Vermont Cancer Center presents
Breast Cancer Conference
16th ANNUAL

Getting to the Heart of Breast Health by Living Well

FRIDAY
October 4, 2013
8 AM – 4:30 PM
Sheraton Burlington Hotel & Conference Center
Burlington, Vermont

Presented by

Vermont Cancer Center
University of Vermont • Fletcher Allen Health Care

With support from

A FREE Community Event
for survivors, caregivers, and those whose lives have been touched by breast cancer, as well as the general public concerned about cancer and its prevention.

New this year!
Join Chef Curtiss of Pink Ribbon Cooking and other regional chefs for live culinary demonstrations!

www.uvm.edu/medicine/vtbreastcancerconference
Facebook.com/vtbreastcancerconference
#vtbccc
Pinterest.com/vtbc
Welcome

We chose “Getting to the Heart of Breast Health by Living Well” as the title for our 16th Annual Breast Cancer Conference because the goal of our conference is to give you information about healthy lifestyles for breast and heart wellness. We hope to share with you the many ways that our “heart health” and our “breast health” are related. Nutrition, exercise, weight control, and lifestyle are things we can control to reduce our risks for breast cancer and heart disease. As more research is done on each of these issues there is a better understanding of the mechanisms of risk reduction. Many of us know the basics as to how to watch our weight, lower our cholesterol, and limit fat intake to reduce our risks for cardiac problems. There has been an explosion of information about how best to do this, what type of exercise is best, what types of diet work best for weight loss, and how to make healthy choices in our busy lives.

Current stories in the news related to breast health and women’s health raise new questions for which women are looking for more information. Current news has included the Supreme Court’s review of access to genetic testing, Angelina Jolie’s decision to have prophylactic mastectomies after learning her own genetic test results, and access to marijuana for nausea or pain control is now legal in Vermont. We have strived to include speakers that will cover these topics and allow our community an opportunity to discuss and better understand the issues. There will be over 60 workshops and 80 information tables at the exhibits fair to give you more details on these noteworthy events. We also want to give you the most up-to-date information on breast cancer screening, testing, treatments and care.

Cooking for Heart and Breast Health is a major theme this year. We hope you will check out our web page for recipes and perhaps share some of your own. Eating can be a major source of emotional and physical healing. Comfort foods can get us through all kinds of challenges. We want to share healthy cooking ideas, and stories of favorite family meals. We may have just the right combination of veggies and spices you have been looking for! There will be cooking demonstrations going on all day brought to you by a variety of local chefs. Come for an hour and check out the exhibits fair or come for the whole day, there is something for everyone. We hope you can join us and get to the “heart of breast health.”

Patti O’Brien, MD, and Susan G. Lakoski, MD, Conference Co-Chairs

A Message from Becky Burke  President, VT-NH Affiliate of Susan G. Komen for the Cure

The Vermont-New Hampshire Affiliate of Susan G. Komen for the Cure is proud to support the Vermont Cancer Center’s 16th Annual Breast Cancer Conference in Burlington, Vermont.

We have supported this conference since the beginning in 1998 and have watched it grow with great pride. This important event brings education and support to breast cancer survivors as well as care providers, researchers, advocates, and activists. With its mission to achieve our vision of a world without breast cancer, the VT-NH Affiliate of Susan G. Komen for the Cure is dedicated to saving lives, empowering people, ensuring quality care for all, and energizing science to find the cures.

Our fundraising events began in 2013 with the annual Romp to Stomp Snowshoe Walk at Stratton Mountain, VT. In May, our 2nd Komen New Hampshire Race for the Cure in Portsmouth, NH was a great success. The Komen Vermont Race for the Cure will move from July to take place on September 21 at Hildene Meadows in Manchester, VT. Our two 10-mile pleasure horseback rides are scheduled with the New Hampshire Ride for the Cure on September 14 in New Bedford, NH and the Vermont Ride for the Cure on October 14 in Woodstock, VT.

We are very grateful to the VCC and to conference co-chairs Drs. Susan Lakoski and Patti O’Brien for bringing together such a wonderful and diverse program full of opportunities to educate, empower, and inspire breast cancer survivors, their families and friends, health care experts, and support services professionals with an enriching day of hope and celebration.

As we look towards the future, our shared vision with the Vermont Cancer Center and the countless people who make this event a success each year is to provide educational opportunities to the region in an effort to end this disease. Hopefully, we can ensure that one day we can live knowing that breast cancer no longer threatens the lives of our mothers and daughters, friends and neighbors.

We are proud to be a part of your day.
REGISTRATION IS FREE!

2 EASY WAYS TO REGISTER!

1. ONLINE:
   www.uvm.edu/medicine/vtbreastcancerconference

2. BY PHONE: (802) 656-2292

PRE-REGISTRATION ENDS AT 8:00 AM ON MONDAY, SEPTEMBER 30TH!

Attendees may still register for free on-site, but some sessions may be unavailable due to full attendance. Be sure to register early to get into the sessions you want most!

LUNCH REGISTRATION

Lunch is by reservation only and may be purchased when registering for the conference. The purchase of a plated lunch is required to attend the keynote presentation.

Boxed lunches ($10) may be picked up in the exhibit hall at 11:30 AM. A boxed lunch includes a sandwich-wrap, bag of chips, apple, and a beverage.

Plated lunches ($22) will be served in the Emerald Ballroom and conference co-chair, Susan G. Lakoski, MD will deliver a keynote presentation during lunch (see page 6 for details). Please do not sign up for a plated lunch if you wish to attend another lunch session.

Hotel & Travel Information

This year’s conference will be held at the Sheraton Burlington Hotel & Conference Center (870 Williston Road, South Burlington, Vermont 05403).

A limited number of rooms are available at a reduced conference rate. To receive this special rate, reservations must be made before September 13th.

For more information about staying at the Sheraton or to make a room reservation, call (802) 865-6600.

Directions to the Hotel

Take I-89 in Vermont to Exit 14W. The hotel is on Williston Road directly opposite the Staples Plaza.

Travel to Burlington

Burlington is 230 miles northwest of Boston, 300 miles north of New York City, and 100 miles south of Montreal.

 Interstate 89 intersects with I-93 from Boston and is easily accessible from I-91 through Massachusetts and Connecticut.

Traveling from New York Northway (I-87): Take Exit 20. Proceed on Route 149 to Fort Ann, then Route 4 East to Fair Haven, Vermont, north on Route 22A to Vergennes, then north on Route 7 to Burlington. Take I-189 (spur) to I-89 North to Exit 14W.

Burlington International Airport is 10 minutes from the Sheraton Hotel and is served by six major airlines. The Sheraton Hotel offers a complimentary shuttle service to and from the airport.

Accessibility for People with Disabilities

Although the Breast Cancer Conference is spatially accessible to people with disabilities, please note that there are significant distances between some of the sessions at the event. We regret that we are unable to provide individual assistance for traveling throughout the premises. You are welcome, however, to be accompanied by someone of your choosing. We ask only that your assistant register for the event as well.

Please note that we strive to accommodate special needs requests as much as possible, but are restricted in meeting some requests due to limited resources.

Conference Disclaimer

The scientific views, statements, and recommendations expressed, displayed, or distributed during the Vermont Cancer Center Breast Cancer Conference represent those of the speakers and exhibitors, and do not necessarily represent the views of the Vermont Cancer Center, the University of Vermont, or Fletcher Allen Health Care.

Inappropriate Behavior

The Vermont Cancer Center Breast Cancer Conference is a community event meant to encourage togetherness and cooperation in the cancer community. Individuals who are disruptive or whose behavior runs counter to the goals of the conference will be asked to leave.

Refund Policy

The conference is free and open to the public. However, there are fees involved if you choose to order a lunch at the conference or if you plan to apply for nursing contact hours, social worker credits, or AMA PRA Category 1 Credit™. Refunds for these fees may be obtained if notice of cancellation is received on or before September 27th. We are sorry, but no refunds are possible after this date.

The University of Vermont College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Vermont designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Credit approval is also pending for Social Worker credit and Nutrition and Dietetics CPE Credit.

The University of Vermont is accredited by the Accreditation Council for Pharmacy Education to provide continuing pharmacy education. This program has been reviewed and is acceptable for up to 5.5 Nursing Contact Hours.*

*The University of Vermont Continuing Medical Education (VSNA Provider #: 10-10-0099P, 02/14) is an approved provider of continuing nursing education by the Vermont State Nurses Association, Inc. Committee on Education, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Cost of physician credit (up to 5.5 credits) - $40
Cost of all other health care professional credit (up to 5.5 credits) - $20

SESSION ONE: 9:00-9:50 AM

1-1 Adjuvant Therapy / Paul Unger, MD / This talk will cover the basic concept of giving treatments in addition to surgery for breast cancer patients. It will discuss the role of chemotherapy, hormonal, and immunological treatments for early stage breast cancer.

2-2 PHYSICIAN TRACK: Cardiac Disease and Breast Cancer / Susan G. Lakoski, MD / Patients treated for breast cancer may have increased risk factors for heart disease, and care providers need to understand these risk factors and integrate them into the standard risk factors such as obesity, lipid profile, smoking, DM, and inactivity. Radiation therapy, cancer related drugs, and underlying metabolic factors may also link the two diseases. This talk is geared for the care provider that needs to screen breast cancer survivors for heart disease. Testing guidelines, symptom management and interventions will be discussed. This session is specifically geared toward primary care providers and other healthcare professionals.

1-3 Sex After A Cancer Diagnosis? Moisturizers, Lubricants & Toys? Oh My! / Eilli Collins, RN, MS, OCN / This will be a patient-focused presentation with a wealth of information for nurses. Actual patient scenarios will address body image, intimacy, dealing with short and long-term treatment effects, and more. There will be frank discussion of issues related to sexuality with time for questions. “Pandora’s Box,” a treasure trove of resources and enhancement devices, will be explored.
SESSION DESCRIPTIONS

1. Ovarian Cancer Treatment / Cheung Wong, MD / In the past 20 years, treatment options for women with ovarian cancer have changed. This talk will review some of the new treatment options for ovarian cancer and other gynecologic malignancies.

2. Your Survivor Documents as a Communications Tool for your Primary Care Provider / Kim Dittus, MD, PhD* and Penny Gibson, PA We will describe and discuss the use of cancer survivor transition plans to help patients and health care providers work together to deliver the best care. We will hear from an oncologist, a physician’s assistant in oncology, a primary care provider, and a breast cancer survivor about the benefits and problems with developing and using cancer survivor transition plans. We expect lively discussion with the audience.

3. What is a Palliative Care Visit? / Ursula McVeigh, MD / Cancer Care is a team effort. Often an oncologist will ask a palliative care specialist to see someone that is having a problem getting good control of a symptom. This workshop is designed for patients and family members, so that they can understand what a palliative care specialist is, and what types of help they can offer, and what to expect when you have a visit with this member of the team. This will be an informal discussion of types of services the palliative care team can help set up. Come with your questions – this workshop is designed to meet your need for information.

4. Komen for the Cure Grant Workshop / Becky Burke / This session will discuss the various cancer-related grants sponsored by the Vermont-New Hampshire affiliate of Susan G. Komen for the Cure and how you can take part in the grant process to join the fight against breast cancer.

5. Predictors of Recurrence After a DCIS Diagnosis / Brian Sprague, PhD / This session will discuss the basic biology of DCIS (ductal carcinoma in situ, the most common type of non-invasive breast cancer) and the magnitude of this diagnosis as a public health problem; the typical disease-free survival rates for DCIS, including the average time from diagnosis to an invasive breast cancer diagnosis; and predictors of disease-free survival, including factors related to the patient, her treatments, and the characteristics of the DCIS diagnosis.

6. Touch, Caring & Cancer: Simple Instruction for Family and Friends / Catherine Cerulli, Med and Janet Kahn, PhD, LMT / The Touch, Caring, and Cancer (TCC) program used in cancer centers, hospices, hospitals, and homes across the United States and has been found to support improved quality of life for cancer patients and their caregivers. This workshop will provide patients, caregivers, and healthcare professionals with simple, effective techniques such as massage, acupressure, mindfulness, and aromatherapy.

7. Promise Amid Vulnerability: Wellbeing After a Breast Cancer Diagnosis / Ellen Curri, MSW and Kimberly Maynard, RN, BSN, OCN / A cancer diagnosis can leave you feeling vulnerable and alone. This session will discuss how you can attend to your personal wellbeing and how you can find hope in that vulnerable time.

8. Look Good...Feel Better / Sponsored by the American Cancer Society, this session will provide makeovers to those going through treatment, giving them more hope and confidence. For patients currently receiving treatment. This is a double-length session that runs from 9:00-10:50 AM.

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SESSION TWO: 10:00-10:50 AM

1. COFFEE CHAT: Bring your coffee and enjoy a casual session in the Emerald III ballroom. Full listings on our website.

2. BREAST CANCER AND WEIGHT GAIN / Jean Harvey-Berino, PhD, RD* / Weight gain is common in breast cancer patients after diagnosis. Unfortunately, survivors who are overweight are more likely to have their cancer recur than trimmer survivors. This workshop reviews why weight is likely to change during treatment and details activities you can do that have consistently been shown to reduce your risk of breast cancer, improve your odds of survival if you are diagnosed, and help prevent other illnesses.

3. PHYSICIAN TRACK: Prevention and Treatment of Side Effects from Aromatase Inhibitors / Joanna Schwartz, PharmD / This talk will briefly review the information about aromatase inhibitors, their role in helping breast cancer patients, and what a patient taking these drugs might experience. Treatment is individualized based on tumor type/stage, the age of the patient, and other diseases the person might have. Some aromatase inhibitors can have more predictable side effects. This session is specifically geared toward primary care providers and other healthcare professionals.

4. THE LADIES FIRST ONLINE PROVIDER EDUCATION AND RESOURCE PROGRAM FOR HEALTHCARE PROVIDERS / Nicole Lukas and Kerry Frenya, MS / Ladies First is a state program physicians and patients have praised for over 15 years. Now it’s easier to access the multitude of benefits for your practice and patients. The focus will be on the recently launched online Resource and Training Center, offering FREE CMEs, program support, streamlined billing, performance indicators, and the most up-to-date reference tools for clinical practice in breast, cervical and cardiovascular screening, diagnostics and treatment. Discussion will include how the program is implementing the new cervical screening guidelines and an overview of the new lowered age eligibility.

5. RESEARCHING THE CURE: A PERSONALIZED APPROACH / David Krag, MD* / World-renowned cancer researcher David Krag, MD, has devoted his career to developing efficient and effective ways to battle the deadly disease, including pioneering the “radiotracer” sentinel node biopsy procedure that has become standard of care. His latest work at the Vermont Cancer Center involves the development of targeted therapies, a personalized approach to breast cancer treatment that uses the body’s own immune system to fight the disease. In this session, Dr. Krag will review this exciting research and what lies ahead in the development of safe and effective customized therapies for cancer patients.

6. THE MANY FACES OF METASTATIC DISEASE / Rose Colletti, PhD / Survivors living with Stage IV Breast Cancer will share their stories, including how they maintain HOPE and develop MEANING in the face of ongoing treatment when care is not an option.

7. GENETIC COUNSELING AND TESTING / Wendy McKinnon, MS / This session reviews the features of hereditary breast and ovarian cancer and explains who might be a candidate for referral for genetic counseling and, possibly, genetic testing. The talk will review what happens during a genetic counseling session and discuss the risks, benefits, and limitations of undergoing genetic testing for cancer risk.

8. OVARIAN CANCER SCREENING / Elise Everett, MD, Rob Luebbers, MD / This panel discussion will review recent changes regarding ovarian cancer screening, the risks and benefits of various techniques, and other important information about screening for ovarian cancer.

9. BREAST/OVARIAN HEALTH 101 / Tina D’Amato, MD, Angela Smith, and Erica Zimmer / An interactive workshop designed to help young women understand what these cancers are, your lifetime risk, and how to be proactive with your health. Learn about risk reduction and early detection, and how to be in control of your breast and ovarian health. The session includes a medical professional’s presentation and the perspectives of high risk women.

10. PADDLE YOUR WAY TO RECOVERY AND FEEL ALIVE! / Linda Dyer / Come learn about our unique support group where the focus is on living, not on the disease. We are Dragonheart Vermont. Together, we breast cancer survivors have taken on this challenging paddle sport while learning the true meaning of teamwork. The Dragonheart Vermont Sides paddle together on Lake Champlain and raced around the world together. We are paddling our way to wellness and loving every moment! No age limit or athletic experience is necessary.
2-10 Chemobrain / Kim Dittus, MD, PhD*, Owen Drudge, PhD, Julie Dumas, PhD, and Patricia O’Brien, MD / Women frequently comment that their memory declines during and after therapy for breast cancer. A panel of experts, including a cognitive expert, an oncologist, and a breast cancer survivor, discuss the science behind cognitive change and research efforts to increase our understanding of this condition.

2-11 COFFEE CHATS / Bring your coffee and enjoy a casual session in the Emerald III ballroom. Full listings on our website.

2-12 CULINARY DEMONSTRATION / Join local businesses and nutritionists for a culinary demonstration in the Exhibit Hall. Demos will be going on throughout the day and will provide useful nutritional recipes and learning techniques that can help you or your patients live a healthy lifestyle. More information is available on our website.

2-13 Fly Casting with Casting for Recovery / Sheila Reid / Casting for Recovery is a national nonprofit support and educational program offering free fly fishing retreats to women who have or have had breast cancer. CFR provides weekend retreats, including lodging, meals, support and fly fishing instruction. Join us for one of our free casting demonstrations and a chance to try it for yourself!

SESSION THREE: 11:00-11:50 AM

3-1 Environmental Endocrine Disruptors and Women’s Health / Frances Carr, PhD* and Sheila Hollender / Taking care of the environment can also help you take care of yourself. This session will detail endocrine disruptors in the environment and the steps you can take to help minimize your exposure.

3-2 PHYSICIAN TRACK: Preventive Health for Women / Spencer Borden, MD, MBA / This session will discuss preventive health in all its forms and what providers can do to help women avoid the many dangers that can increase their risk of breast cancer. This session is specifically geared toward primary care providers and other healthcare professionals.

3-3 Marijuana for Cancer Patients / Speaker TBD / The use of medical marijuana has drawn national attention in recent years, and recent changes in Vermont law have made the situation increasingly complex. This session will discuss the current use and regulation of medical marijuana in Vermont and how it can help those undergoing treatment.

3-4 Genetic Testing and Inherited Breast and Ovarian Cancer: Patient Perspectives / Wendy McKimmon, HS / This panel discussion includes several individuals who have undergone genetic counseling and testing for the BRCA1/BRCA2 genes. These two genes are associated with the majority of inherited breast and ovarian cancers. There will be a variety of results and a range of perspectives on the testing process. Anyone interested in learning more about the BRCA1/BRCA2 counseling and testing process is encouraged to attend.

3-5 Motherhood After Breast Cancer / Kim Dittus, MD PhD*, Penny Gibson, PA, Stephanie Putorti, and Michelle Sowden, DO / Young women who have been treated for breast cancer are increasingly going on to start families after their treatments are done. This will be a panel discussion by professionals that help treat these women and by two mothers who had their children after their cancer treatments. The discussion will cover a broad range of issues, from fertility, to breast feeding, Motherhood is often an emotional rollercoaster with various challenges and choices. This panel will focus on the issues of pregnancy and lactation after breast surgery.

3-6 The Scar Project (Photo Show) / Hannah Marlow / The SCAR project is a series of large-scale portraits of breast cancer survivors shot by fashion photographer David Jay. This session will present a piece of that art as presented by Hannah Marlow and will discuss the SCAR Project’s goals and objectives. Please be advised that this session may contain some graphic imagery.

3-7 Lymphedema Overview / Maggi Shadroui, PT and Julie Adams, PT / This is an introductory discussion of what lymphedema is, who is at risk for it, basic treatment reviews, and risk reduction. Tools used to treat lymphedema will be demonstrated.

3-8 Spirituality as a Cornerstone of Coping / Rebecca Brooks, Patricia Fontaine, MACP, and Roz Grossman, MA / For many of us, a deep relationship with spirituality keeps us company during the healing journey with cancer. This panel of survivors, each with a different spiritual connection, offers reflections on what this relationship means to them. We welcome your questions and will leave plenty of time to reflect as a group on your own journeys.

3-9 Survivorship NOW! Our Community Cancer Wellness Programs / Linda Dyer / Come learn about Dragonheart’s Survivorship NOW free weekly cancer wellness programs. Up your fitness and strength. Tap into your creative side. Stir up some delicious healthy meals. Broaden your mind and your connections. Find out how you can be a part of these empowering programs as a participant or presenter. It’s all about empowering all cancer survivors in our community to live life well.

3-10 Look Good...Feel Better / Sponsored by the American Cancer Society, this session will provide makeovers to those going through treatment, giving them more hope and confidence. For patients currently receiving treatment. This is a double-length session that runs from 1:00 PM-4:00 PM.

3-11 CULINARY DEMONSTRATION / Join local businesses and nutritionists for a culinary demonstration in the Exhibit Hall. Demos will be going on throughout the day and will provide useful nutritional recipes and learning techniques that can help you or your patients live a healthy lifestyle. More information is available on our website.

3-12 CULINARY DEMONSTRATION / Join local businesses and nutritionists for a culinary demonstration outside G’s Restaurant. Demos will be going on throughout the day and will provide useful nutritional recipes and learning techniques that can help you or your patients live a healthy lifestyle. More information is available on our website.

3-13 Fly Casting with Casting for Recovery / Sheila Reid / Casting for Recovery is a national nonprofit support and educational program offering free fly fishing retreats to women who have or have had breast cancer. CFR provides weekend retreats, including lodging, meals, support and fly fishing instruction. Join us for one of our free casting demonstrations and a chance to try it for yourself!

12:00-1:00 PM PLATED LUNCH & KEYNOTE PRESENTATION

- Lunch is by reservation only - See page 3 for registration details.

Plated lunches will be served in the Emerald Ballroom and Conference Co-Chair Susan G. Lakoski, MD, will deliver a keynote presentation during lunch. The purchase of a plated lunch is required to attend the keynote presentation.

Plated Lunch Keynote Presentation:

Connecting Hearts and Breasts / Susan G. Lakoski, MD / The title of the conference for this year is “Getting to the Heart of Breast Health and Living Well”. As more research is done, the more we learn that our hearts and breasts are more connected than we might realize. We know that many things we can do to improve our “heart health” will also improve our “breast health”. Risk factors for disease of the heart and breast will be discussed, and lifestyle measures that we can take to decrease our risks will be presented. Exercise and diet are tools that we can use to improve our overall health, and data from related studies will be presented.

12:00-1:00 PM LUNCH SESSIONS

Boxed lunches may be picked up in the Exhibit Hall beginning at 11:30 AM.

L-1 Breast Cancer Prevention Legislation / Jeanne Rizzo / Jeanne Rizzo is the President and CEO of the Breast Cancer Fund, which works to prevent breast cancer by eliminating exposure to toxic chemicals and radiation linked to the disease. Under Jeanne’s leadership the organization has built an impressive track record of successfully advocating for laws and business practices that ensure safer products and reduce breast cancer risk. Currently, Jeanne is focused on reforming our broken toxic chemical management system, which has required safety testing for only 200 of the 84,000 chemicals in use today. Join her in demanding safer products from companies and smarter laws from elected officials, and learn how to reduce your risk at breastcancerfund.org.

L-2 PHYSICIAN TRACK: A Multidisciplinary Approach to Breast Cancer Diagnosis and Treatment / Farrah Khan, MD*, Deb Rubin, MD*, Mary Stanley, MD*, and Erin Tsai, MD / Current breast cancer care involves the coordination of multiple medical disciplines: surgery, pathology, radiology, and specialists in chemotherapy and radiation treatment. In this session you will sit in on a reenactment of a weekly breast cancer case conference where specialists review clinical, radiologic, and pathologic findings of patients recently diagnosed with breast cancer and discuss the best approaches to treatment. This session is specifically geared toward primary care providers and other healthcare professionals.
SESSION DESCRIPTIONS

Why Your Support Matters

Admission to all Conference sessions and exhibits is free, thanks to a generous grant from the VT-NH Affiliate of Susan G. Komen for the Cure and support from the Vermont Cancer Center, University of Vermont College of Medicine, Fletcher Allen Health Care, Blue Cross Blue Shield of Vermont, and Ladies First Program of the VT Department of Health. However, ongoing cancer research, patient education and prevention services, and community outreach efforts are not possible without your support.

Consider making a $16 donation when you register online to celebrate our 16th annual conference. Your support makes all the difference!

About the Vermont Cancer Center

The Vermont Cancer Center (VCC) is a comprehensive clinical and research cancer center committed to innovative cancer research, life-saving prevention and treatment programs, public education, and scientific collaboration. With more than 100 scientists engaged in a full range of basic, translational, clinical and outcomes research, the institution plays an important role in Vermont and northern New York, influencing standards of cancer prevention and treatment across the region. VCC research is conducted primarily at the University of Vermont, and high-quality patient care is provided through the VCC’s clinical partnership with Vermont’s academic medical center, Fletcher Allen Health Care. To learn more, visit www.uvm.edu/medicine/vtcancercenter.

SESSION FOUR: 1:15-2:05 PM

1. Complementary Therapies in Cancer Treatment / Phil Trabulsy, MD
Acupuncture is a time-honored technique that can relieve pain, nausea, and promote overall wellness. This session will describe acupuncture and other complementary therapies as part of the cancer treatment process and how it can benefit you as a long-term survivor.

2. PHYSICIAN TRACK: Impact of Excess Weight on Cancer Survivorship and the Potential Benefits of Weight Loss / Kim Dittus, MD, PhD
This session will discuss the impact of excess weight on cancer recurrence and survival. Biological mechanisms that may explain the negative outcomes will be presented. Identified benefits of weight loss will be discussed. This session is specifically geared toward primary care providers and other healthcare professionals.

3. The Evolution of Breast Surgery: Less is Often More / Kari Rosenkranz, MD
The field of breast surgery has changed a great deal over the years, with modern techniques increasing the chance of breast conservation. This session will discuss how breast surgery has evolved recently and what you can expect if you have to undergo a procedure.

4. Cardiac Health / Friederike Keating, MD
Standard risk factors for heart disease will be discussed such as obesity, high cholesterol, inactivity, diabetes, and smoking. How a woman might diagnose herself with heart disease will be presented. What you should do if you are worried will be discussed, and there will be information about the various tests that can be used to diagnose heart disease. Come with your questions, and learn how to take care of your heart.

5. What’s New in Breast Cancer Reconstruction? / Susan MacLennan, MD
In this session, we will focus on newer techniques for reconstruction after breast cancer surgery. Some of the techniques discussed may include oncoplastic surgery after lumpectomy, nipple sparing mastectomy, and new technologies that may improve reconstructive outcomes.

6. Angie’s Choice / Clare Ginger, Wendy McKinnon, MS, and Robert Nesbit, MD
Genetic testing, specifically relating to the BRCA gene, has received increased media scrutiny lately. Angelina Jolie had a double mastectomy and the Supreme Court made a landmark ruling in terms of Angelina Jolie had a double mastectomy and the Supreme Court made a landmark ruling in terms of genetic testing. This session will discuss the implications of these major stories and what they mean for patients, survivors, and family members.

7. Is There Sex After Cancer? Reviving Your Sex Life After Cancer / Gale Golden, LICSW, BCD
When an illness occurs, the accompanying treatments, medications and surgeries may diminish desire for sex and intimacy. Even in the best of relationships, an open discussion about sex may be daunting and thus avoided. This discussion will offer practical help on starting the dialogue and reviving the comfort of an intimate and sexual relationship. Help is on its way!

Enter to win a Breast Cancer Awareness Quilt

This year’s Breast Cancer Conference features a hand-made quilt generously provided by June Bugbee at Sew Many Treasures in Williston. This quilt will be on display throughout the fall and winter at Vermont Cancer Center events, and will be raffled off at the UVM Rally Against Cancer games in February.

All survivors who pre-register for the 16th Annual Breast Cancer Conference (identifying themselves as survivors in the registration process) will be entered once into the raffle. There is no limit to the number of times you can enter. You can see the quilt for yourself at the front of the exhibit hall and enter for a chance to win!

TICKETS
$3 each or 2 for $5

To learn more, visit www.uvm.edu/medicine/vtcancercenter.
NEW! Culinary Demonstrations

Presented by a variety of local businesses and organizations, these culinary demos will give you a way to enjoy tasty meals and snacks that are good for your heart. Good nutrition is the first step to a lifestyle change that can help you fight off cancer more effectively, and we hope that these cooking demos will give you a place to start.

Cold demos will be available in sessions 1-6 in the Exhibits Hall. Hot demos will be presented in sessions 3, 4, 5, and 6 outside of G’s Restaurant. For more information about who will be presenting the culinary demonstrations, visit our website.

SESSION DESCRIPTIONS

SESSION FIVE: 2:30-3:20 PM

5-1 A Team Approach to Oncology Rehabilitation / Natalie Bradford, PT, Kim Dittus, MD, PhD, Susan G. Lakoski, MD, and Patti O’Brien, MD / “Steps to Wellness” is a group exercise program for people who have been treated for cancer. The twice a week program is similar to the Cardiac Rehab model. This unique program is designed to provide comprehensive screening for patients who are motivated to participate in a structured exercise program. The goals of the program are to provide a supervised structured fitness program and to provide a format to research exercise interventions. This panel presentation will discuss the role of the physical therapist, the oncologist, and the cardiologist in the evaluation.

5-2 PHYSICIAN TRACK: Cancer and Venous Thrombosis: Risk Factors, Treatment, and Prevention / Neil Zakai, MD / Venous thrombosis is a common complication of malignancy which affects both the quality and the quantity of life. It is important to understand the risk factors for cancer-associated thrombosis, the appropriate treatment, and novel prevention strategies in order to provide the highest quality care. In this session, we will discuss the risk factors and treatments for cancer-associated thrombosis and novel prevention strategies. This session is specifically geared toward primary care providers and other health care professionals.

5-3 Yoga for Living with Cancer / Susan Marx / This gentle yoga class begins with warm-up movements and breath awareness to prepare for yoga postures. The heart of the class is a sequence of postures that stretch, strengthen, and balance the body. The class ends with deep relaxation and calming breath work. This gentle yoga session will meet you wherever you are, whatever your treatment stage or yoga experience. Please bring your own yoga mat or towel to this session.

5-4 What’s New in Radiation Oncology / Richard Lovett, MD / This session discusses the principles of radiation and how tissue sparing is accomplished, the new advances in radiation treatments, and how individualized radiation treatments are designed.

5-5 Male Breast Cancer Survivorship / Paul Cucinelli / Breast cancer is not a disease exclusive to women. This session is a chance for both men and women who are undergoing treatment or who have survived breast cancer to receive support. Paul Cucinelli will tell his story and remind everyone who has faced breast cancer that they are not alone.

5-6 Books for Parents and Children / Genevieve Bronk / Cancer survivor and author Genie Bronk will discuss ways that parents and children alike can deal with cancer and other challenging situations. This session will help parents understand what resources are out there for young children.

5-7 Life’s Simple 7 and Health / Mary Cushman, MD, MSc* / This session will discuss the new tool released by the American Heart Association and how this tool might help all of us reduce our risk of cardiovascular disease and cancer.

5-8 Healing Through Writing / Patricia Fontaine, MACP / The natural ability of the body to heal can be enhanced by artistic expression, and writing is a form of art accessible to all of us. Using simple writing techniques, participants will leave with some concrete tools and resources to begin their own writing practice.

5-9 Look Good…Feel Better / Sponsored by the American Cancer Society, this session will provide makeovers to those going through treatment, giving them more hope and confidence. For patients currently receiving treatment, this is a double-length session that runs from 2:30-4:20 PM.

5-10 COFFEE CHATS / Bring your coffee and enjoy a casual session in the Emerald III balcony. Full listings on our website.

5-11 CULINARY DEMONSTRATION / Join local businesses and nutritionists for a culinary demonstration in the Exhibit Hall. Demos will be going on throughout the day and will provide useful nutritional recipes and learning techniques that can help you or your patients live a healthy lifestyle. More information is available on our website.

5-12 CULINARY DEMONSTRATION / Join local businesses and nutritionists for a culinary demonstration outside G’s Restaurant. Demos will be going on throughout the day and will provide useful nutritional recipes and learning techniques that can help you or your patients live a healthy lifestyle. More information is available on our website.

SESSION SIX: 3:30-4:20 PM

6-1 Immune System and Cancer / J. Chris Nunnink, MD, FASCO / This talk will cover the effects of cancer on the immune system. We will also discuss what can be done to help boost your immune system during treatment and recovery.

6-2 PHYSICIAN TRACK: HPV and Cancer / Marion Couch, MD, PhD, MBA* / An increased connection has been found in recent years between HPV and cancer, which has created a whole new population of patients. This session will detail this connection and how you can help your patients protect themselves. This session is specifically geared toward primary care providers and other health care professionals.

6-3 Family-Centered Care: Supporting Self and Family in the Midst of Cancer / Mary Cushman, MD, MSc* / This presentation will provide participants with helpful self-care strategies to nourish and support psychological well-being after a cancer diagnosis. Additionally, we believe that cancer is a family diagnosis as it affects all members of the family unit. We will provide families with helpful tools for supporting children of all ages after an adult caregiver has been diagnosed with Breast Cancer. There will be time for questions and open discussion at the end.

6-4 Young Women: Taking Care of Ourselves? / Patti O’Brien, MD* / Women of all ages need to understand their bodies, and have a healthy attitude towards their breasts. We live in a world with plenty of media access, but these do not always promote healthy choices, lifestyles and attitudes. This informal talk will be directed toward young healthy women who want to understand how to celebrate their health, promote healthy choices for themselves and their peers.

6-5 The Exchange and Healthcare Reform / Catherine Hamilton, PhD / Healthcare reform is sweeping across the country and causing major changes in the way that patients are diagnosed and treated. This session will detail the Blue Cross Blue Shield of Vermont healthcare exchange and how it interacts with new healthcare reform laws.

6-6 Palliative Care Case Discussions / Jaina Gough, MD / Palliative care is a team effort, involving physicians, pain specialists, nurses, and a host of support people. This workshop will be presented by physicians and nurses that work on the team using cases to demonstrate how palliative care can support patients and families. Cases will be used to describe the symptoms a patient was having trouble with, what was done to diagnose the issue, and what type of support was given to help control the symptoms.

6-7 Tomosynthesis / Stephen Poplack, MD, Tomosynthesis is a method for performing high-resolution tomography at mammographic dose levels. This session will discuss how this process is changing the existing mammography field and how new research is developing.

6-8 Screening and Prevention for Breast Cancer / Marie Wood, MD* / There are differences between screenings for a low-risk person and a high-risk person. These modalities will be discussed along with the options and efficacy of breast cancer prevention.

6-9 Breast Lymphedema / Kristie Johnson, PT, LANA, CLT / With the changes in the way breast cancer is now treated, more breast conservation therapy and more radiation of the breast, more women now experience Breast Lymphedema. This session will discuss the clinical challenges, treatments and tools used to treat lymphedema in the breast.

6-10 COFFEE CHATS / Bring your coffee and enjoy a casual session in the Emerald III balcony. Full listings on our website.

6-11 CULINARY DEMONSTRATION / Join local businesses and nutritionists for a culinary demonstration in the Exhibit Hall. Demos will be going on throughout the day and will provide useful nutritional recipes and learning techniques that can help you or your patients live a healthy lifestyle. More information is available on our website.

6-12 CULINARY DEMONSTRATION / Join local businesses and nutritionists for a culinary demonstration outside G’s Restaurant. Demos will be going on throughout the day and will provide useful nutritional recipes and learning techniques that can help you or your patients live a healthy lifestyle. More information is available on our website.
Regional Breast Cancer Screening Resources

Breast cancer is the most commonly diagnosed cancer and the second leading cause of cancer death (after lung cancer) among Vermont women. Early detection of breast cancer is crucial to increasing the chances of long-term survival.

If you’re looking for a breast cancer screening provider in Chittenden County or other regions of Vermont or in the Northern New York region, visit www.VTBreastCancerConference.org for a listing of regional health providers who can help. Or call (802) 656-2176 to request a provider listing.

We anticipate additional exhibitors. Please check www.uvm.edu/medicine/vtbreastcancerconference for exhibitor updates.

For more information on exhibiting, please contact:
Charles Brooks at (802) 656-2176 or Charles.Brooks@uvm.edu.

Exhibitor registration deadline is September 13, 2013.