

22ND ANNUAL



WOMEN'S HEALTH & CANCER CONFERENCE

Friday, October 4, 2019

8 AM - 4:30 PM

DoubleTree by Hilton
Burlington, Vermont

A Free Community Event

Hosted By the UVM Cancer Center


A DAY OF EDUCATION

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

— THE —
University of Vermont
CANCER CENTER



VermontCancer.org

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Welcome!



A message from Event Co-chairs, Krista Evans, MD (right) and Jordan Tolstoi, PA

Welcome to the University of Vermont (UVM) Cancer Center's Women's Health and Cancer Conference, now in its 22nd year! As providers who care for cancer patients every day, we are proud to lead this year's event, which aims to improve the lives of those touched by cancer through education and community.

Navigating the cancer journey and empowering ourselves with knowledge can be daunting in this age of rapid innovation and information access. This event strives to bring impactful education and inspiring support to health care professionals, patients, and the general public that collectively eases the challenges of cancer across our region.

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 invite you to join us in gaining a deeper understanding of the prevention, detection, treatment, and survivorship of cancer, by finding inspiration and sharing your knowledge and support with others.

We offer special thanks to The Victoria Buffum Fund at the UVM Cancer Center, which has committed to being the presenting supporter of the conference for the next three years, helping to ensure that this event remains free for all who wish to attend. We are honored that the Buffum Fund and its supporters have made this gift possible, and that its impact will honor the memory of philanthropist Vicki Buffum.

We would also like to thank our leading supporters, the UVM Medical Center, the UVM Larner College of Medicine, the Eleanor B. Daniels Fund at the UVM Cancer Center, along with the many individual donors and participants who have all shaped this conference over the past 22 years.

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.

Jordan Tolstoi, PA, is a physician assistant in the Hematology Oncology department at the UVM Medical Center. She majored in social work at UVM, and later earned her physician assistant certification at the University of New England. She has a clinical interest and expertise in both solid tumor and thrombosis and hemostasis.

THE University of Vermont CANCER CENTER

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!

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,

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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
Sunday, September 29, 2019.

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

HEALTH FAIR AND POSTER SESSION: 8:00-9:00 AM

Our annual health fair and scientific poster session will be held in the Exhibit Hall. Presenters from the UVM Cancer Center and allied institutions will showcase the latest in cancer research and patient resources.

1.A OPENING PROVIDER TRACK: Pain Management and Cancer

Brady Quinn, PharmD; Elizabeth Sargent, PT, ScD, OCS, FAAOMPT

A significant health barrier for cancer patients is the pain that often accompanies cancer symptoms and treatments. This session pairs a physical therapist who discusses physical modalities for pain control, while a pharmacist discusses pharmacological methods of pain management. Both will stress the importance of responsible pain management by presenting a diversity of options available to patients and providers. *This session offers 1 credit in Prescribing Controlled Substances, will last from 8-9 AM, and is geared toward health care professionals.*

P N PT SW PA PH

KEYNOTE SESSION: 9:00-9:45 AM

Genomic Medicine: A Cornerstone of Precision Cancer Care

Nikoletta Sidiropoulos, MD*



With the completion of mapping the human genome in 2003, the world gained new foundational information that has driven innovation and opened frontiers for improving clinical care—especially in cancer. Advances in genomic testing are helping physicians understand patients' unique cancer types—informing the delivery of precision cancer therapy.

The UVM Medical Center recently launched the Genomic Medicine Program with early efforts focused on improving cancer care. This session will present the story of genomic medicine broadly and here in Vermont—where we've come from and what's ahead in this new field. Attendees will hear about the challenges and opportunities presented by implementing the Genomic Medicine Program across a health network and learn more about how the clinical laboratory is partnering with health care professionals to increasingly deliver the benefits of locally-practiced, genomically-informed cancer care. P N PT PA PH

About our Presenting Supporter: The Victoria Buffum Fund

Victoria "Vicki" Buffum lost her battle with cancer in 2002 at age 58. While a patient at The University of Vermont Cancer Center, she became devoted to improving the experience of those facing cancer and blood diseases. A Vermonter herself, she wished to inspire programs that supported local patients and their families facing the many challenges accompanying a cancer diagnosis. Through her generous personal philanthropy, Vicki created a fund



Victoria Buffum

at the UVM Medical Center in support of this goal: The Victoria Buffum Fund.

Today, the fund has supported countless programs, including massage therapy, counseling, rehabilitation programs, and emergency financial assistance to help support patients at the hematology/oncology clinic at the UVM Cancer Center. In keeping with this legacy of impact, Vicki's brother and his wife, Tom and Melissa Gauntlett, have provided additional support through the Buffum Fund to benefit the Women's Health and Cancer Conference, ensuring that this valuable educational resource remains free and accessible to those in our community for the coming years.

EDUCATIONAL CREDIT

In support of improving patient care, The Robert Larner, MD 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.

This activity was planned by and for the healthcare team, and learners will receive **6.25 Interprofessional Continuing Education (IPCE)** credits for learning and change.

The University of Vermont designates this live activity for a maximum of **6.25 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 **6.25 Nursing Contact Hours**.

Key

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

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.

As a Jointly Accredited Organization, the Robert Larner, MD College of Medicine at the University of Vermont is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Robert Larner, M.D. College of Medicine at the University of Vermont maintains responsibility for this course. Social workers completing this course receive 5.5 general continuing education credits.

This course has been approved for 6.25 hours of pharmacy continuing education.

Credit is pending for Physical Therapy. Applications will be made for ASRT Approval.

The Robert Larner, MD College of Medicine at The University of Vermont has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Specialty: This conference will include 1 credit in Prescribing Controlled Substances (Session 1.A) and 1 credit in

Hospice, Palliative Care and Pain Management (Session 5.8).

Cost of physician credit: \$40

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



EXHIBITION HALL BREAK 9:45-10:05 AM

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

SESSION ONE: 10:15-11:00 AM

1.1 Support During Cancer: Understanding and Navigating Patient Resources

Panel led by Kristie Grover, PhD

The UVM Cancer Center offers a variety of resources to support patients through diagnosis, treatment, and survivorship. These resources aim to relieve suffering, complement medical treatment, and empower patients. This session will provide an overview of resources and how to access them, from practical support (financial, transportation, etc.), psychologic and social support, integrative therapies, and healthy lifestyle programs. P N SW PA

1.2 Spirituality and the Healing Journey

Patricia Fontaine, MACP; Nina Thompson

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

1.3 Phthalates are Everywhere— But Do They Cause Breast Cancer?

Thomas Ahern, PhD, MPH*

Phthalate compounds are present in a wide array of consumer products including food containers, children's toys, cosmetics, and pharmaceuticals. Dr. Ahern will discuss the pervasiveness of these compounds in our daily environment, summarize current evidence for the role of phthalates in breast cancer, and report results of his 1 Million Women study on this topic. P N RT PA

1.4 Treatment of Blood Cancers at UVM: Using Precision Medicine to Guide Therapy in MDS and Leukemia

Sakshi Jasra, MD; Diego Adrianzen, MD*

While MDS (myelodysplastic syndrome) and AML (acute myeloid leukemia) can be painful and devastating diagnoses, the constant evolution of existing treatments, the advent of precision medicine, and new therapies in the pipeline are making new therapies more readily available and effective. This session will discuss treatments for patients and an overview of the therapy side effects for health care providers. P N PT PA PH

AGENDA

1.5 PROVIDER TRACK:

Cardiac Complications of Cancer Care

Peter van Buren, MD

Advances in cancer treatment have led to the long-term remission of many cancers. Unfortunately, treatments can result in adverse cardiovascular consequences, including myocardial injury, alterations in endothelial function/thrombosis, hypertension, and more. This presentation will review the common causes and clinical presentation of cancer-treatment-associated cardiotoxicities and emerging approaches to mitigate these complications. *This session is specifically geared toward primary care providers and other health care professionals.* P N PT PA PH

1.6 Integrative Cancer Care: Lifestyle Approaches

Andrea Fossati, MD

Integrative care is becoming increasingly necessary in cancer care and survivorship. This session will introduce participants to integrative nutrition and lifestyle approaches used to support health and well-being across the trajectory of cancer care. It will include guidelines for how to safely implement integrative care, whether as a patient, caregiver, or survivor. P N PT SW PA

1.7 Thyroid Cancer: Environmental Factors and Research at UVM

Frances Carr, PhD*; Nikoletta Sidiropoulos, MD*

The National Cancer Institute recently reported that thyroid cancer was the second most common cancer in women ages 20-49 from 2011-2015 (the most up-to-date data that exists). Experts at UVM are working to research thyroid cancer incidence in order to better understand who is at increased risk for thyroid cancer, endocrine disruptors that affect the thyroid, and symptoms patients and providers should look for. P N PT RT PA PH

1.8 Wellness Coaching in Cancer Survivorship: Mitigating Long-term Side Effects of Treatment

Mary Lou Galantino, PT, PhD, MSCE, FAPTA

Informed, engaged patients are essential to managing side effects from cancer treatment. Health and wellness coaching principles can support patient behavior change and foster sustainable goals. This session will present an overview of coaching in the context of cancer treatment, present the data on the impact of coaching and provide tools for measurement throughout pivotal encounters in survivorship. P N PT SW PA

1.9 Empowerment & Renewal: Survivors Share the Benefits of Exercise

Diane Stevens, PT; Lucian Benway, CPT, ETS;

Rebecca Reynolds, BS, CPT

Discover directly from Steps to Wellness patients how the 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 PA

1.10 Culinary Demonstration: Pink Ribbon Cooking

Chef Curtiss Hemm

Join Chef Curtiss Hemm from Pink Ribbon Cooking for a culinary demonstration which 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 Dressings, Topical Agents and Wound Care for People with Cancer

Michelle Yargeau, PT, DPT, CWS

This session provides an overview of wound healing, tips on wound dressing selection, and practical application for wounds seen in individuals with cancer. We will discuss dressings for wounds expected to heal versus palliative care for wounds at end of life. This session is designed to be flexible and meet the needs of patients and providers; questions and discussion welcome! N PT

1.12 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; but, survivors of a healthy weight are less likely to have cancer recur. This session explains 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 PA

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

2.1 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 health care providers with treatment options for skin cancer. P N PT PA

2.2 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. SW

2.3 Caring for the Caregiver

Kathy McBeth, MA

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

2.4 The 25 Most Commonly Asked Questions About Ovarian Cancer Treatment

Evelyn Cantillo, MD, MPH

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 PA

2.5 PROVIDER TRACK:

Hot Topics in Breast Cancer Treatment

Peter Kaufman, MD*

The landscape of breast cancer care is constantly evolving, challenging physicians and other health care providers to keep up with the latest research findings and treatments. This session will discuss ground-breaking breast cancer research happening both at UVM and elsewhere, as well as the future of breast cancer therapies. *This session is specifically geared toward primary care providers and other health care professionals.* P N PT PA PH

2.6 Aging and Cancer: How to Surf the Silver Tsunami with Your Health Care Team

Havaleh Gagne, MD

This presentation will review information about cancer and aging with tips on aging well. It will instruct patients on how to utilize their network to ensure good communication, and will equip providers and patients with the knowledge of the most effective strategies to set treatment goals and adopt healthy behaviors for patients who are aging and are often balancing numerous health and life considerations. P N PT RT PA

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

Donald Weaver, MD*

DCIS, aka "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, explaining the uncertainties regarding future risk for invasive breast cancer. Updates on current research looking to better establish risk of breast cancer after DCIS diagnosis will be discussed. P N PT RT PA

2.8 Examining the Science of Medical Cannabis and CBD

Karen Lounsbury, PhD*

As the laws surrounding marijuana change, access to cannabis and CBD to treat chronic pain in cancer patients is becoming more prevalent. This presentation will outline the most up-to-date research regarding the effectiveness of medical cannabis and CBD, how these substances affect the brain and the body, and how patients and providers may utilize cannabis during their treatment and beyond. P N SW PA PH

2.9 The Tentacles of Cancer: Supporting Children During an Adult's Cancer Diagnosis

Ali Waltien, CCLS

Child life specialist Ali Waltien provides information about supporting children through a parent or adult loved one's cancer experience. Starting with helpful tools for the newly diagnosed and moving through the variability of experiences in the cancer journey, Ali offers guidance for families navigating the cancer experience with children, and for health care providers to pass along to patients. P N SW PA

2 PM: 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!

2.10 Culinary Demonstration: Whole Health Nutrition: Eating for Digestive Health

Leslie Langevin, MS, RD, CD

Everyone has some sort of digestive symptoms every now and then or even chronically. Learn how to eat to help your gut thrive and what foods can help with your symptoms, or reduce your risk for many cancers, including colorectal.

2.11 I Have Cancer. Now What?: Sifting Through the Internet Info for Lifestyle Changes that Truly Work

Amy Littlefield, ND, MSOM, LAc, FABNO

After a cancer diagnosis, online forums, blogs, and articles can be overwhelming. This session focuses on lifestyle changes to improve sleep, nutrition, exercise, and stress management, explaining the underlying research so patients and providers understand the "why" of the advice. It also outlines the importance of sharing integrative practices with the oncology team, so they can troubleshoot potential negative interactions with treatments. **P N PT RT PA**

LUNCH SESSIONS 12:15-1:00 PM

See description at right

SESSION THREE: 1:15-2:00 PM

3.1 Cancer Care, Close to Home: The Future of Cancer Care in our Region

Jim Wallace, MD*

The UVM Health Network is invested in making sure patients receive the right care, from the right provider, as close to home as possible, even when circumstances require that a portion of that care is performed at a center with specialized expertise or technology. This session explores the UVM Health Network's regional care plan created to improve care, enhance quality, and control treatment costs. **P N PA**

3.2 BRCA1 and BRCA2: Review of Cancer Risks and Medical Management Updates

Wendy McKinnon, MS, CGC*; Marie Wood, MD*

This session is specifically for individuals who carry pathogenic variants in BRCA1 or BRCA2, their relatives, and health care providers. This session will provide a brief overview of the genes, cancer risks, inheritance, and implications for family members, as well as update on the most current screening and prevention guidelines. **P N PT PA PH**

3.3 COFFEE CHATS

Coffee Chats are casual and smaller in size, giving you small-group experiences with expert presenters.



a. Young Survivors Support Group

Stephanie LaMora, RNIII

This coffee chat is meant to be a designated meeting time for young survivors of cancer to share their stories and offer support to one another. This support group is an ongoing resource at the UVM Cancer Center.

LUNCH SESSIONS: 12:15 - 1:00 PM

A buffet lunch will be available starting at **11:30 AM on the Promenade** for those who pre-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, or to Emerald III, where open lunch seating is available. The purchase of a lunch is not required to attend these sessions.

Sessions begin promptly at 12:15pm.

L1 Bladder Cancer: Recognizing Early Signs and Understanding Treatments

Shahid Ahmed, MD

Bladder cancer is a common and often preventable cancer. This session will provide an overview of symptoms of bladder cancer, which are critical for early diagnosis. It will also cover causes of bladder cancer, who is at greater risk and treatment options for those who are already diagnosed. **P N RT PA PH**

L2 Genetic Counseling and Testing for Inherited Cancer Risk

Laura Colello, MS, CGC*

Some cancers are hereditary, and knowing and understanding patient risk can make a major difference in a patient's life. This session discusses the features of hereditary cancer and explains the genetic counseling process. It includes a review of what happens during a genetic counseling session and explains the risks, benefits, and limitations of undergoing genetic testing for cancer risk. **P N RT PA PH**

L3 Vaping, Juuling, and E-Cigarettes: Public Health Implications

Andrea Villanti, PhD, MPH*

Is the growing popularity of vaping and e-cigarettes a public health epidemic, or a boon for smoking cessation? What are the differences between a vape, an e-cigarette, and a JUUL and why is it important? Patients and providers will learn about evolving forms of nicotine delivery systems and the public health concerns they raise, and about the PACE Vermont study. **P N SW PA**

L4 Current Concepts in Management of Upper and Lower Extremity Lymphedema

Elaine Perry, PT

This presentation reviews the anatomy and physiology of the lymphatic system and lymphedema, provides education regarding risk reduction to help prevent development of lymphedema, and describes current best practice recommendations for treatment of both upper and lower extremity lymphedema. Case studies will be included to show how different treatment interventions are implemented to customize care for the diagnosis of lymphedema. **N PT RT**

L5 PROVIDER TRACK: Robbing Peter to Pay Paul: The Anatomy of Plastic Surgery Reconstruction and the Consequences of Theft

Robert Nesbit, MD

This presentation will take providers through patient anatomy before and after reconstruction from cancer-related surgery, and the lifestyle restrictions/side effects that can follow resection and flap reconstruction as well as the complications. *This session is specifically geared toward primary care providers and other health care professionals.* **P N PT PA**

L6 Arsenic and Cancer: Is Your Cancer Risk Increased by Exposure to this Naturally Occurring Element?

Diane Gilbert-Diamond, ScD

While arsenic is popularly thought of as a poison for snuffing people out in the movies, it's also a colorless, odorless, tasteless semi-metal naturally found in the earth's crust. Arsenic can seep into ground water, especially private wells, and exposure to arsenic can cause cancer. This session discusses common sources of arsenic exposure and ways to mitigate that exposure. **P N PA**

b. Breast Lymphedema 101

Caitlin Dorka, PT, DPT, CLT

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, and about the wide variety of cannabis products and methods of consumption available to you or your patients for symptom relief.

d. Multiple Myeloma Treatment Experiences

JoAnn Nielson, BSN, RN, OCN

Come meet with other patients on the multiple myeloma journey, both survivors and caregivers. Share treatment experiences in a focused information gathering session.

e. Elevating to Fitness: New Information on the Benefits of Exercise

Barbara Hammond, RN, ACSM CPT

In confronting cancer, fitness and exercise are key to wellness. This chat will explore how exercise can have a strong impact on cancer recovery.

AGENDA

3.4 Exploring Mindfulness: Practices, Benefits and Scientific Evidence

Theresa Hudziak, MS; Donna Smith, PT, DPT
Meditation and mindfulness are two resources that can help people 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 supporting the effectiveness of mindfulness practice in cancer recovery. Attendees will be invited to join in some brief mindfulness exercises. **P N SW PA**

3.5 PROVIDER TRACK: Immunotherapy: On the Cutting Edge of Cancer Therapy

Robert Cade, PharmD, BCOP
Immunotherapy is one of the most cutting-edge cancer therapies. This session discusses combining immune checkpoint inhibitors with chemotherapy, with an emphasis on recent FDA approvals in breast and lung cancer; the adverse effects of immune checkpoint inhibitor therapy, including how to recognize and treat those effects; and the Chimeric antigen T-cell receptor therapy. *This session is specifically geared toward primary care providers and other health care professionals.* **P N PT PA PH**

3.6 Advocating for the Family: Men's Cancer Screening, Prevention, and Awareness

Mark Plante, MD*
What are the more common cancers faced by men, and how are these cancers and associated health concerns best addressed? This session will discuss prevention and survivorship issues that pertain to these cancers in men, and how their family members and health care providers can advocate for more proactive health care. **P N PA PH**

3.7 Taking Control with Metastatic Disease: A Palliative Care Discussion

Janet Ely, APRN; Kathy McBeth, MA; Michele Mosley, SW
This is an interactive discussion designed specifically for women diagnosed with metastatic cancer. We will explore ways to navigate the illness journey, explore strategies to work with your treatment team, employ coping skills and discuss advance care planning tools. This is a small group discussion; attendees are encouraged to come with questions and stories to share. **P N PT SW PA**

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

Mary Stanley, MD*; Ruth Heimann, MD, PhD*, Hibba Rehman, MD*; Erin Tsai, MD*; Uyen Phuong Vietje, 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 PA**

3.9 Cancer Prevention: Annual Screenings All Women Need to Know

Panel led by Krista Evans, MD
Cancer screening guidelines change year to year, and it can be confusing to know which screens are appropriate at what age and what those screenings will be able to tell you about your health. This health panel describes different screening options for breast, cervical, and colorectal cancer, and outlines how patients and providers can incorporate these screenings into their health plans. **P N PA**

3.10 Culinary Demonstration: Building Flavors in a Plant-Based Diet

Leah Pryor, BS
There are multiple health benefits to eating a plant-based diet—and it doesn't have to be boring or bland! This session from the UVM Medical Center will demonstrate some delicious techniques for plant-based eating, and outline how these meals can impact your health.

3.11 Cancer and Your Brain Part One: Neuro-cognitive Changes Related to Cancer and Cancer Treatments

Ashley Couture, MS, CCC-SLP; Alissa Thomas, MD*
People who are treated for cancer often experience trouble with cognition or communication, including mental tasks related to thinking, attention span, word retrieval, and short-term memory. These changes can be related to the cancer itself, or can be a result of treatment with radiation or chemotherapy. This session explains these changes to patients and providers, and can pair with Session 4.11. **P N PT RT PA PH**

3.12 Needing Nutrition: The Good, The Bad, and The Ugly Through Head and Neck Cancer Treatment

Lakshmi Joshi Boyle, MS, CCC-SLP; Jennifer May, RD
People often don't know how chemo or radiation treatment for head and neck cancer may impact their ability to eat, drink, or swallow. It can be quite difficult to manage maintaining caloric intake for wellness and healing while making sure that food and liquids can be swallowed safely. This session provides specific strategies for calorie dense foods that can be more easily managed. **P N PT PA**

SESSION FOUR: 2:15-3:00 PM

4.1 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 and ensure that attendees leave with as much quality information as possible. **P N PT RT PA**

4.2 Genetic Testing and Inherited Cancer: Patient Perspectives

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 PA**

4.3 Acupuncture vs. Dry Needling: What's the Difference?

While acupuncture is rapidly entering the mainstream as a pain management technique with myriad health benefits, many cancer patients may be directed to dry needling. This session discusses the philosophical, medicinal, and legal distinctions between the two practices, as well as situations in which either might be appropriate. **P N PT PA**

4.4 Cancer Survivor Documents: What Happened, What Might Happen, and What Needs to Happen—A Record and Road Map for the Survivor

Penny Gibson, PA
Many cancer patients are surviving decades after diagnoses. Patients are monitored for cancer recurrence, but may develop long-term medical conditions ("late effects") as a result of therapies received. This session provides an overview of treatment summaries and survivorship documents that are used to help patients and their medical team understand potential long term issues related to cancer treatment, guiding appropriate follow up. **P N PT PA**

4.5 PROVIDER TRACK: Trans Cancer Care: Providing Trans Affirmative Health Care in Vermont

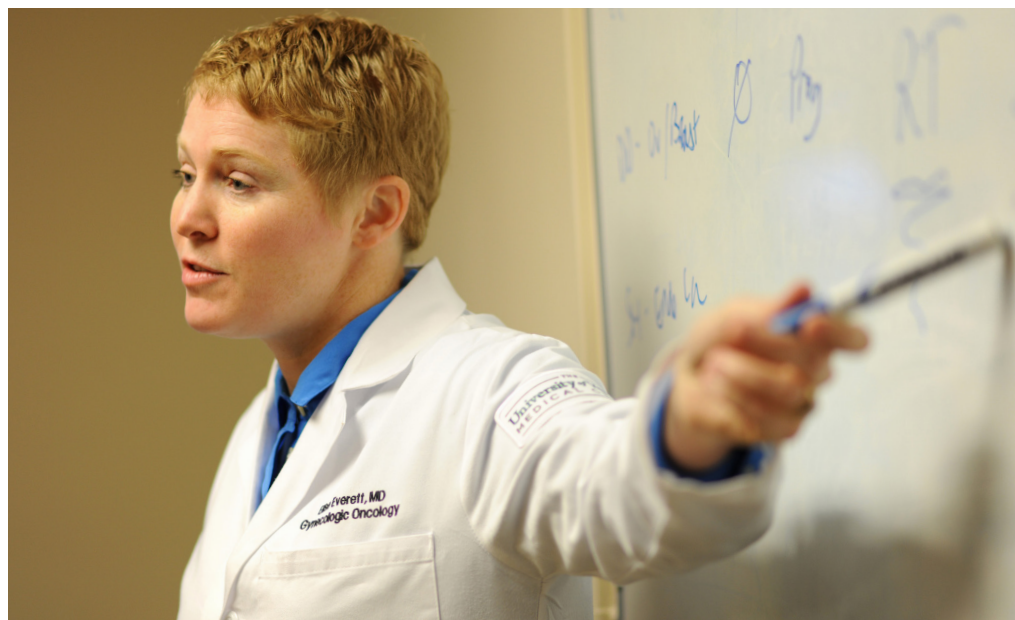
Kym Boyman, MD, FACOG; Rachel Inker, MD
A recent Gallup poll listed Vermont as having the highest percentage of people who identify as LGBTQ per capita in the nation, presenting unique considerations for health care providers when it comes to screening for cancers appropriately while respecting gender identity. This session describes the needs of the transgender population in terms of cancer risk, and provides insight into thorough and respectful care. *This session is specifically geared toward primary care providers and other health care professionals.* **P N PT PA PH**

4.6 Peeing, Pooping, and Pleasure After Cancer Treatment

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 discussion will explore why these problems occur and what both patients and health care providers can do to help mitigate them. **P N PT PA**

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

Christine Finley, APRN, MPH
The availability of the HPV vaccine has brought excitement about the opportunity to prevent multiple cancers and health problems in both women and men. This session 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. **P N PA**



4.8 Breast Cancer: A Personal and Plastic Surgeon Perspective

Robert Nesbit, MD; Patti O'Brien, MD*

Cancer touches everyone, even those in the medical field. In this session, plastic surgeon Dr. Nesbit discusses how his mother's breast cancer has helped him to understand on a personal level how important individual-based care is. He and Dr. O'Brien discuss the importance of honoring the wishes of the patient in their choices for care, and supporting them in making these very personal choices. **P N PA**

4.9 Blood Clot Prevention: Reducing the Second Leading Cause of Death in Cancer Patients

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, a type of blood clot, and what steps health care professionals can take to prevent and treat it. 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 PA PH**

4.10 Culinary Demonstration

Join us for a session that teaches healthy recipes for you and your family.

4.11 Cancer and Your Brain Part Two: Thinking and Communication Changes with Cancer Treatment—Tools to Adjust and Thrive

Ashley Couture, MS, CCC-SLP

This session can pair with Session 3.11. It provides information about formal therapeutic treatment programs and wellness activities to help patients adjust, adapt, and thrive to cognitive changes following cancer treatment. The presentation includes a first-hand account from someone who will share their breadth of experience with these changes as well as an interactive activity aimed at identifying approaches to help folks respond to cognitive changes following cancer treatment. **P N PT RT SW PA**

SESSION FIVE: 3:15-4:00 PM

5.1 Fertility: When to be Worried, How to Preserve it

Jessica Heath, MD*

Approximately 70,000 adolescents and young adults are diagnosed with cancer annually in the US. 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 options available for fertility preservation. **P N SW PA**

5.2 The Modern Spectrum of Lung Cancer Care

Garth Garrison, MD*

This session will discuss trends in lung cancer incidence, with particular emphasis on 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 PA PH**

5.3 Yoga for Health and Wellbeing

Deb Malgeri

Come unwind with this yoga session. We will move and prepare to clear our minds and our chakras as we unwind from a day filled with sharing experiences and gathering information. We will connect with the community while restoring our energy and honoring this day. *Please bring your own yoga mat.*

5.4 Benefits of Physical Activity and Exercise: Guidelines for Older Adults and Individuals with Cancer

UVM Doctor of Physical Therapy Students

The session includes an overview of physical activity

and exercise, the relationship of physical activity to health and wellbeing, an overview of what resistance training is and why it is a beneficial component of an exercise program, and exercise guidelines following the American College of Sports Medicine Guidelines for exercise prescription.

5.5 PROVIDER TRACK:

Soft Tissue Sarcoma: From Diagnosis to Treatment and Recovery

Jessica Cintolo-Gonzalez, MD*

Soft tissue sarcoma is rare and can be found anywhere in the body. Symptoms are often vague, but are important for providers to be aware of in order to diagnose these tumors. Treatment requires multidisciplinary evaluation as does the recovery process. This session gives an overview of the diversity of sarcoma presentations, behaviors during treatment, and considerations for recovery and survivorship for soft-tissue sarcomas. *This session is specifically geared toward primary care providers and other health care professionals.* **P N PT RT PA PH**

5.6 Demystifying Clinical Trials: How Patients and Researchers Work Together to Improve Cancer Care

Steven 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. **P N PT SW PA PH**

5.7 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.

5.8 PROVIDER TRACK: Advance Care Planning and Advance Directives

John Wax, MD

This session describes best practices for communicating patient values in a complex healthcare environment, specifically around cancer patient end of life care. Join us for a brief presentation about how advance directives impact the care of hospitalized or acutely-ill patients. This will be followed by an interactive discussion designed to teach how to empower patients to use advance directives and other tools to formulate and express nuanced healthcare values. *This session offers 1 credit in Hospice, Palliative Care and Pain Management, will run until 4:15, and is specifically geared toward health care professionals.* **P N PT PA PH**



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 22nd 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:

American Red Cross
www.redcross.org

American Heart Association
www.heart.org

AstraZeneca
www.astrazeneca.com

Beautycounter
www.beautycounter.com/
brookecote

Blue Cross and Blue Shield of Vermont
www.bcbsvt.com

Bristol-Myers Squibb
www.bms.com

Camp Kesem at University of Vermont
www.CampKesem.org/Vermont

Cancer Patient Support Foundation
www.cpsvt.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

Hope on the Rise
Jing River Massage Therapy

Leukemia & Lymphoma Society
www.lls.org/upstate-new-yorkvermont

Maggie's Bright Side
www.maggiesbrightside.com

Mahana Magic Foundation
www.mahanamagic.org

Making Strides Against Cancer
www.makingstrideswalk.com/
northernvt

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

SafeArt Inc.
www.safeart.org

Sanofi-Genzyme Oncology
Skida
www.skida.com

Susan G. Komen New England
http://komennewengland.org

UVM Doctor of Physical Therapy Students
www.uvm.edu/cnhs/rms/physical_therapy

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: Steps to Wellness
- www.uvmhealth.org

Vet Center, South Burlington
www.vetcenter.va.gov

Vermont Reiki Association
www.vermontreikiassociation.org

22ND ANNUAL



WOMEN'S HEALTH & CANCER CONFERENCE

Friday, October 4, 2019
8 AM – 4:30 PM
DoubleTree by Hilton
Burlington, Vermont

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

For information about exhibiting, contact Jacqueline Lawler at (802) 656-2176 or email jacqueline.lawler@med.uvm.edu. Exhibitor registration deadline is September 20, 2019.

A Free Community Event

Additional Education Available for Health Care Providers

The UVM Doctor of Physical Therapy program is pleased to provide additional education at a one-day conference on oncology rehabilitation alongside the Vermont Lymphoma Network on Saturday, October 5, 2019 from 8 AM to 5 PM. For more information, visit uvm.edu/cnhs/oncology-rehabilitation-conference

HOTEL & TRAVEL INFORMATION

This year's conference will be held at the DoubleTree by Hilton: 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 12th.**

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 27th**. We are sorry, but no refunds are possible after this date.

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