

Cancer Rehabilitation, The New Frontier, 2007

Tentative Schedule & Curriculum

Plenary Session Speakers

FRIDAY

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

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

Nancy Roberge, PT, DPT, MEd will stress the need for physical therapy intervention after invasive treatments for breast cancer. She will discuss the physical effects of active cancer treatments as well as the deficits and dysfunctions that may result. Information will be given on how to lower the risk of developing lymphedema and how to safely transition survivors to their "new normal" with their highest quality of life and optimal function.

Julie Silver, MD will introduce her plan to recovery Healing Faster, Better, Stronger. Dr. Silver will offer attendees [Silver, Julie K.,M.D.] evidence-based research about the process of physical healing by nourishing one's body, getting enough rest and enough exercise and implementing all one's available support systems. These assets can include tapping into spirituality and learning how to love and be loved.

LUNCH BREAK

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

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

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

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

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

Closing Remarks

Saturday

Plenary Session Speakers

Diane Cotting, MED, MBA was a member of Style Driven Rowing Club when she was diagnosed with breast cancer. The 9 months of treatment were often difficult, but battle lines were drawn when she was told she might not be able to rejoin her team and row again. Diane's story is touching but powerful. It's about strength and vulnerability and it's about friendship and teamwork.

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

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

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

Completing the Continuum of Cancer Care All conference attendees will have the opportunity to network not only with their peers but with all those interested in and involved along the continuum of cancer care.

LUNCH BREAK

Saturday

Breakout Sessions for Professionals

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

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

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

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

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

Saturday

Workshops & Demonstrations for Survivors and the General Public

-Choose Three-

PILATES - **Naomi Aaronson MA, OTR/L CHT** will present a class in Pilates designed for Breast Cancer Survivors

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

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

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

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

MANAGING YOUR LYMPHEDEMA - **Denise McIntosh PT, CLT-LANA**