

Cotting Connection Presents
Cancer Rehab - The New Frontier

September 30, 2006

Registration - Coffee		7:00 – 8:00 am	
Diane Cotting Working Together: Continuum of Care		8:00-8:15am	
Ursula Matulonis, MD Current Issues in Women’s Cancers		8:15 – 8:45 am	
Break			
Beth-Ann Lesnikoski, MD Cancer Diagnosis and Treatment Screening, Symptoms Diagnosis & Staging Surgery, Chemotherapy, Radiation, & Reconstruction		9:00 -10am	
Break			
Nancy Roberge, PT PhD The Importance of Integrating Physical Therapy After Treatment for Women’s Cancers How Have Cancer Treatments Affected Body Mechanics Identifying and Managing Lymphedema		10:15- 11:15pm	
Karen Ingwersen, RN, MSN, CMT Recovering from Cancer Treatments Symptom Management: The Role of Integrative Medicine and Massage		11:15 – 11:45am	
JoViPak and Juzo Compression Therapy Demonstration		11:45 am – 12 noon	
Vendor Tables and Networking Lunch		12 noon- 1:00pm	
Hester Hill Schnipper, Licsw Life After Breast Cancer: Challenges and Rewards		1:00 – 1:30pm	
Naomi Aaronson, MA OTR/L CHT Physical Activity After Cancer What Are the Special Issues Faced by Breast Cancer Survivors? Research on the Benefits of Exercise After Cancer Exercises for Breast Cancer Survivors		1:30 - 2:15pm	
Break			
Julie Kaufman Lebed Method: Focus on Healing		2:30 – 3:00 pm	
“Continuum of Care” Break-out Sessions		3:15– 5:15pm	
<p style="text-align: center;">Nancy Roberge (Physical Therapists & Nurses)</p> <ul style="list-style-type: none"> ▪ Special rehabilitation needs of the Breast Cancer survivors ▪ Understanding the treatments ▪ Taking history ▪ Musculoskeletal intervention ▪ Guidelines for treatment regimes ▪ Manual drainage overview 	<p style="text-align: center;">Naomi Aaronson (Exercise Professionals)</p> <ul style="list-style-type: none"> ▪ Review of anatomy affected ▪ Client assessment/ HIPAA ▪ Exercise goals ▪ Warm-up & stretching when at lymphedema risk ▪ Exercise precautions for strength training & cardiovascular exercise ▪ When to and how to refer out rehab professionals 	<p style="text-align: center;">Karen Ingwersen (Massage Therapists)</p> <p style="text-align: center;">Massage and the Cancer Journey:</p> <p style="text-align: center;">Physiology, Treatment-related Tissue Changes Assessment & Treatment</p>	<p style="text-align: center;">Hester Hill Schnipper (Survivors & Social Workers)</p> <ul style="list-style-type: none"> ▪ Rehab Issues from a survivor’s perspective ▪ How to be your own best advocate ▪ Physical activity: a plan for life