thus a love of running was born.

"I enjoyed the experience so much that I became hooked on running and racing," says Dr. Shachner. "I have been running competitively and for fun ever since."

Dr. Shachner says that running is a great stress reliever, which is something a man in his position needs. In addition to practicing medicine, Dr. Shachner assists Broward Health Coral Springs with quality assurance and technology acquisition, and he is a professor at Nova Southeastern University.

"Staying physically active and fit helps me stay alert and gives me the fitness to withstand the many long hours of work and operating," Dr. Shachner says.

Dr. Shachner runs four to six times a week with distances varying from four to 24 miles. He enjoys running a variety of races and has

completed 17 marathons. But perhaps his greatest accomplishment is how he translated his love of the sport into an opportunity for Broward Health Coral Springs.

"I had been running for a year and thought that a local race to benefit a hospital-related program would be great. I teamed up with Dr. David Silver, and with the help of the hospital administration and medical staff, we were able to bring the race to fruition," Dr. Shachner says.

Now entering its ninth year, the purpose of Race for Women's Wellness, a 5k run/walk race to be held on March 30, 2013, is to bring the hospital staff and community together, increasing awareness of breast cancer screening and treatment while raising funds for the underinsured women of Coral Springs who can not otherwise afford breast cancer screening and diagnosis.

"The race has grown in participation over the years, generating funds that all go to the Lisa Boccard Breast Cancer Fund," says Dr. Shachner.

The Lisa Boccard Breast Cancer Fund was founded in 2003 by Vincent and Terry Boccard in support of Vincent's sister, Lisa, and her fight with breast cancer. The Boccards joined forces with Broward Health Coral Springs' Women's Diagnostic & Wellness Center to fulfill its mission: to provide funding for care that may otherwise be unattainable, for women in the community to obtain screening mammograms.

The Fund is one close to Dr. Shachner's heart due to his work with cancer patients. His practice is devoted to the treatment of breast cancer and minimally invasive surgery for GI malignancies and conditions.

"I am so proud to be a part of this race and partner with the Lisa Boccard Breast Cancer Fund. We are saving lives," Dr. Shachner says. 🌟