

Tentative Schedule & Curriculum

FRIDAY

Plenary Session Speakers

October 5-6, 2007

Beth-Ann Lesnikoski, MD will present an overview of the diagnosis and treatment breast cancer through lecture and accompanying power point handouts. The doctor will detail the symptoms of the disease and describe screening techniques in practice today. Once a patient has been diagnosed, the disease is then staged and typed. Based on this information a treatment plan is set in place. Using slides and handouts Dr. Lesnikoski will illustrate the surgical procedures to remove the cancer & the current reconstruction options available to breast cancer patients.

Jennifer McKenna, MSN, RN CS will describe the non-surgical treatments used in active cancer care. Students will receive handouts that detail the various types of chemotherapy available to fight breast cancer and which treatments are used for each type of breast cancer. Students will learn when radiation is used to combat the disease and when hormonal therapies are prescribed and why. Finally pain management will be discussed and how pharmaceutical treatments can present both short and long term issues.

Elizabeth Tyson-Smith, MA, LMHC will introduce attendees to the concept of complementary therapies as non-medical services that are integrated with prescribed medical treatment for breast cancer. These services often alleviate side effects of cancer treatment as well as contribute positively to one's energy level, sense of well-being and quality of life and included nutrition, acupuncture, massage, yoga, reiki and reflexology.

Julie Silver, MD will introduce her plan to recovery Healing Faster, Better, Stronger. The doctor will offer attendees information about the process of physical healing by nourishing one's body, getting enough rest and enough exercise and implementing all one's available support systems. These assets can include tapping into spirituality and learning how to love and be loved.

Hester Hill Schnipper, LICSW, BCD, a two time breast cancer survivor, will introduce the audience to key points from her new book on After Breast Cancer: a Common-Sense Guide to Life after Treatment. Topics for participants to consider include self image and sexuality issues and emotional recovery and renewal.

Jennifer Ligibel, MD will report on the current research on breast cancer and exercise. Student and survivors will be better equipped to make decisions about when and how to implement an exercise regime after breast cancer treatment armed with this information.

Nancy Roberge, PT, DPT, MEd will stress the need for physical therapy intervention after invasive treatments for breast cancer. The Dr. will present information through lecture and power point hand outs with pictures on the changes in body mechanics many endure after invasive cancer surgeries and reconstruction. The audience will have a clear understanding of a chronic and debilitating condition called lymphedema which some women experience after treatment. Students will be introduced to the techniques used to exacerbate this serious condition and tips on prevention.

Stephanie Vangsness Meyers RD/LDN will present information on the importance of diet and nutrition in reducing the risk cancer or a cancer reoccurrence. New studies will be reviewed and members of the audience will learn how to finding a balanced plan that one can implement for life.

Kelley Tuthill the mother of two children under three, was diagnosed at age 36 with Stage II breast cancer just before Christmas 2006. "Kelley's Story" is being documented on ABC's Boston affiliate, WCVB-TV and through weekly published journals. She will present "A young survivor's journey: Get Better, Not Bitter"

Saturday

Plenary Session Speakers

Diane Cotting, MED, MBA was a member of the Style Driven Rowing Club she was diagnosed with breast cancer. The 11 months of treatment were often difficult, but battle lines were drawn when she was told she might not be able to rejoin her team and row again. Diane's story is touching but powerful. It's about strength and vulnerability and it's about friendship and teamwork.

Sherry Lebed Davis, CLMT/A tells us that surviving is important but thriving is elegant through the Lebed Method® Focus on Healing®, a medically based lifestyle process aimed at helping participants thrive physically and emotionally by combining physical therapy practices, gentle movement, music, information and education in a group format. The movements are made in a particular order stimulate the flow of the lymphatic system, improve range of motion, encourage balance, strength & flexibility.

Harriet Berman, PhD Young women CAN and DO get breast cancer. As a matter of fact, more than 11,000 women under 40 will be diagnosed this year. This lecture will alert the audience to serious issues about breast cancer that young women unknowingly face. First, many young women and their doctors are unaware that they are even at risk for getting breast cancer. Worse, there is no effective breast cancer screening tool for women 40 and under. So, young women are often diagnosed at a later stage than their older counterparts. This lecture will help young women learn how to advocate for their own health and become educated about breast cancer.

Janet Colantuono will present Is your Brain in a Fog? Chemotherapy can not only cause some unpleasant side effects like nausea, fatigue, and hair loss but the cognitive dysfunction commonly called "chemo-brain" as well. This lecture will advise the audience that subtle or not, chemo-brain is frustrating to patients who may suddenly find themselves unable to accomplish tasks they formerly completed with ease. New research will be introduced that can help predict who is most likely to suffer from this condition and some ways to help manage the symptoms.

Conference attendees will have the opportunity to network not only with their peers but with all those interested in and involved along the continuum of cancer care.

Breakout Sessions for Professionals

Physical and Occupational Therapists **Nancy Roberge PT, DPT, MEd** Through lecture detailed lectures and slide shows, these therapists will discover how cancer treatments have affected body mechanics through breast cancer surgeries and reconstruction. They will be introduced to the debilitating condition known as lymphedema and learn how to help prevent it. They will gain a clear understanding of the complex issues survivors with the long and short term side effects of active care. They will clearly understand the importance of integrating physical therapy after treatment.

Massage Therapists **Karen Ingwersen, RN, MSM, OCN, CMT** In a classroom style setting, students will review breast cancer treatments in further detail and consider the benefits and risks of massage to patients and survivors. Then, through the guidance of Ms. Ingwersen, students will have the opportunity to perform hands on body work and will discover the intricacies of working with survivors to ease pain, manage side effects from treatment and improving a person's overall well being through massage.

Exercise & Fitness Professionals **Paula Gottlieb, MS, RCEP** Through lecture, power point presentation students will consider the active cancer treatments they have studied up to this point. Then they will review the risks involved in implementing a fitness plan and learn how to protect their clients from injury or side effect. They will learn how to design an exercise plan unique to each survivor and help survivors make a safe re-entry to active life.

Social Workers **Nancy Borstelmann, MPH, MSW, LICSW** Through lecture and discussion, students will learn to understand the range of physical, emotional, and other psychosocial issues survivors and their families face during active treatment, the transition process toward active life and beyond. Physical and psychosocial dimensions of cancer care will be reviewed offering students an understanding of the range of challenges patients and survivors face from the moment of diagnosis.

Nurses **Maura Ferguson RN, BSN, OCN** In a classroom setting, students will review active cancer treatments introduced thus far and examine each procedure and therapy in greater depth. Special Consideration will be given to pain management, long term hormonal therapies, lymphedema and long term risks and complications from treatment.

Workshops & Demonstrations for Survivors and the General Public

Candace Anderson from the Virginia Thurston Healing Garden will offer an expressive art therapy workshop. Participants will work with watercolor and beautiful fiber paper to creatively express their own journey toward wellness. These sessions are inspiring and fun - no talent is necessary.

Julie Kaufmann will offer a spirited sampling therapeutic exercises from the Lebed Method's® Focus on Healing® the program designed by Sherry Lebed Davis to aid in the physical and emotional recovery of breast cancer survivors.

Holly Metcalf will introduce participants to the sport of rowing through the wellness and rehabilitation program for breast cancer survivors she designed called WeCanRow. The goal of this program is help survivors reconnect with their bodies, giving survivors a healthy expression of control and putting them in contact with other women of similar circumstances

Camille Kittrell owner of Exclusive Yoga will lead a class in "Gentle Yoga for Recovery & Beyond" and original program developed specifically for breast cancer survivors.

Naomi Aaronson - Pilates for breast cancer survivors

Patricia Wolfe – WATER PALS is an exercise program designed for women who have had breast cancer. The goals of the post-treatment program include decrease body fat, increase lean muscle mass, improve cardiovascular fitness, increase mobility, strengthen muscles, prevent lymphedema & frozen shoulder, reduce stress & provide interaction & socialization.

TDB -Managing your lymphedema

And more.....