

21ST ANNUAL



WOMEN'S HEALTH & CANCER CONFERENCE

A Free Community Event

FRIDAY, OCTOBER 5, 2018
8 AM - 4:30 PM

DoubleTree by Hilton
(formerly Sheraton Hotel & Conference Center)
Burlington, Vermont



A Day of Education

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
Krista Evans, 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 its 21st year! We are proud to lead this year’s event, which aims to improve the lives of those touched by cancer through education and community.

The last 21 years have seen tremendous advances in cancer prevention, treatment and survivorship. Many of these changes have occurred at a rapid pace. As this trajectory continues, we hope this event keeps our community connected to the best information and support out there. This year, we invite all attendees to begin the day together for a keynote session where we will root ourselves in a deeper understanding of cancer and learn about the inspiring impact that patients, researchers, and care providers have in advancing research across the spectrum of prevention, detection, treatment, and survivorship.

Thanks to the commitment of so many who came before us—patients, researchers, philanthropists and visionaries—there is much we can do *today* to address 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 our lead sponsors, the UVM Medical Center, the UVM Larner College of Medicine, the Eleanor B. Daniels Fund at the UVM Cancer Center, and Susan G. Komen New England, along with the many individual donors and participants who have all shaped this conference over the past 21 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 amazing day with you!

About the co-chairs

Krista Evans, MD, is an assistant professor of surgery at the UVM Larner College of Medicine, and a colon and rectal surgeon at the UVM Medical Center. As an active member of the UVM Cancer Center, she brings her expertise in minimally invasive laparoscopic and robotic surgery techniques to cancer patients in our region. She is committed to working with patients to find solutions to health problems, and, importantly, to improve quality of life.

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.



The 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 over 200 scientists, investigators, researchers, physicians, and caregivers engaging 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 Vermont and upstate New York and beyond. These collaborations bring advanced treatment options to patients in the region, including clinical trials aimed at advancing the standard of care and improving overall quality of life for cancer patients. To learn more about cancer research, education, prevention, and patient care and support at the UVM Cancer Center, visit VermontCancer.org.

Your Support Matters. Ongoing cancer research, and community outreach and education are not possible without your support. Please consider making a donation when you register to help keep programming like the Women’s Health and Cancer Conference free for all attendees. Your continued support makes all the difference!

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

A Free Community Event

Registration is Free!

Register Online at
VermontCancer.org

The last day to pre-register is
Monday, October 1, 2018.

We accept walk-ins, 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 must be purchased when
registering for the conference.
Lunch is only available by advance
purchase, and will not be available
for day-of purchase.

Buffet Lunch \$15

Participants are also welcome
to bring their own lunch to
accommodate personal
dietary needs.

AGENDA

Schedule subject to change.
Please visit VermontCancer.org
for the most up-to-date schedule and
information about 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!

KEYNOTE SESSION: 9:00 - 9:45 AM

From Idea to Cure: Cancer Research Then, Now and Tomorrow

Jason Stumpff, PhD*
Alan Howe, PhD*

Throughout the day, attendees of the 21st Annual Women's Health and Cancer Conference will hear the latest advances in cancer prevention, detection, treatment and survivorship. This year, all attendees are welcome to join in a keynote presentation where UVM Cancer Center researchers Alan Howe, PhD, and Jason Stumpff, PhD, will share how research tackles cancer from multiple angles including: understanding the biology of cancer, finding more effective treatments, and advancing prevention and survivorship. They will take us through the cancer research journey and share how patients, providers, and communities like ours contribute to the pipeline of cancer research that leads to effective treatments here in Vermont and beyond.



Jason Stumpff, PhD



Alan Howe, PhD

Please join us for this welcome keynote focusing on the biology of cancer, the impact of cancer research, and the power we each have to help make cancer a treatable and survivable disease in our lifetimes.

P N PT RT SW

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: This conference will include 1 credit in Hospice, Palliative Care and Pain Management (Session 5.8) and 1 credit in Prescribing Controlled Substances (Session 1.5).

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

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



Key

- P** Physician CME Credit
- RT** Radiologic Technologist CE Credit
- N** Nursing Contact Hours
- SW** Social Worker CEU
- PT** Physical Therapist CE Credit

PROVIDER TRACK SESSIONS: While many of the sessions in our agenda offer specialty credit for providers, some are targeted specifically to those with advanced knowledge of the topic discussed. These provider-oriented sessions are highlighted in orange in the agenda.

EXHIBITION HALL BREAK 9:45-10:15 AM

This year we've included an extra half-hour break to check out the excellent resources in our Exhibition Hall!

SESSION ONE: 10:15 - 11:00 AM

1.1 Genetic Testing for Inherited Cancer: Perspectives from Patients

Laura Colello, 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

1.2 Sunshine and Moles: Prevent and Detect Melanoma

Melanie Bui, MD, PhD*

Vermont and New Hampshire have the second and third highest melanoma incidence rates in the nation. This session will describe what to look for in skin changes, techniques to decrease melanoma risk, how to detect melanoma when it arises, and provide treatment options for skin cancer. **P N**

1.3 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 do these cancers and associated health concerns overlap with the health and cancer issues faced by women? This session will detail prevention and survivorship issues that pertain to cancer in men. **P N SW**

1.4 Spirituality and the Healing Journey

Roz Grossman, MA*; Patricia Fontaine, MACP
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. **SW**

1.5 PROVIDER TRACK: Pain Management and Prescribing Opiates for Cancer Patients

This Session begins at 10 AM, please plan accordingly
This Session will include 1 credit in Prescribing Controlled Substances.

Waqas Jehangir, MD

Pain management interventions, including the prescribing of opiates to treat cancer symptoms and relieve pain can be extremely beneficial to those facing cancer but can also carry risks. For some patients, fear of addiction might cause them to refuse prescriptions for pain management. This session will discuss the prescribing of opiates, the use of other pain management interventions, and how to properly manage these powerful tools to improve quality of life for cancer patients. *This session is specifically geared toward primary care providers and other health care professionals.* **P N PT**

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

Meredith Collins, MD; Michelle Sowden, DO*

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. **P N PT RT SW**

AGENDA

1.7 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**

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

Chris Holmes, MD, PhD*

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**

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

Kathy McBeth, MA; Ali Waltien, CCLS; Michele Mosley

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**

1.10 Culinary Demonstration: Pink Ribbon Cooking

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.

1.11 HPV Vaccine Update: Local efforts to Prevent HPV Cancers

Ardis Olson, MD

In this session, Dr. Olson will provide an overview about the connection between HPV and cancer risk, review facts and myths about the HPV vaccine, and provide an update about local efforts to improve HPV vaccination. Additionally, she will discuss the Norris Cotton Cancer Center's research using Facebook to understand and address parents' attitudes and misconceptions about the HPV vaccine. **P N PT SW**

SESSION TWO: 11:15 AM - 12:00 PM

2.1 Living with Metastatic Disease

Patti O'Brien, MD*

Cancer and hematologic disease comes in many "flavors" and the experience of every woman is different and unique. This is a panel of women who have been living with advanced disease, and they will each be telling their own personal stories of how they are balancing living their lives and doing what is meaningful while living with disease and ongoing treatment. **P N PT SW**

2.2 Reiki, Acupuncture, Mindfulness, Healing Touch, and Biodynamic Osteopathy: Benefits to Cancer Patients and Accessing Care

Tracy Perrapato, DO

Tracy Perrapato, DO, an osteopathic family medicine provider here in Vermont who is board certified in Family Medicine with a certificate in Integrative Medicine, will discuss how evidence-based integrative health therapies can support the body's natural healing process. She will discuss numerous options for cancer survivors specifically and how these services can be accessed here in our local community. **P N PT RT SW**

2.3 COFFEE CHATS



a. Mindfulness and the Cancer Journey

Roz Grossman, MA*

Explore the ways in which mindfulness can help support the treatment and recovery process. Time to try some mindfulness practices will be included.

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. Medical Marijuana: Your Questions Answered

Ada Puches

Join a representative from the Champlain Valley Dispensary to learn how you or your patients can qualify for the Vermont Medical Marijuana Program. Learn about 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.

2.4 Missing Heritability and Mixed Messages: The Search for Genomic Evidence of Cancer Risk and Prevention

Julie Dragon, PhD*

Several gene variants have been associated with hereditary breast cancer, however the majority of women who undergo genetic testing will not have one of these known variants. Also, many genes have been associated with non-hereditary breast cancer, however a majority of women will not have one of these so-called "driver genes" associated with their spontaneous cancer. Because of this, there is a high likelihood that additional causes of breast cancer have yet to be identified. **P N PT RT SW**

2.5 PROVIDER TRACK: Genetic Counseling and Familial Cancer: Who is at Risk?

Wendy McKinnon, MS, CGC*

Some cancers are hereditary, and knowing and understanding patient risk can make a major difference in a patient's 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. *This session is specifically geared toward primary care providers and other health care professionals.* **P N RT SW**

2.6 Fertility: When to be Worried, How to Preserve It

Jessica Heath, MD*

Approximately 70,000 adolescents and young adults (AYAs) are diagnosed with cancer each year in the United States. These patients and survivors have unique medical and psychosocial needs. Specific information regarding risk of infertility and fertility preservation is consistently reported as a very important but frequently unmet need in this patient population. This session will address the ways in which fertility may be at risk during cancer treatment, and what options are available for fertility preservation. **P N SW**

2.7 Clinical Trials 101

Steve Ades, MD, MSc*

This session will provide background and insights into the process of clinical trials research, and provide patients, families, and providers with important information about participating in cancer clinical trials at UVM. Join team members from the UVM Cancer Center Clinical Trials Office, who will highlight specific cancer research stories to illuminate how patients and researchers are working together to change the landscape of cancer treatment. **N PT SW**

2.8 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.

2.9 Empowerment & Renewal: Survivors Share the Benefits of Exercise

Diane Stevens, PT; Rebecca Reynolds, BS; Britta MacAlpine, ACSM EP-C

Discover from our patients how Steps to Wellness – UVM Cancer Center's free 12-week Oncology/Hematology Rehabilitation Program – supports and empowers cancer survivors through a proven and structured group approach to exercise. Learn the many ways a survivor can benefit from exercise, restoring trust in one's own body and its ability to heal and stay healthy. **P N PT RT SW**



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.

2.10 Culinary Demonstration: Whole Health Nutrition

Leslie Langevin, MS, RD, CD;
Valerie Goldberg, MS, RD, CD
Join Leslie Langevin and Valerie Goldberg 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, delicious meals.

2.11 Eating Healthy for the Fight Against Cancer: An Interactive Discussion

Jennifer May, RD
A registered dietician at the UVM Cancer Center will discuss how good nutrition has been shown to lead to better survivorship of breast and other cancers. This discussion will provide participants with important nutrition tips that could aid patients and survivors in their fight against cancer. **N SW**

2.12 Modern Spectrum of Lung Cancer Care

This session will discuss trends in lung cancer incidence, with particular emphasis on the alarming lung cancer rates 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. **P N RT SW**

LUNCH SESSIONS 12:15 - 1:00 PM

See description at right

SESSION THREE: 1:15 - 2:00 PM

3.1 New Ground in Radiation Oncology: Updates and Insights

Jim Wallace, 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 innovation. **P N PT RT SW**

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

Marie Wood, MD*
Assessing risk for breast cancer is the first step in identifying the best screening plan for a person. We will discuss the risk assessment tools and how to identify the most appropriate tool for a person. This session will review screening options based on risk. We will also review options for prevention and the effectiveness of these options. **P N RT SW**

3.3 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**

Lunch Sessions: 12:15 - 1:00 PM

A buffet lunch will be available starting at **11:30 am** for those who purchased during registration. The buffet lunch will not be available for day-of purchase. You may bring your lunch to any of the sessions listed below. The purchase of a lunch is not required to attend these sessions. Sessions begin promptly at 12:15 pm.

L1 What's Density Got to Do With It? Breast Density and Screening

Sally Herschorn, MD*
Learn about breast density and its effect on screening and risk of breast cancer. We will discuss the various options for improving screening for women with dense breasts and the pros and cons of supplementary screening. **P N PT RT SW**

L2 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**

L3 The Genomic Medicine Program

Nikoletta Sidiropoulos, MD*
This session will offer an update on the Genomic Medicine Program at the University of Vermont Health Network. Optimal implementation of genomics in clinical care goes much beyond rigorous test development in a laboratory. Generating genomic information and integrating it into clinical care requires coordinated transdisciplinary collaboration and includes partnerships directly within and ancillary to clinical service teams. The implementation experience, inclusive of foreseen and unforeseen challenges, of a Genomic Medicine Program in a healthcare network will be described. Key logistical considerations to further advance genomically-informed healthcare will be presented in an effort to bring awareness to this ongoing effort. **P N PT SW**

L4 Colorectal Cancer and You: Risk Factors, Screening, and Survivorship

Krista Evans, 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, the screening process and treatments. You will receive tips on how patients, survivors, and loved ones can manage risk, detect this disease in its early stages, and provide an overview of treatment options. **P N RT SW**

L5 PROVIDER TRACK: Clinical Trial Updates for Health Care Providers

Steve Ades, MD, MSc*
This session will provide background and insights into the process of clinical trials research, including: how clinical trials are run, how to explore available trials at UVM, how clinical trials teams work with neighboring institutions to bring them cutting-edge research, and the services that clinical trials offices can offer to health care providers and patients. Join team members from the UVM Cancer Center Clinical Trials Office, who will elucidate how research and non-research teams can work together to ensure exceptional patient care. *This session is specifically geared toward primary care providers and other health care professionals.* **P N PT SW**

L6 Lymphedema Care for the Upper and Lower Extremity

Elaine Perry, PT
The 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**

3.4 Integrative Cancer Care: Helping Patients Prioritize Best Lifestyle Interventions

Amy Littlefield, ND, MSOM, LAc, 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 to choose from so many options. **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. This is a great chance to grab a snack, check out our scientific posters, and visit with exhibitors!

AGENDA

3.5 PROVIDER TRACK:

New Radiologic Modalities in Cancer Screening Staging and Surveillance

Dmitriy Akselrod, MD

Imaging indications and modalities for malignancies in the abdomen and pelvis vary based on the organ of origin. This discussion will focus on some of the more common malignancies and how to stage/surveil these patients. Certain malignancies are appropriate for screening with imaging, and these will be discussed as well. Providers referring patients for imaging receive reports with incidentalomas on a daily basis. This discussion will briefly mention some of the most common incidental findings and what to do about them. *This session is specifically geared toward primary care providers and other health care professionals.*

P N PT RT SW

3.6 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

3.7 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

3.8 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.

3.9 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, the signs and symptoms of brain metastases, and options for treatment. P N PT RT SW

3.10 Culinary Demonstration: UVM Medical Center

Leah Pryor, BS

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 give you a chance to learn some nutritional recipes and techniques that you can apply to create fast, healthy, and delicious meals.

3.11 Skin and Wound Care for Cancer Patients

Michelle Yargeau, PT, DPT, CWS

This session will provide a brief comparison of typical and delayed wound healing, followed by a discussion on common wounds and complications seen in individuals with cancer, including radiation skin changes, surgical wound management and palliative care for later stage wounds. This session is designed to be flexible and meet the needs of the individual participants. Questions and discussion welcome.

N PT

SESSION FOUR: 2:15 - 3:00 PM

4.1 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

4.2 Medicinal Cannabis: Learning the Facts and Getting Access

Karen Lounsbury, PhD*; Patti O'Brien, MD*; Bridget Conry, BA

Medical cannabis is in the news, but the facts about how to use it, why you might want to use, and how to access it are not always easily available. The panel will include a variety of presenters who have different insights into this topic including researchers and physicians from the UVM Cancer Center. They will allow time for audience questions.

P N PT SW

4.3 COFFEE CHATS



a. Support Group for Ovarian Cancer Survivors

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.

b. Melanoma Patient Support Group

Greta Irwin, BS

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

c. Integrative Therapies Coffee Chat

Join a community practitioner to discuss how an integrative therapy, in conjunction with medical treatment, can alleviate cancer side effects and improve patient outcomes.

4.4 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 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. N SW

4.5 PROVIDER TRACK:

Immunotherapy Treatment in Cancer Care

Jacob Barker, PharmD

With over 1000 clinical trials currently being conducted, the use of immune checkpoint inhibitors, such as pembrolizumab and nivolumab, have transformed the treatment of patients with cancer. Along with changing the treatment, they also come with unique adverse events not seen with conventional chemotherapy. This lecture will focus on the identification and management of these toxicities. *This session is specifically geared toward primary care providers and other health care professionals.*

P N PT RT SW

4.6 Tobacco Use and Cessation

Andrea Villanti, PhD*

Smoking remains the leading cause of preventable death in the U.S. and a cause of many cancers. Recent years have seen changes in the types of tobacco products used and new policies to reduce tobacco use. Learn about tobacco products used in Vermont and the U.S., interventions to prevent tobacco use and help Vermonters quit, and the role of medical/community providers and family members in keeping Vermonters tobacco-free. P N SW

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

Mary Stanley, MD*; Ruth Heimann, MD, PhD*; Uyen Phuong Vietje, MD; Hibba Rehman, MD*; Elizabeth Watson, MD, MPH

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

4.8 The Impact of a DCIS Diagnosis: What It All Means

Jessica Cintolo-Gonzalez, MD*

DCIS, also known as ductal carcinoma in situ, is the most common type of non-invasive breast cancer. This session will give attendees an understanding of what DCIS is and what it means for patients. Presenters will share current intervention recommendations, and explain some of the uncertainties regarding the future risk for developing invasive breast cancer. Current research is looking to better establish the risk of developing cancer and guide appropriate management of subgroups of DCIS patients to improve outcomes; updates on this new research will be shared and discussed as well.

P N RT SW



4.9 Caring for the Caregiver

Kathy McBeth, MA; Candy Weston

What are the challenges that caregivers face when taking care of somebody in their life 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**

4.10 Culinary Demonstration: Richmond Community Kitchen

Join representatives from Richmond Community Kitchen for hands on tips for healthy recipes.

4.11 Peeing, Pooping, and Pleasure after Cancer Treatment

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

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 SW**

4.12 Oncology Nutrition for Patients and Survivors

Elise B. Cushman, MS, RD, CSO, LD; Kacie

Merchand, MS, RD, CSO, LD; Jennifer May, RD
Side effects from cancer treatment as well as symptoms of disease can be difficult to manage and often interfere with eating. Cancer patients may experience low appetite, taste changes, feeling full, fatigue and energy loss, nausea, vomiting, diarrhea, difficulty swallowing, weight loss, weight gain, or other nutritional challenges. The dietitians from the Norris Cotton Cancer Center are certified as specialists in oncology nutrition. They are joining with a registered dietitian from the UVM Cancer Center to teach patients, providers and caregivers about managing symptoms and side effects throughout treatment and discuss nutrition in survivorship. **P N PT SW**

SESSION FIVE: 3:15 - 4:00 PM

5.1 Cancer Care: A Nurse Perspective

Blair Robinson, RN-BC, OCN; Julie Hart, RN, OCN;

JoAnn Nielsen, RN, OCN;

Kelly Ray Cueman Sargent, RN, OCN;

Nicole Messier, BSN, RN, OCN, ONN-CG

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**

5.2 Increasing the Precision of Breast Cancer Surgery

Rick Barth, Jr, MD

In this session, Dr. Barth will describe the problem of positive margins after breast conserving surgery and will discuss new techniques to address the problem, including the Breast Cancer Locator, which he and colleagues invented. **P N PT RT SW**

5.3 Yoga for Health and Wellbeing

Deb Malgeri; Eileen Cleland

End your day 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.*

5.4 Cancer Incidence in Vermont: Understanding the Risk

Jennifer Kachajian, MA, MPH

This session will discuss the current cancer rates in Vermont, as well as the actual versus perceived risks of developing cancer including some cancer epidemiology "101," cancer risk factors and cancers associated with those risk factors, the Health Department's 3-4-50 initiative, and sources of data available to the public. **N PT SW**

5.5 PROVIDER TRACK:

Blood Clots and Cancer: A Success Story in Addressing a Common Risk of Cancer and Cancer Treatment

Karen Libby, BSN, CACP

Cancer patients are at a higher risk of developing a dangerous blood clot than the general population.

A novel program at the UVM Cancer Center has successfully reduced the number of cancer patients experiencing this dangerous complication of cancer and cancer treatment. This session will explain blood clot risk for cancer patients and present the exciting results of this new prevention and intervention program that looks to inform the national standard of care for cancer patients. *This session is specifically geared toward primary care providers and other health care professionals.* **P N PT RT SW**

5.6 Soft Tissue Sarcomas: Rare and Everywhere

Jessica Cintolo-Gonzalez, MD*

There is no standard screening method for sarcoma — instead, doctors rely on emerging symptoms for their diagnosis. Though sarcoma is a relatively rare cancer, it can be found anywhere in the body.

It is also difficult to catch early, because it presents with common symptoms, such as general pain. This session will give an overview of how sarcoma presents in the body, the behavior of sarcoma, treatment, and outcomes for soft-tissue sarcomas. **P N PT RT SW**

5.7 Thinking and Communication Changes with Cancer Treatment: Tools to Adjust and Thrive with the "New Normal" and Chemo-brain

Moirra Mulligan, MA, CCC-SLP; Ashley Couture, MS, CCC-SLP; Nicki Hawko, BS, OTR/L

People who are treated for cancer often experience trouble with cognition and or communication, 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 and information about formal therapeutic treatment programs and health and wellness activities that can help you to adjust, adapt, and thrive following cancer treatment. **P N PT RT SW**

5.8 Symptom Management for Cancer Patients: Relief from the Effects and Stress of a Serious Illness

This session ends at 4:15 PM, please plan accordingly. This session will include 1 credit in Hospice, Palliative Care and Pain Management.

Lindsay Gagnon, APRN

Join us for an interactive and informative discussion where we look at palliative care as more than just end-of-life care. This session will connect attendees with the power of palliative care medicine to help patients manage symptoms of serious illness, such as pain and stress, in order to improve quality of life for them and their families. **P N PT SW**



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 Cancer Center experts.



EXHIBITORS

The 21st Annual Women's Health and Cancer Conference will feature an Exhibit Hall with more than 60 local resources and activities. Some of the organizations featured in the Exhibit Hall include the following:

Alexion

www.alexion.com

American Red Cross

www.redcross.org

American Heart Association

www.heart.org

Bristol-Myers Squibb

www.bms.com

Cancer Support Foundation

www.cpspvt.org

Casting for Recovery

www.castingforrecovery.org

Champlain Valley Dispensary

www.cvdvt.org

Dragonheart Vermont

www.dragonheartvermont.org

Eleanor B. Daniels Fund

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

Girls on the Run Vermont

www.gotrvt.org

Leukemia & Lymphoma Society

[www.lls.org/upstate-new-
yorkvermont](http://www.lls.org/upstate-new-yorkvermont)

Maggie's Bright Side

www.maggiesbrightside.com

Mahana Magic Foundation

www.mahanamagic.org

Making Strides Against Breast Cancer

www.makingstrideswalk.org

Marrow Donor Program at Rutland Regional Medical Center

www.rrmc.org

National Breast Cancer Coalition

www.breastcancerdeadline2020.org

National Network of Libraries of Medicine, New England Region

www.nlm.gov/ner

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

<http://komennewengland.org>

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
- Rehab Therapy

www.uvmhealth.org

Vet Center, South Burlington

www.vetcenter.va.gov

21ST ANNUAL



WOMEN'S
HEALTH
& CANCER
CONFERENCE

Friday, October 5, 2018

8 AM - 4:30 PM

DoubleTree by Hilton
Burlington, Vermont

(formerly Sheraton Burlington
Hotel & Conference Center)

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

A Free Community Event

Additional exhibitors will be listed online — please check 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 21, 2018**.

HOTEL & TRAVEL INFORMATION

This year's conference will be held at the DoubleTree by Hilton (formerly 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 \$149 + tax. **To receive this special rate, reservations must be made before September 13th.** For more information about staying at the DoubleTree or to make a room reservation, call **(800) 560-7753**.

DIRECTIONS TO THE HOTEL

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

The DoubleTree 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 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 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 28th**. We are sorry, but no refunds are possible after this date.

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