

20TH ANNUAL



WOMEN'S HEALTH & CANCER CONFERENCE

Celebrating 20 Years
of Progress!

FRIDAY, OCTOBER 6, 2017
8 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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A Message from the event Co-chairs
Elise Everett, MD and Kelly Gernander, BSN RN OCN

Welcome to the University of Vermont (UVM) Cancer Center's Women's Health and Cancer Conference – now in a landmark 20th year! Beginning as the Breast Cancer Conference back in 1997, the Conference has expanded to include education and resources around multiple cancers and health topics that affect women.

Our theme this year is “Progress; Looking Forward.” We want to highlight the remarkable progress that we as a cancer community have made in preventing, detecting, treating and surviving cancer, and to examine promising advances on the horizon. In 1997 it was only a dream to discuss immunotherapy and genomic testing. Now these concepts are being developed right here at UVM and helping patients to survive their cancers. Vice President Joe Biden, in his visit to UVM last year, challenged the nation to make cancer a manageable, chronic illness in the next five years through his Cancer Moonshot initiative. The UVM Cancer Center is committed to this national goal and is making major contributions to advancing cancer care here in Vermont and beyond.

There is also much we can do today to mitigate cancer risk and improve the lives of cancer survivors and their loved ones. Regardless of your gender, age, or experience with cancer, we hope that this year's Conference will empower you with knowledge, support, and strength.

We would like to thank Susan G Komen New England, the UVM Medical Center, the UVM Larner College of Medicine, and all donors, sponsors and participants who have shaped this conference over the past 20 years. We offer special thanks to **Patti O'Brien, MD**, who founded this event and remains committed to its continued success. We look forward to sharing this day with you!

About the co-chairs

Elise Everett, MD, is an associate professor for UVM Department of Obstetrics, Gynecology, and Reproductive Sciences. She is Director of Simulation and Medical Student Clerkship Director. In 2013, she received recognition by the Association of Professors of Gynecology and Obstetrics with an Excellence in Teaching Award.

Kelly Gernander, BSN RN OCN, is a nurse clinician in the outpatient hematology/oncology clinic at the UVM Medical Center. She is on the board of the Eleanor B Daniels Fund at the UVM Cancer Center promoting gynecologic cancer education. She has worked as both an inpatient and outpatient oncology nurse and has been involved as a volunteer for cancer causes both locally and nationally. She is a survivor of stage III colon 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 gratefully acknowledge the contributions of our content advisory board: **Patti O'Brien, MD, Gretchen Bates, RN, Cara Feldman-Hunt, MA, Lindsay Gagnon, FNP-BC-ACHPN, Sally Herschorn, MD, Jennifer May, RD, Rebecca Ouellette-Morton, PT, Joanna Schwartz, PharmD, Rebecca Shaffer, MD, Paula Smith, PT, Diane Stevens, PT, and Kathy Whiting, RT.**

THE
University of Vermont
CANCER CENTER

clinical and outcomes research, the UVM Cancer Center plays an important role in cancer prevention and treatment across the region and beyond. These collaborations bring advanced treatment options to patients in the 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 from the UVM Cancer Center, visit www.VermontCancer.org.

Your Support Matters

Ongoing cancer research, patient education and prevention services, and community outreach are not possible without your support. Please consider making a **\$20 donation** when you register to celebrate our 20 years of progress. Your continued support makes all the difference.

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For more information:
www.VermontCancer.org
(802) 656-2176

**Celebrating 20 Years
of Progress!**

— **Registration is Free!** —

Register Online at
www.VermontCancer.org

**The last day to pre-register is
Monday, October 2, 2017.**

Attendees may still register for free on-site, but some sessions may fill up. Be sure to register early to get the sessions you want most!

— **Lunch Registration** —

Lunch is provided 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.

Participants are also welcome to bring their own lunch.

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

AGENDA

Schedule subject to change. Please visit www.VermontCancer.org for the most up-to-date schedule and bios of our speakers.

* Denotes 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

1.1 Sex and Cancer: Tackling the Problems of Intimacy after a Diagnosis

Anne Katz, PhD, RN, FAAN

Sexuality is a concern for people with cancer across all disease sites and along the survivorship trajectory. Care providers are often uncertain of how to deal with sexual problems when they are raised by patients or their partners. This presentation will describe common sexual problems experienced by people with cancer and the impact this has on their partners. Presentation made possible by the Northern Vermont Chapter of the Oncology Nursing Society. **P N SW**

1.2 Integrative Cancer Care: Lifestyle Approaches

Andrea Fossati, MD

Integrative care is becoming increasingly necessary in cancer care and survivorship. This session will discuss the recent developments in integrative nutrition, appropriate use of natural supplements, and lifestyle recommendations health care providers can give to patients to support health and well-being across the trajectory of cancer care. Real-world applications of this session can be learned in the Culinary Demonstration immediately following (Session 2.12). **P N PT SW**

1.3 Your Diet, Your Health: The Role of Nutrition in Fatigue and Pain Management

Chef Curtiss Hemm and Jennifer May, RD

Your cancer and/or cancer treatment can cause changes to your body that lead to fatigue and pain. This presentation will address nutritional choices that can help combat these common side effects to help improve your quality of life. **N**

EDUCATIONAL CREDIT

In support of improving patient care, The Robert Larner, M.D. College of Medicine at The University of Vermont is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

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.

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

Determination of pharmacotherapeutic credit is pending.

Credit is pending for the following providers: Social Work and Physical Therapy. *Application will be made for ASRT approval.*

Specialty Credit: This conference will include 1 credit in Hospice, Palliative Care and Pain Management.

Cost of **physician credit: \$40**

Cost of all other **health care provider credit: \$20**



Key



Physician CME Credit



Nursing Contact Hours



Physical Therapist CE Credit



Radiologic Technologist CE Credit



Social Worker CEU

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 orange on the agenda.

1.4 Steps to Wellness: A Model for Oncology Rehabilitation

Rebecca Reynolds, BS; Britta MacAlpine, ACSM EP-C

The Oncology/Hematology Rehabilitation Program, Steps to Wellness, brings a structured and consistent approach to providing exercise and rehabilitation to cancer survivors during each phase of the cancer continuum. This session demonstrates to health care providers the benefits of such a program, and encourages patients to learn about the free 12 week Steps to Wellness exercise program at the UVM Medical Center. **P N PT RT SW**

1.5 PROVIDER TRACK: Cancer Genomics and Targeted Therapies

Nikoletta Sidiropoulos, MD*

Providers and patients are increasingly interested in learning about the impact of genomic testing on cancer diagnosis and treatment. This session will present an overview of genomic medicine including the testing process, supportive services offered, the clinical decision-making process associated with genomic testing, and subsequent impact on treatment for cancer patients who have received testing (including targeted therapies). *This session is specifically geared toward primary care providers and other health care professionals.*



1.6 Parenting with Cancer: Navigating the Cancer Experience While Raising Children

Kathy McBeth, MA; Michele Kiefer, MSW; Maggie Van Duyn, Patient Advocate; Ali Waltien, CCLS

Parenting can be as challenging as it is rewarding. Parenting through a cancer diagnosis requires extra attention and care and can be physically and emotionally depleting. Join this panel comprised of a parent, social workers, and a child life specialist to explore how cancer can impact families and ways we can support parents and children through the cancer experience. **N SW**

1.7 Spirituality and the Healing Journey

Patricia Fontaine, MACP, Roz Grossman, MA*

Spirituality can serve as a comfort and support when dealing with cancer. This session will feature presenters with multiple cancer experiences. Coming from varied spiritual connections, each presenter will offer reflections on what spirituality means to them. Time will allow for participant reflection and questions. **SW**



A message from Lori van Dam, CEO Susan G. Komen New England

We are thrilled to support the 20th Annual Women's Health and Cancer Conference —this year as Susan G.

Komen New England. This has been a year of change for us: effective January 2017, Susan G. Komen Southern New England and Susan G. Komen Vermont-New Hampshire merged to create Susan G. Komen New England. Our continued sponsorship of the 20th Annual Women's Health and Cancer Conference is representative of our steadfast

commitment to those in New England affected by breast cancer. This conference is essential to all individuals in our region interested in learning about issues related to cancer prevention, detection, treatment, and survivorship.

Community grants are made possible through fundraising events held throughout the year, including the upcoming annual Snowshoe for the Cure at Stratton Mountain, VT. In May, the 6th annual Komen New Hampshire Race for the Cure was held in Portsmouth, NH, and the 25th Annual Komen, Vermont Race for the Cure was held on July 22nd in Manchester, VT. We hope you'll join

us at one or all events!

We have supported and attended this conference since 1998 and have watched it grow with great pride. Our shared vision with the UVM Cancer Center, and the countless people who make the conference 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, 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

1.8 Colorectal Cancer and You: Risk Factors, Screening, and Survivorship

Jesse Moore, MD*

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 about risk factors and the screening process. You will receive tips on how patients, survivors, and loved ones can manage risk and detect this disease in its early stages. **N RT SW**

1.9 Breast Density: Defining, Illustrating, and Sensibly Managing Breast Screening

Jiyon Lee, MD

Everyone has some amount of breast density; it's just a matter of how much. In this talk, we will discuss what breast density is and isn't, and how density affects breast cancer screening. The discussion will also focus on who might benefit from supplemental screening with ultrasound or MRI done in conjunction with mammography. **P N RT**

1.10 Bringing Data to Life: The Power of Storytelling in Evaluation and Health Promotion

Ladies First VT

The Ladies First program affords low income women access to the National Breast and Cervical Cancer Early Detection Program. This project provides a case study for health care professionals about the use and impact of social media to promote health program efforts.

1.11 Yoga for Health and Wellbeing

Deb Malgeri, LuAnn Rolley, and Eileen Cleland

Start your day off with a yoga session! This class will nurture our bodies and our spirits to recognize the benefits of a yoga practice. *Please bring your own yoga mat or towel to this session.*

SESSION TWO: 10:00-10:50 AM

2.1 Cancer Care: A Nursing Perspective

Blair W. Robinson, RN-BC, OCN; Julie Hart, RN, OCN; Nicole Messier, RN, OCN; JoAnn Nielson, RN, OCN; Kelly Sargent, RN, OCN; Drea Thew, RN, OCN
A critical part of quality cancer care is having a stellar team of rock-star nurses. This will be a panel discussion where a team of nurses will share their experiences and discuss their role in the different stages of cancer care and helping patients navigate the cancer journey. **N**

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

Christine Weinberger, MD

Skin cancer is not just a tropical 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 changes, and ways in which health care providers treat this disease. **P N**

2.3 Writing for Healing

Patricia Fontaine, MACP

Writing for Healing is a form of expression that can enhance the body's natural ability to heal. This session will explore writing as a means for telling one's truth, especially in terms of dealing with illness as a patient or caregiver. Participants will practice simple techniques to help begin or enhance their own writing practice.

2.4 Genetic Counseling and Familial Cancer: Who is at Risk?

Laura Colello, MS, CGC

Some cancers are hereditary, and knowing and understanding your risk can make a major difference in your life. This session will discuss the features of hereditary cancer and explain the genetic counseling process. It will include a review of what happens during a genetic counseling session and explain the risks, benefits, and limitations of undergoing genetic testing for cancer risk. **P N RT SW**

2.5 PROVIDER TRACK: Palliative Care

Lindsay Gagnon, FNP-BC-ACHPN

This session will discuss the distinction between primary palliative care and specialty palliative care, and review palliative care communication initiatives within our health network. It will discuss strategies for having serious conversations around illness and common challenges one might encounter. *This session is specifically geared toward primary care providers and other health care care professionals, and will end at 10:55. Approved for 1 credit in Hospice, Palliative Care & Pain Management.* **P N SW**

2.6 Cancer and Weight Gain: How a Healthy Weight Can Improve Your Chances

Jean Harvey, PhD, RD*

If you or your patient has gained weight since your cancer diagnosis, you are not alone. Survivors of a healthy weight are less likely to have their cancer recur. This session will explain the whys and hows of weight gain during treatment and will provide patients and health care professionals with methods to improve odds while helping to prevent other illnesses. **P N RT SW**

2.7 Taking Early Action Against Ovarian Cancer: Screening Tests and Recommendations

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 of patient risk levels, and suggest when a discussion about screening between provider and patient is called for. **P N PT RT SW**

2.8 Cancer Biology 101

Alan Howe, PhD*

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

2.9 Touch, Caring, and Cancer: Safe Integrative Techniques for Cancer Treatment

Catherine Cerulli, MEd, Janet Kahn, PhD, LMT*

How can physical contact and gentle touch help relieve the symptoms of cancer and cancer treatment while simultaneously ease caregiver stress? This session will explore the Touch, Caring, and Cancer program at the University of Vermont Medical Center, which teaches safe touch techniques to cancer patients and their loved ones. Participants will get an opportunity to see and experience these techniques during the session. **N PT SW**

2.10 The Immunology of Ovarian Cancer

Ivy Wilkinson-Ryan, MD

Immunologic therapy for cancer is not a new concept, but in the past 5 years there have been several breakthroughs that have led to FDA approval of cancer drugs targeting the immune system. This presentation will review the immunologic features of ovarian cancer. In addition, we will cover the current and potential future therapies that target the immune system of ovarian cancer patients. **P N PT SW**

2.11 Culinary Demonstration

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

This culinary demonstration pairs with Session 1.2: *Integrative Cancer Care: Lifestyle Approaches* with Andrea Fossati, MD. It will help give some tools and recipes that will support integrative care in your life.

2.12 COFFEE CHATS



a. Stressed Spelled Backwards is Desserts: Stress, Sugar, and Survivorship

Niccole D. Surratte, MS

Stress has negative impacts on our physical, mental, and emotional health. Are you using food as a coping mechanism and living to eat, instead of eating to live? Learn about what you're eating and what's eating you.

b. 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.

c. 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.

d. Delving Deeper: How Mammography, Ultrasound and Physical Exams Work Together

Jiyon Lee, MD

Get up close and personal with radiologic images. This session will show you what to expect when undergoing breast imaging in both screening and diagnostic settings. Speaker will use case studies to demystify the process, rationale, and potential outcomes of screenings. Come with your questions – all questions are valid!



Join us for a coffee chat! Coffee chats will be held in Sessions 2 & 5 in the Emerald III Ballroom. These sessions are casual and smaller in size, giving you small-group experiences with expert presenters.

SESSION THREE: 11:00-11:50 AM

3.1 Environmental Impact on Cancer Progression

Frances Carr, PhD* and Christine Vatovec, PhD*

The environment has an impact on cancer risk and survivorship. This session will detail endocrine disruptors in the environment as well as provide relevant information on thyroid and breast cancer genomics. Minimizing exposure and understanding risk can help ensure a healthier lifestyle for patients.

3.2 Updates in Colon Cancer Screening: What You Need to Know

Audrey Calderwood, MD, MS

This session will discuss updates in colon cancer screening, including the pros and cons of colonoscopy and stool based testing. It will cover other important issues such as risk factors, family history, current guidelines for initiation of screening, and recommendations for screening and surveillance intervals. **P N RT SW**

3.3 Genetic Testing for Inherited Cancer: Perspectives from Patients

Laura Colello, MS, CGC; 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. **P N RT SW**

3.4 Adolescent and Young Adult Oncology: Progress Made and Challenges Remaining

Jessica Heath, MD*

Significant advances have been made in the treatment of cancers. The survival rates for people of all ages have improved over the past several decades; however, adolescents and young adults with cancer have not seen the same magnitude of success achieved in other age groups. Why is that? And what can patients and health professionals do to change those statistics? **P N PT RT SW**

3.5 PROVIDER TRACK:**The HPV Vaccine: Cancer of the Head and Neck and Cervical Cancer**

Daniel Fram, MD* and Courtney Riley, MD

Every year in the United States 27,000 people are diagnosed with a cancer caused by HPV. The HPV vaccine protects against HPV types that most commonly cause anal, cervical, throat, penile, vaginal and vulvar cancers. We will discuss common misconceptions about the vaccine and provide suggestions on how to improve vaccination rates in patient populations. *This session is specifically geared toward primary care providers and other health care professionals.* **P N RT SW**

3.6 Using a Team-Based Approach to Explore New Therapeutic Strategies for Triple Negative Breast Cancer

Jason Stumpff, PhD*; Carol Vallett and Marion Thurnauer, Patient Advocates

This session will cover the challenges to developing specific therapies against triple negative breast cancer (TNBC) and summarize a new initiative, funded by Susan G. Komen, to investigate proteins involved in cell division as potential therapeutic targets for TNBC. The advantages of health-care providers using a team-based science, including active involvement of patient advocates, will be a focus. **P N RT SW**

Lunch Sessions: 12:00 - 1:00 PM**Plated Lunch and Keynote Presentation****L1 Happiness: Exploring the Science of Wellbeing**

Andrew Rosenfeld, MD

All aspects of our health are rooted in emotional and behavioral health. The field of positive psychology and psychiatry is growing as experts discover that the science of happiness can be applied universally to improve health, including the health of those who have suffered hardships, such as cancer survivors and their loved ones. In his keynote address, Dr. Rosenfeld will describe how scientific inquiry and data has led us to the idea that a holistic view of health comprehensively affects our physical health. *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 lunch to any of the sessions listed below. The purchase of a lunch is not required to attend these sessions.

L2 Mindfulness for Patients and Providers

Mary Streeter, RRA, RT(R)(CT) This session features a mindfulness-based program created at UVM that is designed for patients undergoing image-guided breast biopsy and how mindfulness can help revive resilience in healthcare providers dealing with burnout or compassion fatigue. **P N PT RT SW**

L3 Film Presentation: Cancer: Emperor of All Maladies presented with Vermont PBS**L4 Integrative Oncology: Expanding Opportunities for Optimal Patient Care**Amy Littlefield, ND, LAc **PROVIDER TRACK**

This session presents strategies for safe, effective implementation of both lifestyle medicine and medical supplementation. Attendees will learn strategies to support patient care through a review of current best practices in integrative oncology and a review of the pharmacology, evidence basis, and compatibility of the most commonly prescribed supplements in the field. *This session is specifically geared toward primary care providers and other health care professionals.* **P N PT SW**

L5 Lymphedema Care for the Upper and Lower Extremity

Elaine Perry, PT This presentation will focus on identification of lymphedema, risk reduction, treatment options, and self-care strategies for home lymphedema management. Focus will be primarily for teaching patient management of lower extremity symptoms, but will also have some upper extremity strategies as well. **N PT RT**

3.7 The 25 Most Commonly Asked Questions about Ovarian Cancer Treatment

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 the range of current available treatments. **P N PT SW**

3.8 Exploring Mindfulness: Practices, Benefits and Scientific Evidence

Roz Grossman, MA*; Yujing Sun, PhD*

Meditation and mindfulness are two resources that can help patients during cancer recovery. This session will introduce 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. **N SW**

3.9 Bone Health, Osteoporosis, and Cancer

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. **P N PT RT SW**

3.10 Advances in Estrogen Receptor (ER) Positive Breast Cancer

Peter Kaufman, MD

Research has led to a greater understanding of the biology of ER+ breast cancer. We have been able to make great strides in treatments for women with both ER+ advanced, or metastatic, breast cancer, as well as in earlier stages of this disease. In this session, we will review highlights of recent advances and ongoing research. **P N PT RT SW**

3.11 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 nutritious recipes and techniques that you can apply to create fast, healthy, and delicious meals.



Do you have a Burning Question about cancer prevention, symptoms, treatment, or survivorship? Submit your question when you register for the Conference, and it may be answered by one of our UVM Active Cancer Center experts.

AGENDA

SESSION FOUR: 1:15-2:05 PM

4.1 Men's Health and Cancer: The Value of Knowledge and Advocacy

Mark Plante, MD*

What are the most common cancers faced by men, and how does that overlap with the health and cancer issues faced by women? This session will preview some of the topics that will be discussed at the 3rd Annual Men's Health and Cancer Conference (Friday, November 3, 2017) and detail prevention and survivorship issues that pertain to cancer in men. **P N SW**

4.2 Risk, Screening and Prevention in Breast Cancer: Making Sense of the Options

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. **P N RT SW**

4.3 Chemobrain Part One: Thinking and Communication Changes with Cancer Treatment

Moirá Mulligan, MS, CCC-SLP; Jennifer Morris; Ashley Couture, MS, CCC-SLP; Nicki Hawko, BS, OTR/L

People who are treated for cancer often experience trouble with cognition, including mental tasks related to thinking, attention span, word retrieval and short term memory. This is often referred to as "chemo brain". This presentation will provide information about the basics of these cognitive changes, the related research and one person's experience. **P N PT SW**

4.4 Pilates Anywhere: Core Strength & Stability Exercises for Home, Work, & Travel

Janet Franz

This session will provide you with simple exercises that can be practiced at your desk, on the floor, standing up, or sitting in a chair.

4.5 PROVIDER TRACK: Cancer and the Environment

Frances Carr, PhD*

Providers are often asked by patients how every-day environmental factors impact their health, cancer risk, and survivorship. This session will detail endocrine disruptors in the environment as well as provide relevant information on thyroid and breast cancer genomics. Minimizing exposure and understanding risk can help ensure a healthier lifestyle for patients. *This session is specifically geared toward primary care providers and other health care professionals.* **P N PT RT SW**

4.6 Breast Cancer Surgery: Interventions, Reconstruction, and Other Options

Michelle Sowden, DO*; 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. **P N PT RT SW**

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

4.7 802Quits: The Science and Stories Behind Tobacco Treatment in Vermont

Rhonda Williams, MES

Tobacco treatment in Vermont takes many forms. What helps Vermonters be successful in quitting cigarettes, cigars, chew and/or e-cigarettes? Learn about what works, what we are exploring to better serve Vermonters' quit journey, and the role of medical/community providers and family members. Share your story with an opportunity to be featured on 802Quits. **P N SW**

4.8 What is the Pain in my Breast and What Can I Do About It?

Erin Tsai, MD*

Breast pain is very common among women. While it can sometimes indicate cancer, it usually relates to benign causes. This session discusses the causes of breast pain, treatment for that pain, and helps patients understand when to consult a doctor about their pain outside of recommended screenings. **RT**

4.9 Understanding Brain Metastases: Signs, Symptoms and Treatment Options

Alissa Thomas, MD*

Brain metastases occur when cancer cells spread from the body to the brain. An estimated one in four patients diagnosed with cancer may develop brain metastases. This complication can cause a number of symptoms, including headaches, seizures, and neurologic impairment. In this session, we will discuss risk factors that contribute to developing brain metastases, signs and symptoms, and treatment options. **P N RT SW**

4.10 Communicating the Impact of Chronic Disease with 3-4-50

Julie Arel, MSW, MPH

3-4-50 is a statewide initiative to reduce chronic disease in Vermont: **three** behaviors lead to **four** chronic diseases, including cancer, that result in more than **fifty percent** of deaths. The session will provide information about health equity, strategies for living healthier, and examples of success stories from this effort to transform traditional chronic disease public health efforts into a holistic and integrated approach at prevention. **P N PT SW**

4.11 Culinary Demonstration

Leah Pryor

Join Leah Pryor from the **University of Vermont Medical Center's** award-winning food services program for a culinary demonstration outside G's Restaurant. This demo will teach nutritious recipes for fast, healthy, and delicious meals.

SESSION FIVE: 2:15-3:05 PM

5.1 Training for Survivorship: The Importance of Exercise in Overcoming Cancer

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. **P N PT RT SW**

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

Ted James, MD, MS, FACS; 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. **N SW**

5.3 Chemobrain Part Two: Tools to Adjust and Thrive with the "New Normal" after Cancer Treatment

Moirá Mulligan, MS, CCC-SLP; Jennifer Morris, Breast Cancer Survivor; Ashley Couture, MS, CCC-SLP; Nicki Hawko, BS, OTR/L

Information about formal treatment programs and health and wellness activities that can help you to adjust, adapt and thrive following cancer treatment will be presented. The presenters have a breadth of experience and varied perspectives and ideas about helping people to identify approaches that work best to respond to changes that may occur following cancer treatment. **P N PT SW**

5.4 HPV Vaccine is Cancer Prevention: How Does it Work and Is It Safe?

Wendy Davis, MD, FAAP

The availability of HPV vaccine has brought excitement about the opportunity to prevent related cancers and health problems in both women and men. This presentation will help answer: Who is at risk for HPV and why is the vaccine given at such a young age? How do we know the vaccine works, and is it really safe to give to pre-teens, teens and young adults? **P N SW**

5.5 PROVIDER TRACK: Modern Spectrum of Lung Cancer Care

Edmund Folefac, MD*

This session will discuss the epidemiology of lung cancer, with particular emphasis on the alarming lung cancer trends in Vermont. The importance of screening, including CT surveillance following treatment of lung cancer, will be emphasized. We will also delve into new and evolving therapies, including airway based therapies and the breakthrough of immunotherapy. Finally, we will discuss survivorship and advocacy. *This session is specifically geared toward primary care providers and other health care professionals.* **P N RT SW**

SAVE THE DATE FOR THE 3RD ANNUAL
Men's Health & Cancer Conference
Friday, November 3, 2017
Davis Center, UVM Campus
FOR MORE INFORMATION:
www.VermontCancer.org
(802) 656-2176



5.6 A Look Behind the Scenes: A Multidisciplinary Approach to Breast Cancer

Seth Harlow, MD*

Breast cancer care is not regulated 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.

P N PT RT SW

5.7 Blood Clots and Cancer: Risk Factors, Diagnosis and Treatment

Neil Zakai, MD, MSc*

Blood clots are a major side effect of many cancers and cancer treatments. This session explores the risk factors for thrombosis and what steps health care professionals can take to prevent and treat them. It will also discuss the current state of knowledge and what future studies need to be done in order to both prevent and treat blood clots in those with cancer.

P N PT RT SW

5.8 Caring for the Caregiver

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.

N SW

5.9 The Effect of Cancer and Cancer Treatment on Pelvic Floor Function

Ann Greenan-Naumann, BS, PT, MS, OCS

Cancer treatment affects many areas throughout the body, including the pelvic floor. This can lead to symptoms such as urinary or fecal incontinence, pelvic pain, or changes in sexual function during and after treatment. This panel discussion will explore why these problems occur and what both patients and health care providers can do to help mitigate them.

P N PT RT

5.10 Cancer Genomics in Vermont

Debra Leonard, MD, PhD*

Providers and patients are increasingly interested in learning about the impact of genomic testing on cancer diagnosis and treatment. This session will present an overview of cancer genomic medicine including the testing process, the clinical decision-making process, and the impact on treatment (including targeted therapies) for cancer patients who have received testing, as well as how we plan to use the clinical genomic testing to advance our understanding of cancer genomics to improve patient care.

P N PT SW

5.11 Culinary Demonstration

Tessa Kennison

Join Tessa 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.

5.12 COFFEE CHATS



a. Melanoma Patient Support Group

Sara McHugh, RN, Case Manager; Greta Birwin, BS

This chat will give a chance for melanoma patients and survivors to meet, share their story, and learn from each other's experiences.

b. 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.

c. Ovarian Cancer Survivor Support Group

Stephanie Fraser, MSW

This chat will give a chance for ovarian cancer survivors to meet, share their story, and learn from each other's experiences.

d. Oncology Rehab for Lung Cancer Patients

Diane Stevens, PT

Many patients with COPD know about pulmonary rehab, but may not understand that they can get Oncology rehab designed to meet their needs right here at UVM. Sit down with an expert to learn more about your options.

SESSION SIX: 3:15-4:05 PM

6.1 New Ground in Radiation Oncology: Updates and Insights

Rick 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.

P N PT RT

6.2 Demystifying Palliative Care

Janet Ely, APRN

Join us for an interactive and informative panel discussion about palliative care and cancer. Our multidisciplinary team will explain recent advancements in palliative care, why it is important, and how it can be best used in patient care.

6.3 Integrative Restoration Guided Meditation

Lonnie Poland, PT

Integrative Restoration (iRest) Yoga Nidra is a research-based transformative practice of deep relaxation and meditative inquiry. Research has shown that iRest effectively reduces PTSD, depression, anxiety, insomnia, chronic pain, and chemical dependency while increasing health, resiliency, and well-being.

6.4 Medical Marijuana: What are the Facts?

Shayne Lynn, BA; Bridget Conry, BA

Please join representatives from the Champlain Valley Dispensary to learn how you or your patients can qualify for the Vermont Medical Marijuana Program. We will also discuss the wide variety of Cannabis products and methods of consumption available to you or your patients for symptom relief. Additional topics covered will be explaining differences between Cannabis (THC) and Hemp (CBD) cannabinoids.

P N PT SW

6.5 PROVIDER TRACK: Chemotherapy Toxicity

Robert Cade, PharmD, BCOP

The cancer treatment process brings patients into contact with various pharmaceutical solutions, and it is the health care provider team's responsibility to be aware of the side effects and contraindications of these drugs. This session will explore drug toxicity and provide insights as to how to avoid dangerous situations with patients. *This session is specifically geared toward primary care providers and other health care professionals.*

P N RT SW

6.6 Navigating Health Insurance & Resources

Patti O'Brien, MD*; Stephanie Fraser, MSW

Health Insurance and coverage issues can be confusing. The goal of this workshop is to give a review of health care terminology and helpful resources. This will be a panel discussion about options, agencies, and referrals for assistance.

PT SW

6.7 Yoga for Health and Wellbeing

Susan Marx

End the day with a gentle yoga session! This session will begin with warm-up movements and end with deep relaxation and calming breath work. This session will help you whatever your treatment stage or yoga experience. *Please bring your own yoga mat or towel to this session.*

EXHIBITORS

The 20th Annual Women's Health and 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 Exhibit Hall include the following:

American Heart Association

www.heart.org

AstraZeneca

www.astrazeneca.com

bodhi & mind yoga

bodhiandmindyoga.org

Bristol-Myers Squibb

www.bms.com

Cancer Support Foundation

www.cpspvt.org

Casting for Recovery

www.castingforrecovery.org

Ceal Moran's Genealogy Day

www.finalfreedom.com/genealogy

Champlain Valley Dispensary

www.cvdvt.org

Christ Memorial Church

www.cmcvermont.org

D&J Compression

www.dandjcompression.com

Eleanor B. Daniels Fund

www.uvmhealth.org/MedCenterEBDFund

Girls on the Run Vermont

www.gotrvt.org

Leukemia & Lymphoma Society

www.lls.org/upstate-new-yorkvermont

Making Strides Against Breast Cancer

www.makingstrideswalk.org

Marrow Donor Program at Rutland Regional Medical Center

www.rrmc.org

Medi USA/Circade

www.mediusa.com

National Breast Cancer Coalition

www.breastcancerdeadline2020.org

National Ovarian Cancer Coalition

www.ovarian.org

Norris Cotton Cancer Center

www.cancer.dartmouth.edu

On Belay Inc

www.on-belay.org

PALS (Patient Airlift Services)

www.PALSflight.org

Seventh Generation

www.seventhgeneration.com

Skida

www.skida.com

Susan G. Komen New England

www.komennewengland.org

Tactile Medical

www.tactilemedical.com

UVM Integrative Health

www.uvm.edu

UVM Medical Center**Departments:**

Breast Care and Surgical Oncology

Central Vermont Medical Center

Medical Aesthetician Dermatology

Frymoyer Community Health

Resource Center

Reconstructive Plastic Surgery

www.uvmhealth.org

Vet Center, South Burlington

www.vetcenter.va.gov

20TH ANNUAL**WOMEN'S
HEALTH
& CANCER
CONFERENCE**

Friday, October 6, 2017

8 AM - 4:30 PM

**Sheraton Burlington Hotel
& Conference Center
Burlington, Vermont**

For more information:

www.VermontCancer.org

(802) 656-2176

**Celebrating 20 Years
of Progress!**

Additional exhibitors will be listed online — please check www.VermontCancer.org for updates.

For information about exhibiting, contact **Jacqueline Lawler** at (802) 656-2176 or email jacqueline.lawler@med.uvm.edu. Exhibitor registration deadline is **September 22, 2017**.

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 \$139 + tax. To receive this special rate, **reservations must be made before September 7th**. For more information about staying at the Sheraton or to make a room reservation, call **(802) 865-6600**.

DIRECTIONS TO THE HOTEL

Take Exit 14W off I-89 into Burlington. Head west on Williston Road (US-2).

The Sheraton is on the right, directly opposite the Staples Plaza.

ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Although the Women's Health and Cancer Conference is spatially 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 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 29th**. We are sorry, but no refunds are possible after this date.

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