

THE UNIVERSITY OF VERMONT CANCER CENTER PRESENTS

# Women's Health & Cancer

## 19th Annual CONFERENCE



# YOUR HEALTH: Putting Knowledge Into Action

Friday, October 7, 2016

8:00 am – 4:30 pm

*Sheraton Burlington  
Hotel & Conference Center*  
BURLINGTON, VERMONT

### A FREE COMMUNITY EVENT

for patients, survivors, health care providers,  
family members, and all others interested  
in women's health.

PRESENTED BY

THE  
**University of Vermont**  
CANCER CENTER

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# Women's Health & Cancer 19th Annual CONFERENCE

A Message from Event Co-chairs  
Allyson Bolduc, MD and Elise Everett, MD

Welcome to the University of Vermont (UVM) Cancer Center's Women's Health and Cancer Conference, now in its 19th year! The conference has grown immensely throughout the years, beginning as the Breast Cancer Conference and now expanding to include topics relevant to all women about a range of cancer and wellness topics, including breast cancer.

Our theme this year is "Your Health: Putting Knowledge into Action." Our goal is to empower participants to take control of their health and health care decisions. This means having access to good information about cancer prevention and detection, knowing the options available during treatment, and getting support to enhance survivorship. By offering an array of knowledge delivered by experts from the UVM Cancer Center and our partners, we hope to provide you with that knowledge.

You don't need to have experienced cancer to feel welcome at this event. You may be interested in prevention or making sure that you know your screening options. You may want to attend in support of a loved one or, if you are a caregiver, you may be seeking support for yourself. Regardless of your age, gender, or cancer experience, there are topics here that will provide you with knowledge, support, and strength.

Primary care continues to be a focus at this conference. There is opportunity for physicians, nurses, physical therapists, radiologic technologists, social workers and other providers to strengthen their base of knowledge and broaden their horizons. As always, this event offers a wide range of educational credit for health care professionals as well. Health care professionals, along with patients and survivors, have a chance to put knowledge into action.

As this conference continues to expand in new and interesting ways, our community partners remain engaged and supportive. We would like to thank Vermont-New Hampshire Susan G. Komen for their continued commitment. Additionally, the UVM Medical Center and the UVM College of Medicine both play pivotal roles in making this event possible. Most of all, we would like to thank participants for providing the energy and feedback that makes it possible for this conference to continue to have the impact it does!

Sincerely,

Allyson Bolduc, MD

Elise Everett, MD

## ABOUT THE CO-CHAIRS:

**Allyson Bolduc, MD** is an Associate Professor Emerita in the UVM Department of Family Medicine and has remained active in the medical community. She is the former President of the Vermont Academy of Family Physicians (VTAFP) and served as delegate to the American Academy of Family Physicians.

**Elise Everett, MD** is an Associate Professor in the UVM Department of Obstetrics, Gynecology, and Reproductive Sciences. She is a practicing gynecologic oncologist with interest and expertise in robotic surgery for gynecologic malignancies, and neoadjuvant chemotherapy for ovarian cancer.

## ADVISORY BOARD

This year's event could not have happened without valuable input and feedback from a number of experts. We would like to acknowledge the contributions of our content advisory board: **Patti O'Brien, MD, PT, Sally Herschorn, MD, Elise Hotaling, MD, Martha McAuliffe, RN, Beth Steckel, RN, Diane Stevens, PT, and Kathy Whiting, RT.** Thank you all for your support!



The University of Vermont (UVM) Cancer Center 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 150 scientists and investigators engaged in a full range of basic, translational, clinical and outcomes research, the UVM Cancer Center plays an important role in cancer prevention and treatment across the region and beyond. Through the collaborations of researchers, physicians, and caregivers, the UVM Cancer Center brings advanced treatment options to patients in our region, including hundreds of clinical trials aimed at advancing the standard of care and improving overall quality of life for cancer patients. To learn more about research, education, prevention, patient care, and support at the UVM Cancer Center, visit [www.VermontCancer.org](http://www.VermontCancer.org).

## Why Your Support Matters

Admission to all Conference sessions and exhibits is free, thanks to a generous grant from Vermont-New Hampshire Susan G. Komen and support from the UVM Cancer Center, the UVM College of Medicine, the UVM Medical Center, and the Eleanor B. Daniels Fund at the UVM Cancer Center. However, ongoing cancer research, patient education and prevention services, and community outreach efforts are not possible without your support. Please consider making a **\$19 donation** when you register online to celebrate our 19th annual conference. Your support makes all the difference!

## Registration is Free!

Register Online at [www.VermontCancer.org](http://www.VermontCancer.org).  
The last day to pre-register is October 2, 2016.

If you are unable to register online or need assistance, please call (802) 656-2292.

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 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.

**GRAB AND GO LUNCHES (\$10)** will be available in the Exhibit Hall starting at 11:30 AM. You will have your choice of wraps, sides, and a beverage.

**PLATED LUNCHES (\$22)** will be served in the Emerald Ballroom. The keynote presentation will take place during lunch.

## A Message from Linda Maness

President, Vermont-New Hampshire  
Susan G. Komen



Welcome to the 19th Annual Women's Health and Cancer Conference. Vermont-New Hampshire Susan G. Komen is proud to support this educational resource essential to all individuals in our region interested in learning about issues related to cancer prevention, detection, treatment and survivorship.

We have supported and attended this conference since its beginning in 1998 and have watched it grow with great pride. In concert with Susan G. Komen's vision of a world without breast cancer, the conference is dedicated to saving lives, empowering people, ensuring quality care for all, and energizing science to find cures. We are pleased to see the success of the conference has led to a broadened focus this year reflecting breast cancer survivors' increased interest in wellness, prevention of secondary cancers, and other health issues related to their breast cancer experience.

Vermont-New Hampshire Susan G. Komen has awarded \$170,000 to nine community-based breast health programs in 2016, including the 19th Annual Women's Health and Cancer Conference, supporting vital breast health services for medically underserved and uninsured women and men in our region. This brings the total awarded locally for breast cancer education, screening and treatment to nearly \$7,500,000 since 1993. In addition to local grants, the affiliate also donated \$55,000 to the Komen National Research Grants Program in 2016.

These grants are made possible through fundraising events held throughout the year, beginning with the annual Snowshoe for the Cure at Stratton Mountain, VT. In May, the 5th annual Komen New Hampshire Race for the Cure was held in Portsmouth, NH, and the 24th Annual Komen Vermont Race for the Cure was held on July 23rd in Manchester, VT. Our 10-mile pleasure horseback rides are scheduled for September and October in New Hampshire and Vermont, respectively. We hope you'll join us at one or all events!

Komen has always taken a comprehensive approach in our fight against breast cancer. From our beginning, we've known that a mix of research, direct help to people facing the disease and education is required to reduce the impact of breast cancer. VT-NH Komen has invested over \$9 million toward that mission, including support for today's event.

As we look toward the future, our shared vision with the UVM Cancer Center and the countless people who make this event a success each year is to provide educational opportunities in an effort to end this disease so 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 and are sure you will find it an enriching and inspiring experience!

# Agenda at a Glance

Schedule subject to change. Please visit [www.VermontCancer.org](http://www.VermontCancer.org) for the most up-to-date schedule and bios of our speakers.

UVM Cancer Center Member

## POSTER SESSION » 8:00-9:00 AM

Our annual scientific poster session will be held in the Exhibit Hall. Presenters from the University of Vermont Cancer Center and allied institutions will showcase the latest in cancer research. Grab a cup of coffee and meet poster presenters to start your day!

## SESSION ONE » 9:00-9:50 AM

### 1 Don't Let Cancer Steal Your Joy: How to Live Well Each Day with Cancer

Ted James, MD, MS, FACS and Julia Wick, MS, LCMHC

Living with cancer can be associated with stress and worry that persists long after diagnosis and treatment. These thoughts and feelings may eventually start to erode one's quality of life. This workshop will outline approaches to optimize well-being in the setting of cancer, providing support for survivors and their families who are seeking a life of resilience and joy.

### 2 Environmental Factors and Cancer

Frances Carr, PhD

How can being aware of your environment help protect you from cancer? This session will detail how awareness and known environmental risks can provide guidance on how to live a healthier life.

### 3 Your Diet, Your Health: The Role of Nutrition in Relationship to Breast Cancer

Chef Curtiss Hemm and Jennifer May, RD

The food you eat today might affect your health years down the road. This session will explore the link between diet and breast cancer. It will also provide helpful tips that can help you transform your lifestyle and reduce risk of cancer or recurrence.

### 4 Colorectal Cancer and You: Risk Factors, Screening, and Survivorship

Colorectal cancer is one of the most common cancers encountered in both women and men. This session will provide an overview of the facts behind this disease, including information on how to manage risk and detect it in its early stages.

### 5 PROVIDER TRACK: HPV Vaccine: More than a Shot of Prevention!

Clara Keegan, MD

Human papillomavirus (HPV) is the most common sexually transmitted infection in the U.S. and forms of the virus can lead to numerous cancers in women AND men. This session will focus on the preventative impact the HPV vaccine can have across different cancers, including cervical and cancers of the head and neck, and present important information on how providers can make sure children and adults are protected against vaccine-preventable cancers caused by HPV.

### 6 Survivorship for the Long Haul: How to Survive and Thrive After an Early-Life Cancer Diagnosis

Jessica Heath, MD

Cancer doesn't strike adults alone. For children and adolescents who have experienced a cancer diagnosis at an early age, there can be consequences they have to deal with for the rest of their lives. This session will discuss the unique issues facing long-term survivors – those who have many years to live despite their cancer diagnosis. It will increase awareness of potential health concerns later in life and show you how a person can thrive beyond an early diagnosis.

### 7 Humor to Cope, Humor to Heal: How Laughter Helps Fight Cancer

Pat McKittrick, RN

People often say laughter is the best medicine, but what does that really mean? This session will highlight the importance of humor in life and throughout the cancer journey. It will detail strategies that can help you find time to laugh and how they can help improve your overall health.

### 8 Immunotherapies: The Impact of Clinical Trials

Claire Verschraegen, MD

This session will provide background and insights into the process of clinical trials research with the development of immunotherapy as a centerpiece. Come to learn how patients and researchers are working together to change the landscape of cancer treatment.

### 9 The Sun, Skin, and Health: How to Defend Against Skin Cancer

Christine Weinberger, MD

Skin cancer is not just a summertime threat – it is something that the people of Vermont and New Hampshire face at a higher frequency than elsewhere in the country. This session will detail the danger of skin cancer, what to look for in skin chances, and treatment of this disease.

## Do You Have a Burning Question?



Signs throughout the conference center will highlight questions asked by attendees and answered by experts from the UVM Cancer Center. Attendees will have the opportunity to ask their own burning questions when they register for this event. A limited number of queries will be answered, so be sure to pre-register as soon as possible for your chance to ask!

### 10 Patient Navigation in Cancer Care: From Diagnosis to Treatment

Nicole Messier, RN

When a patient receives a cancer diagnosis, the navigation process begins. From diagnosis to treatment and beyond, patients are guided by a navigator along this difficult path. This session will detail the role of patient navigators, why they are important, and how their role has evolved in recent years.

### 11 Yoga for Health and Wellbeing

Deb Malgeri and Jill Mason

Start your day off with a yoga session! Presented by instructors from the Survivorship NOW program, this session will assist you in finding balance through the elements. It will present a variety of yoga exercises and give you a moment to appreciate what your body has experienced. **Please bring your own yoga mat or towel to this session.**

### 12 Look Good...Feel Better

Sponsored by the American Cancer Society, this is a double-length session that will provide makeovers to current cancer patients, giving them more hope and confidence. **FOR CURRENT CANCER PATIENTS ONLY. This is a double-length session that runs from 9:00-10:50 am.**

## Educational Credit

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

The University of Vermont College of Medicine 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.

This program has been reviewed and is acceptable for up to 5.5 Nursing Contact Hours.

The University of Vermont – Continuing Medical Education is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

Determination of **pharmacotherapeutic** credit is pending. Credit is pending for the following providers: Social Work CEU, ASRT and Physical Therapy.

**Specialty Credit:** This conference will include 0.75 credits in Hospice, Palliative Care, and Pain Management.

**Cost of physician credit (up to 5.5 credits) - \$40**

**Cost of all other health care provider credit (up to 5.5 credits) - \$20**

P Physician CME

N Nursing Contact Hours

PT Physical Therapist CE Credit

RT Radiologic Technologist CE Credit

SW Social Worker CEU

# Agenda at a Glance

## SESSION TWO » 10:00-10:50 AM

### 1 Cancer Immunology: Research to Harness the Body's Power in Fighting Cancer P N

David Krag, MD 

How can the body's immune system help to fight cancer? The field of immunology seeks to answer that question. This session will detail ongoing immunology research and provide insight as to how what happens in labs today can translate into treatments for tomorrow.

### 2 Sex After Cancer: Finding Your Sexuality and Intimacy After a Diagnosis P N SW

Allyson Bolduc, MD, Patricia Fontaine, MACP, and Allison Hicks

A cancer diagnosis of any type sends shockwaves through every aspect of a person's life, including the areas of intimacy and sexuality. This session will offer insight into this rarely-discussed area and provide ways in which patients, loved ones, and providers can open communication and help a person reclaim their intimacy.

### 3 Cancer and Weight Gain: How a Healthy Weight Can Improve Your Chances N

Jean Harvey, PhD, RD 

If you've gained weight since your cancer diagnosis, you aren't alone. Unfortunately, survivors who are overweight are more likely than trimmer survivors to have their cancer recur. This session will explain the whys and hows of weight gain during treatment and provide you with ways that you can improve your odds while helping to prevent other illnesses.

### 4 Genetic Counseling and Familial Cancer: Who is at Risk? P N RT SW

Laura Colello, MS, CGC

Knowing your risk of hereditary cancer can make a major difference in your life. This session will review the features of inherited cancers that impact women and explain who might be a candidate for referral for cancer risk assessment, genetic counseling, and genetic testing. This will include a discussion of what happens during a genetic counseling session and the risks, benefits, and limitations of genetic testing.

### 5 PROVIDER TRACK: Talking to Your Patients About Family Planning After a Cancer Diagnosis P N SW

Cancer can affect many things in a person's life, including the ability to plan a family. Despite this, many patients overestimate their fertility and do not realize this issue might exist for them. This session will discuss the facts behind fertility and cancer and provide suggestions in discussing this topic with patients and their loved ones. *This session is specifically geared toward primary care providers and other health care professionals.*

## Provider Track Sessions

While many of the sessions in our agenda offer specialty credit for providers, some are targeted specifically toward those with advanced knowledge of the topics discussed. These provider-oriented sessions are highlighted in blue on the agenda.

### 6 Taking Early Action Against Ovarian Cancer: Screening Tests and Recommendations P N PT RT

Cheung Wong, MD 

More than 22,000 women receive a diagnosis of ovarian cancer every year, but early detection can keep many of these cancers from becoming fatal. This session will examine the screening tests that are available for ovarian cancer. It will also provide a review about patient risk levels and when a patient and her physician should discuss screening.

### 7 How to Get Ready for Difficult Conversations SW

Bernard Bandman, PhD and Celia Bandman

Most of us are not prepared to talk about prognosis, risks, and benefits of treatment options and quality of life considerations. This session, presented by Speak Sooner, will explore the difficult conversations that face patients and loved ones after a cancer diagnosis. It will discuss how patients can take the lead in opening honest conversations about medical, psychological, and spiritual issues that can influence decisions about care.

### 8 Touch, Caring, and Cancer: Safe Integrative Techniques for Cancer Treatment P N PT SW

Catherine Cerulli, M Ed and Janet Kahn, PhD, LMT 

How can physical contact and gentle touch help relieve the symptoms of cancer and cancer treatment? This session will explore the Touch, Caring, and Cancer program at the University of Vermont Medical Center, which provides safe touch techniques for this exact goal. Participants will get an opportunity to see some of these techniques in practice during the session.

### 9 Cancer of the Head and Neck: Prevention, Survivorship, and Beyond P N RT

Panel: Clara Keegan, MD, Lakshmi Boyle, MS, CCC-SLP and more

The head and neck can host many forms of cancer, and the more you know about them the more empowered you become. This session will discuss the common cancers of the head and neck, including their detection, prevention, and the challenges faced during and after treatment.

### 10 Exploring Mindfulness: Practices, Benefits and Scientific Evidence N SW

Roz Grossman, MA  and Yujing Sun, PhD 

Meditation and mindfulness are two resources that can help patients during cancer recovery. This session will introduce mindfulness tools that ease stress and anxiety while encouraging calmness and well-being. It will also discuss the scientific evidence behind the effectiveness of mindfulness in cancer recovery. Attendees will be invited to join in some brief mindfulness exercises.

### 11 Coffee Chats

#### • Breast Lymphedema 101

Kristi Johnson, PT, CLT-LANA

What is lymphedema and how can you manage it? This chat will explore some lymphedema treatment options.

#### • Eating Healthy for the Fight Against Cancer

Jennifer May, RD

Good nutrition can lead to better survivorship of breast and other cancers. This chat will discuss some important nutrition tips that will help you.


#### • Medical Marijuana: Symptom Relief through Plant-based Medicine

Bridget Conry, BA and Shayne Lynn, BA

Representatives from Champlain Valley Dispensary will give an overview of the Vermont State Medical Marijuana for Symptom Relief Program including: how to engage with your health care provider, how to register as a patient, dispensary products - including non-euphoric CBD, home cultivation and more.

## SESSION THREE » 11:00-11:50 AM

### 1 Spirituality and the Healing Journey SW

Patricia Fontaine, MACP and Roz Grossman, MA 

Spirituality can serve as a comfort and support against cancer. This session will present survivors who each have a different spiritual connection and who will offer reflections on what spirituality means to them. Time will be allotted to allow for personal reflection and questions.

### 2 Activity Planning for Health: How to Stay Motivated and Keep Going PT SW

Kathleen Lyons, ScD, OTR/L

Cancer and its treatment can negatively affect a person's time, energy, and tolerance for daily activities. This session will present a goal-setting and problem-solving structure that people can use to make sure their days include manageable activities. This structure will help promote the health of body, mind, and spirit.

### 3 New Ground in Radiation Oncology: Updates and Insights P N PT RT

Richard Lovett, MD 

Radiation oncology is an ever-expanding field that covers the integration of radiation therapy into a variety of treatment approaches. New insights and innovations constantly arise in this field. This session will explore the field of radiation oncology and provide some insight on new innovations.

### 4 Genetic Testing for Inherited Cancer:

#### Perspectives from Patients P N RT

Laura Colello, MS, CGC and Wendy McKinnon, MS, CGC 

This session presents an opportunity to hear about the genetic counseling process from patients themselves. Learn about the journey and the results through the eyes of several individuals who have experienced genetic counseling. Anyone interested in learning more about the implications of genetic testing for cancer risk is encouraged to attend.

### 5 PROVIDER TRACK: Compassion in Palliative Care P N SW

Robert Gramling, MD

What is the connection between compassion and palliative care? How does this compassion manifest in palliative care consultations? This session will address these important questions and consider how clinicians can learn, model, teach, and promote compassion in clinical interactions. *This session is specifically geared toward primary care providers and other health care professionals.*

### 6 25 Most Commonly Asked Questions About Ovarian Cancer Treatment P N PT

Elise Everett, MD 

What does an ovarian cancer diagnosis mean and what treatment options are available? This session will answer the common questions associated with ovarian cancer treatment and give deeper insight to the options available. Attendees will leave with a better understanding of the disease and treatment options.

### 7 Integrative Care: How Can it Help? N PT SW

Amy Littlefield, ND, FABNO

The demand for a more integrative approach to cancer care and survivorship is becoming a major focus on the national health care stage. Integrative medicine represents a coordinated approach to bring conventional and complementary medicine together. This session will discuss the utilization of integrative medicine and how it benefits both providers and patients.

### 8 Bone Health, Osteoporosis, and Cancer P N PT RT SW

Jennifer Lisle, MD 

Because cancer and its treatment can have a severe effect on the body, many patients going through treatment suffer from poor bone health. How can these effects be reduced? This session will examine the link between cancer and bone conditions such as osteoporosis. It will also provide a look at what health care practitioners and patients alike can do to help reduce these effects.

## Lunch Sessions > 12:00-1:00 pm

Lunch options are by reservation only.

### 1 Plated Lunch and Keynote Presentation


Melissa Volansky, MD

Melissa Volansky, MD, a family physician in Stowe, Vermont and UVM College of Medicine alumna will share her perspective on the cancer experience. Her own cancer diagnosis was made public when her husband, Vermont House Speaker Shap Smith, suspended his gubernatorial campaign in order to support her and her family as Dr. Volansky received treatment. She will share her perspective gained from experiencing cancer as both a doctor and a patient. *Plated lunches will be served in the Emerald III Ballroom. The purchase of a plated lunch is required to attend the keynote presentation.*

### OTHER LUNCH SESSIONS:

Grab and go lunches may be picked up in the Exhibit Hall beginning at 11:30 AM. You may bring your grab and go lunch to any of the sessions listed below. The purchase of a lunch is not required to attend these sessions.

### 2 Cancer Biology 101 N PT

Alan Howe, PhD 

Where does cancer begin? How does it grow and spread? This session will provide a breakdown of the biology behind cancer, providing a better understanding of its origins and how research is advancing treatment.

### 3 Film Presentation: The Civics of Dying Well

Presented by Vermont PBS, this session will offer a filmed presentation by BJ Miller, MD, the Senior Director and Advocate of the Zen Hospice Project. The presentation focuses on how Dr. Miller's personal experience fundamentally altered his views on cancer care.

### 4 Case Presentations for Radiologic Technologists RT

Erin Tsai, MD

Radiologic technologists and other health care providers come across many interesting cases throughout the cancer treatment process, and this session will provide some of the more intriguing examples. Case presentations from the early stage of treatment through the end processes will be presented and discussed. *This session is targeted specifically toward radiologic technologists.*

### 5 PROVIDER TRACK: Drug Toxicity: What to be Aware of During the Treatment Process P N RT SW

Megan Hinton, PharmD

Cancer therapies are constantly shifting, with changing side effects profiles and toxicities. It is the health care team's responsibility to be aware of the wide variety of potential complications of a patient's therapy, both old and new. This session will explore both the typical chemotherapy and immunochemotherapy drug toxicities, and how to recognize potentially serious situations early. *This session is specifically geared toward primary care providers and other health care professionals.*

### 6 Physical Therapy for the Patient with Advanced Cancer PT

Patti O'Brien, MD, PT 


This is a session for physical therapists that provide care for patients with advanced cancer and will focus on end of life care and support. Patients with progressive disease may need a variety of services and this will be a discussion of cases as to how PT can work with hematology and oncology to support mobility, pain control, lymphedema, wound care, and patient education. *This session is targeted specifically toward physical therapists.*

### 9 How ZIP Code Matters in Cancer Care and Outcomes P N SW

Tracy Omega, PhD, MA, MS

The care you receive may be more influenced by your location than you think. This session will examine the effect of geography on cancer care access, utilization, and outcomes. It will also touch upon models of cancer care delivery that are designed to help those in rural areas so that geography doesn't need to be tied to destiny.

### 10 Risk, Screening, and Prevention in Breast Cancer: Making Sense of the Options P N RT SW

Marie Wood, MD 

With so many screening options available, how does a patient know what is right for her? This session will explore the difference between screenings for a low-risk and a high-risk person. It will detail the different options available to patients and providers and will discuss the efficacy of breast cancer prevention.

### 11 Culinary Demonstration

Chef Curtiss Hemm

Join Chef Curtiss Hemm from Pink Ribbon Cooking for a culinary demonstration outside G's Restaurant. This demo will give you a chance to learn some nutritional recipes and techniques that you can apply to create fast, healthy, and delicious meals.

## SESSION FOUR » 1:15-2:05 PM

### 1 Chemobrain: More Than Memory Loss P N PT SW

Nicola Hawko, OT, Jennifer Morris, BA, and Moira Mulligan, MS, CCC-SLP

Memory problems during therapy and after cancer treatment are more common than you think. The cognitive change known as chemobrain is a real thing that is faced by many cancer survivors every day. This panel discussion will define chemobrain, explore the science behind it, and discuss strategies to cope with this phenomenon.

# Agenda at a Glance

## 2 What's Density Got to Do With It?

### Breast Density and Screening P N RT

Sally Herschorn, MD

If you have dense breast tissue, you are not alone. You also need to be aware of how this affects the screening process. This session will discuss breast density and what it means for the patient and the health care professional when it comes to detecting cancer.

## 3 Drug Interactions in Cancer Treatment

### P N PT RT

Amy Littlefield, ND, LAc and Joanna Schwartz, PharmD

Every cancer treatment has side effects, and managing those effects can sometimes seem like a full-time job. Presented from the perspectives of an integrative medicine specialist and a doctor of pharmacy, this session will explore common drug interactions and offer helpful hints for managing common side effects of chemotherapy. It will also discuss how a patient's nutritional status can help aid in the healing process.

## 4 A Look Behind the Scenes: A Multidisciplinary Approach to Breast Cancer P N PT RT SW

Kim Dittus, MD, PhD and Mary Stanley, MD

Breast cancer care is not relegated to one single medical discipline. Surgeons, pathologists, radiologists, and specialists in chemotherapy and radiation treatment all work together on a regular basis to ensure the best treatment possible. This session will demonstrate what a weekly breast cancer case team meeting looks like and how the health care team approaches treatment.

## 5 PROVIDER TRACK: New Developments in Lung Cancer Screening P N RT

George Gentchos, MD

Lung cancer screening is an evolving process in Vermont and throughout the country. This session will discuss research into the effectiveness of lung cancer screening. It will also touch upon concerns such as radiation risk, false positive exams, economic impact, and the evolving insurance coverage for this examination. *This session is specifically geared toward primary care providers and other health care professionals.*

## 6 Writing for Healing

Patricia Fontaine, MACP

Writing is a form of art that is accessible and can enhance the body's natural ability to heal. This session will explore writing as an artistic expression and provide a chance for participants to practice simple techniques that will allow them to begin their own writing practice.

## Join us for a snack break!

Complimentary ice cream and yogurt will be available in the Exhibit Hall and at the top of the main staircase at 2:00 PM, between sessions four and five. This is a great chance to grab a snack, check out our scientific posters, and visit with exhibitors!

## 7 Learn to Zentangle for Relaxation and Creativity

Lynne Balman, EdD

Zentangle is an easy-to-learn method of creating beautiful images from simple repetitive patterns. It increases focus and creativity, especially when done to relaxing meditative music. This session, presented by Survivorship NOW, will introduce a few easy "tangles" as you complete a beautiful project. Information will also be provided regarding official Zentangle materials and local classes you may wish to pursue from certified Zentangle instructors.

## 8 Caring for the Caregiver N SW

Kathy McBeth, MA

What are the challenges that caregivers face when taking care of somebody who is facing cancer? This session will discuss some of the tough conversations and difficult choices that caregivers and patients face, as well as some ways to find guidance through those difficult times.

## 9 Breast Cancer Surgery: Interventions, Reconstruction, and Other Options P N PT RT SW

Michelle Sowden, DO and Meredith Collins, MD

What are a patient's options when faced with surgery for breast cancer? This session will explore the surgical intervention process, discuss reconstruction options, and detail how health care providers work to meet patient needs. Time will be allotted to address questions from the audience and ensure that attendees leave with as much quality information as possible.

## 10 The Pelvic Floor and Cancer: Female Prolapse and Incontinence During and After Treatment P N PT

Rebecca Shaffer, MD

During treatment and beyond, many cancer survivors find themselves dealing with prolapse and other pelvic floor issues. This session will discuss the demographics of patients affected by these issues and the role that health care providers have in mitigating this problem.

## 11 Culinary Demonstration

Leah Pryor

Join Leah Pryor from the University of Vermont Medical Center for a culinary demonstration outside G's Restaurant. This demo will give you a chance to learn some nutritional recipes and techniques that you can apply to create fast, healthy, and delicious meals.

## SESSION FIVE » 2:15-3:05 PM

### 1 The Impact of a DCIS Diagnosis: What It All Means P N RT SW

DCIS, also known as ductal carcinoma in situ, is the most common type of non-invasive breast cancer. This session will examine DCIS from a public health perspective and examine its impact on recurrence. This includes a look at the average time from diagnosis to an invasive breast cancer diagnosis and predictors of disease-free survival.

### 2 Getting Called Back From a Screening Mammogram: What Now? What Next? N RT SW

Elise Hotaling, MD

Approximately 1 in 10 patients who have a screening mammogram will get called back for further evaluation. What does this mean and what happens next? This session will describe the details of the screening process and explore the many reasons a patient might get called back. It will also examine the tools breast imagers use and what you can expect as a result.

### 3 Blood Clots During and After Treatment: Signs and Symptoms N PT RT SW

Emily Parenteau, APRN

Blood clots are a major side effect of many cancer treatments. This session will explore prevention of this condition, risk, treatment, and screening options for high-risk patients. It will also discuss the new VTE-PACC program at the UVM Medical Center and how it is helping to deal with this issue.

### 4 Pilates Anywhere: Core Strength and Stability Exercises for Home, Work, and Travel

Janet Franz

This session will provide you with simple exercises that you can do anytime and anywhere to help move more easily, avoid back and hip pain, improve your posture, and enjoy a flatter tummy and tighter bottom. Each exercise can be practiced at your desk, on the floor, standing up, or sitting in a chair.

## Join Us for a Coffee Chat

Coffee chats will be held in sessions 2 and 5 in the Emerald III Ballroom. These sessions are more casual and smaller in size, giving you a chance to get more involved in a discussion with one of our expert presenters.



## 5 PROVIDER TRACK: Voiding Dysfunction Following the Treatment of Gynecologic and Urologic Cancers P N PT RT SW

Gillian Stearns, MD

Treatment of gynecologic and urologic cancers often go hand in hand with voiding dysfunction. This session will explore the methods used to treat this side effect, whether the patient has undergone surgery, chemotherapy, radiation therapy, or a combination of those treatments. *This session is specifically geared toward primary care providers and other health care professionals.*

## 6 Vermont-New Hampshire Komen Grant Workshop

Terry Farkas

What funding opportunities are available for breast cancer programs in Vermont and New Hampshire? This session will discuss the programs currently being offered by Susan G. Komen Vermont-New Hampshire and the unique nature of Komen Community Grants. Additionally, it will offer a presentation on how your breast health program can become involved in the granting process.

## 7 Lung Cancer: Not Just a Smoker's Disease P N RT SW

Garth Garrison, MD

Lung cancer is the leading cause of cancer death in both women and men in the United States. This session will explore the details behind the disease, the steps that patients and providers can take to help increase prevention, and the screening options available to those who have the highest risk.

## 8 In the Blood: Research and Treatments for Hematologic Malignancies P N PT

Julian Sprague, PhD

Hematologic malignancies refers to a group of cancers that begin in the cells of blood-forming tissue. This can include leukemia, lymphoma, multiple myeloma, and more. This session will explore these forms of cancer and discuss the ongoing research and treatment options available to those who develop them.

## 9 Beyond the Breast: Surgical Reconstruction in Multiple Cancer Scenarios P N PT RT

Robert Nesbit, MD

While most people hear about surgical reconstruction as it applies to breast cancer, there are many other cancers where reconstruction can be beneficial. This session will explore some of those scenarios, demonstrating the importance and utility of plastic and reconstructive surgery as it applies to all different forms of cancer.

## 10 Coffee Chats

### - Mindfulness and the Cancer Journey

Roz Grossman, MA

Explore the ways in which mindfulness can help improve the treatment and recovery process. Time to practice some mindfulness techniques will be included.

### - Support Group for Gynecologic Cancer Survivors

Stephanie Stahl, PA-C

This chat will launch the new Gynecologic Cancer Survivors Support Group presented by the Eleanor B. Daniels Fund at the UVM Cancer Center. Survivors will meet, share their stories, and learn about this new group they can join going forward.

### - Trim Your Cancer Risk: Tips for Fighting Cancer with Exercise and Power Foods

Siobhan Donegan, RD and Kerri Frenya, MS

When it comes to cancer, maintaining a healthy weight helps reduce your risk and improves your survival chances. This chat will give you some helpful tips on how to do this.

## 11 Culinary Demonstration

Tess Kennison

Join Tess Kennison from Sugar Snap for a culinary demonstration outside G's Restaurant. This demo will give you a chance to learn some nutritional recipes and techniques that you can apply to create fast, healthy, and delicious meals.

## SESSION SIX » 3:15-4:05 PM

### 1 Living With Lymphedema: Diagnosis, Control, and Management N PT RT

Lee Nelson, PT, MS, DPT

Because cancer treatment can damage your lymph nodes, it can sometimes lead to a swelling in your arms and legs known as lymphedema. Luckily, this condition can be managed. This session will describe how lymphedema is diagnosed and ways to help manage the situation.

### 2 Making a Positive Change: Smoking Cessation and Cancer Prevention P N SW

Tobacco use is the leading cause of preventable death in the United States, and is a major risk factor in many types of cancer. Regardless, people still find themselves caught in its trap. This session will discuss the importance of smoking cessation and behavior change. It will present resources and tips that can help even long-term smokers finally make that necessary and positive change in their lives.

### 3 Training for Survivorship: The Importance of Exercise in Overcoming Cancer P N PT RT SW

Kim Dittus, MD, PhD

How can physical fitness improve your odds of long-term survivorship? Fitness, strength, balance, and mobility can all be affected by cancer and cancer treatments, but a structured exercise program can help improve all these areas. This session will discuss the evidence that shows how powerful exercise is in the survivorship journey.

## 4 Men's Health and Cancer: The Value of Knowledge and Advocacy P N SW

Mark Plante, MD

How can knowledge of men's health and cancer help protect you and your loved ones? This session will explore the common cancers faced by men, including screening, treatment, and survivorship. It will also touch upon the importance of advocacy and how this knowledge can help protect those close to you.

## 5 PROVIDER TRACK: A Provider's Perspective on Integrative Medicine P N PT SW

Andrea Fossati, MD

Integrative care is a valuable approach that is becoming increasingly necessary in cancer care and survivorship. This session will discuss the most recent developments in integrative medicine, how health care providers can better coordinate care, and the possible benefits and risks associated with specific approaches.

*This session is specifically geared toward primary care providers and other health care professionals.*

## 6 Breast Cancer and the Axilla: Past, Present, and Future P N PT RT

Kari Rosenkranz, MD

The axillary lymph nodes are the closest in proximity to the breast and are involved with disease in some cases of breast cancer. This session will address the historic surgical management of axillary lymph nodes. It will also discuss the current understanding of the role of lymph nodes in breast cancer management and the current and future changes to care.

## 7 Yoga for Health and Wellbeing

Susan Marx

End the day with a gentle yoga session! This session will begin with warm-up movements and breath awareness, then present a sequence of postures that stretch, strengthen, and balance the body. We will end with deep relaxation and calming breath work. This session will help you wherever you are, whatever your treatment stage or yoga experience. *Please bring your own yoga mat or towel to this session.*

## 8 Culinary Demonstration

Kimberly Evans, MS, RD, CD and Leslie Langevin, MS, RD, CD

Join Kimberly Evans and Leslie Langevin from Whole Health Nutrition for a culinary demonstration outside G's Restaurant. This demo will give you a chance to learn some nutritional recipes and techniques that you can apply to create fast, healthy, and delicious meals.

# Exhibitors

The 19th Annual Women's Health and Breast Cancer Conference will feature an Exhibit Hall with more than 60 local resources and activities. Some of the organizations who will be featured in the Exhibits Hall include the following:

## American Cancer Society

[www.cancer.org](http://www.cancer.org)

## American Red Cross Blood Services

[www.redcrossblood.org](http://www.redcrossblood.org)

## AstraZeneca

[www.astrazeneca.com](http://www.astrazeneca.com)

## Cancer Patient Support Foundation

[www.cpspvt.org](http://www.cpspvt.org)

## Casting for Recovery

[www.castingforrecovery.org](http://www.castingforrecovery.org)

## Central Vermont Medical Center

[www.cvmc.org](http://www.cvmc.org)

## Champlain Valley Agency on Aging (CVAA)

[www.cvaa.org](http://www.cvaa.org)

## Champlain Valley Dispensary and Southern Vermont Wellness

[www.cvdvt.org](http://www.cvdvt.org)

## Christ Memorial Church

[www.cmcvermont.org](http://www.cmcvermont.org)

## Cocktails Curing Cancer

[www.cocktailscuringcancer.com](http://www.cocktailscuringcancer.com)

## Dartmouth College

[www.dartmouth.edu](http://www.dartmouth.edu)

## Dolly Mazza Designs

## Dragonheart Vermont/Survivorship NOW

[www.survivorshipnowVT.org](http://www.survivorshipnowVT.org)

## Eisai Oncology

[us.eisai.com](http://us.eisai.com)

## Eleanor B. Daniels Fund at the UVM Cancer Center

[www.uvmhealth.org/medcenterebdfund](http://www.uvmhealth.org/medcenterebdfund)

## Greater Burlington YMCA

[www.gbymca.org](http://www.gbymca.org)

## Hicks Foundation

[www.freepap.org](http://www.freepap.org)

## Hope on the Rise

[www.hopeontherise.org](http://www.hopeontherise.org)

## Kindred Connections

[www.vcsn.net](http://www.vcsn.net)

## Ladies First Vermont Department of Health

[www.healthvermont.gov/prevent/ladies\\_first.aspx](http://www.healthvermont.gov/prevent/ladies_first.aspx)

## Lohmann & Rauscher

[www.lohmann-rauscher.us](http://www.lohmann-rauscher.us)

## Norris Cotton Cancer Center

[cancer.dartmouth.edu](http://cancer.dartmouth.edu)

## Pfizer

[www.pfizer.com](http://www.pfizer.com)

## Rutland Regional Medical Center

## Marrow Donor Program

[www.rrmc.org](http://www.rrmc.org)

## Seventh Generation

[www.seventhgeneration.com](http://www.seventhgeneration.com)

## Steps to Wellness

## (Oncology Rehabilitation Program)

[www.stepstowellnessvt.org](http://www.stepstowellnessvt.org)

## VT-NH Susan G. Komen

[www.komenvtnh.org](http://www.komenvtnh.org)

## UVM Cancer Center

[www.VermontCancer.org](http://www.VermontCancer.org)

## UVM Medical Center Departments:

- Breast Imaging
- Frymoyer Community Health Resource Center
- Plastic, Reconstructive, and Cosmetic Surgery

[www.uvmhealth.org](http://www.uvmhealth.org)

## Vermont Cancer Survivor Network

[www.vcsn.net](http://www.vcsn.net)

## Vermonters Taking Action Against Cancer (VTAAC)

[www.vtaac.org](http://www.vtaac.org)

## Vermont Reiki Association

[www.vermontreikiassociation.org](http://www.vermontreikiassociation.org)

## Young Survival Coalition

[www.youngsurvival.org](http://www.youngsurvival.org)

Additional exhibitors will be listed online — please check [www.VermontCancer.org](http://www.VermontCancer.org) for updates. For more information about exhibiting, please contact Sarah Koblin at (802) 656-3099 or [sarah.koblin@uvm.edu](mailto:sarah.koblin@uvm.edu). Exhibitor registration deadline is September 23, 2016.

## 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 of \$135. **To receive this special rate, reservations must be made before September 9th.** For more information about staying at the Sheraton or to make a room reservation, call **(802) 865-6600**.

To reach the Sheraton, take Exit 14W off I-89 into Burlington. Head west on Williston Road (US-2). The Sheraton is on the right.

## ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Although the Women's Health and Cancer Conference is accessible to people with

disabilities, please note that there are significant distances between some of the sessions. 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.

## CONFERENCE DISCLAIMER

The scientific views, statements, and recommendations expressed, displayed, or distributed during the University of Vermont Cancer Center's Women's Health and Cancer Conference represent those of the speakers and exhibitors, and do not necessarily represent the views of the University of Vermont Cancer Center, the University of Vermont, or the University of Vermont Medical Center.

## INAPPROPRIATE BEHAVIOR

The University of Vermont Cancer Center's Women's Health and 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 request specialty credit. Refunds for these fees may be obtained if notice of cancellation is received on or before **September 30th**. We are sorry, but no refunds are possible after this date.

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