

LIVING BEYOND  BREAST CANCER

Eighth Annual Conference for

Women Living with Metastatic Breast Cancer

Saturday, April 26 – Sunday, April 27, 2014

Philadelphia Marriott West
West Conshohocken, Pa., in the
western suburbs of Philadelphia

ENHANCING YOUR HEALTH AND QUALITY OF LIFE

The Annual Conference for Women Living with Metastatic Breast Cancer is a two-day, national conference created by Living Beyond Breast Cancer (LBBC). Now entering its eighth year, the conference is designed to address the complex medical, social and emotional challenges that women diagnosed with metastatic disease, their families and their caregivers experience.



Why You Should Attend

The *Annual Conference for Women Living with Metastatic Breast Cancer* provides an environment that allows you to find resources, information and support that will empower you to make informed decisions about your treatment and help you manage the emotions you may experience after being diagnosed with metastatic disease. During the conference, you will:

- ✱ Hear the latest updates on advances in care, symptom management and quality-of-life concerns
- ✱ Learn about the newest clinical trials and their potential impact on new treatments
- ✱ Explore strategies for managing complex emotions such as stress and anxiety
- ✱ Attend workshops designed for newly-diagnosed women and those living long-term with metastatic disease, triple-negative and hormone receptor-positive breast cancer, young women and caregivers
- ✱ Network with peers, listen to their experiences and share your own
- ✱ Get your questions answered by experts
- ✱ Visit with exhibitors
- ✱ Participate in healthy living activities including an all-levels yoga class

When and Where

The conference will take place on Saturday, April 26 and Sunday, April 27, 2014, at the Philadelphia Marriott West, in West Conshohocken, Pa., in the western suburbs of Philadelphia.

Registration

Registration is \$75 per person. In addition to all educational programming, the registration fee includes a continental breakfast, lunch and reception on Saturday, as well as a continental breakfast and reception on Sunday. Visit lbbc.org to register online. Pre-registration is strongly preferred.

The Philadelphia Marriott West is located in the western suburbs of Philadelphia, near both Interstates 476 and 76. The hotel has reserved a small room block that offers attendees a reduced rate of \$120 plus tax per night. To take advantage of the discount, please mention "Living Beyond Breast Cancer Spring 2014 Conference" when making a reservation.

The hotel will offer complimentary parking Friday, April 25 – Sunday, April 27, 2014.

Financial Assistance

A limited number of travel grants and fee waivers are available. Applications for financial assistance to attend the conference will be accepted until Friday, April 18 or until funds are depleted. For more information call (855) 807-6386.

Ways to Offer Support

By joining the Guardian Angel program, an individual can provide financial assistance in the form of a monetary contribution to help offset the registration fee of three other people. Details can be found online and on the registration form included in this brochure. A percentage of your Guardian Angel contribution is tax deductible.

Volunteers are always needed to make the conference a success! If you are interested in becoming a conference or LBBC volunteer, please call (855) 807-6386 or email aburczak@lbbc.org.

For complete conference details, visit lbbc.org/metsconference.



Agenda

Saturday, April 26, 2014

8:30 a.m. – 9:30 a.m.

Registration, continental breakfast and visiting with exhibitors

8:30 a.m. – 5:00 p.m.

Exhibitor hours

9:30 a.m. – 9:40 a.m.

Welcome and introductions
*Jean A. Sachs, MSS, MLSP
CEO, Living Beyond Breast
Cancer*

9:40 a.m. – 10:30 a.m.

General Session One
How Far We've Come:
Advances in the
Management of Metastatic
Breast Cancer
Julie R. Gralow, MD

10:30 a.m. – 11:00 a.m.

Q&A with *Dr. Gralow*

11:15 a.m. – 12:30 p.m.

Workshop Session One

12:30 p.m. – 1:45 p.m.

Plated lunch, networking,
visiting with exhibitors

1:45 p.m. – 3:00 p.m.

Workshop Session Two

3:15 p.m. – 3:45 p.m.

Break – networking,
visiting with exhibitors

3:55 p.m.

Welcome back
and introductions

4:00 p.m. – 5:00 p.m.

General Session Two
Jest for the Health of It
Sherry Lebed Davis

5:00 p.m.

End-of-day remarks
Close of exhibits

5:00 p.m. – 5:30 p.m.

Networking reception

Sunday, April 27, 2014

7:30 a.m. – 8:15 a.m.

Early Risers' All Levels
Yoga Class

8:30 a.m. – 9:00 a.m.

Continental breakfast,
networking and visiting
with exhibitors

9:15 a.m. – 10:30 a.m.

Workshop Session Three

10:30 a.m. – 11:00 a.m.

Break – networking

11:00 a.m. – 11:15 a.m.

Welcome and Introductions

11:15 a.m. – 12:00 p.m.

General Session Three
Living Fully: Managing
Symptoms and Side Effects
Generosa Grana, MD, FACP

12:00 p.m. – 12:30 p.m.

Q&A with *Dr. Grana*

12:30 p.m.

Closing remarks

12:30 p.m. – 1:00 p.m.

Closing reception

Note: Post program resources
including select audio, video
and presentation materials
will be available on lbbc.org
following the conference.

Workshops One

Saturday, April 26, 2014 • 11:15 a.m. – 12:30 p.m.

A Today's Clinical Trials, Tomorrow's Treatments

Julie R. Gralow, MD

Hear about the latest clinical trial findings and learn how these are translated into care. You will have your questions answered about participating in research and how you can access ongoing trials.

B Brain Metastasis

Aki Morikawa, MD, PhD

Learn about the latest advances in understanding and treating brain metastasis, as well as, discovering methods for managing side effects and preserving quality of life.

C Communication with Friends and Family as a Young Woman Living with Metastatic Breast Cancer

Pamela J. Ginsberg, PhD

This workshop will cover some of the common challenges young women often face when communicating with their friends and family and offer strategies on how to improve these conversations to get the support you need.

D Managing Stress & Anxiety

Also offered as Workshop J from 1:45 p.m – 3:00 p.m.

Drucilla Brethwaite, MSW, LCSW, OSW-C

Stress and anxiety can bring feelings of physical, mental and emotional tension and finding strategies to manage these feelings is one of the first steps to controlling worry and fear. During this session you will learn to understand the various types of stress and gain strategies to manage your emotions and other methods of self-care, including exercise, spirituality and relaxation.

E The Challenges and Rewards of Caregiving

Gregory D. Garber, MSW, LCSW, CCM

Caregiving can unveil many emotions, both challenging and rewarding. In this session, you will learn healthy ways to cope with your role as caregiver, manage life's daily agenda and explore how creating a circle of support can offer many benefits to both you and your loved one.

F Newly Diagnosed: A Guide Just for You

Jennifer Armstrong, MD

In this session, you will learn how to cope with and manage your diagnosis, what treatment options are available and what support is accessible to help you look toward the future.

Workshops Two

Saturday, April 26, 2014 • 1:45 p.m. – 3:00 p.m.

G **Metastatic Triple-Negative Breast Cancer**

Ruth O'Regan, MD

This workshop will focus on metastatic breast cancer that tests negative for the estrogen, progesterone and HER2 neu receptors. You will hear about advances in care, research looking at new targets and current clinical trials that are open for recruitment. Get your questions answered and learn tips for talking with your healthcare provider about your treatment options.

H **Five Wishes Document: Making Your Wishes Known**

Alison Petok, MSW, LSW, MPH

Faith (Fay) Young, MD

Deemed the "living will with a heart and soul," the Five Wishes Document includes both the legal aspect of a living will and choice of health care power of attorney, while addressing comfort care and spirituality needs. In this session you will learn about the document's five sections, where you and your loved ones can obtain this document and how to complete it as a binding legal document.

I **Moms with Mets: Parenting Challenges and Strategies**

Helen L. Coons, PhD, ABPP

Moms with advanced breast cancer face complex and distressing challenges as they navigate disease and treatment uncertainty and raise children. This practical, interactive workshop is for women who are partnered or single and parent children of any age.

J **Managing Stress & Anxiety**

Also offered as Workshop D from 11:15 a.m. - 12:30 p.m.

Drucilla Brethwaite, MSW, LCSW, OSW-C

Stress and anxiety can bring feelings of physical, mental and emotional tension and finding strategies to manage these feelings is one of the first steps to controlling worry and fear. During this session you will learn to understand the various types of stress and gain strategies to manage your emotions and other methods of self-care, including exercise, spirituality and relaxation.

K **Diet, Exercise and You**

Karen Sudders MS, RD, LDN, CSO

In this session you will hear about the current guidelines for nutrition, exercise and breast cancer, and will explore the possible interventions that may aid in improvement and management of the disease. You'll also learn about current and pipeline research that may influence intervention strategies in the future.

Workshops Three

Sunday, April 27, 2014 • 9:15 a.m. – 10:30 a.m.

L Bone Metastasis

Kanu P. Sharan, MD

During this session you will learn the latest treatments used to manage bone mets, control side effects and learn how you and your provider can assess bone strength to create a treatment plan to meet specific goals.

M Navigating Legal, Employment and Insurance Matters

Stephanie Fajuri, Esq.

As a woman living with metastatic breast cancer you may have many questions about your rights in the workplace, your access to social security disability and many other legal and insurance matters. Join this session, to get news you can use to protect and know your rights and better understand your legal and insurance options to plan ahead.

N Using Writing as a Coping Outlet

Howard M. Rice

Writing of all kinds can be a balm for the soul, a therapeutic outlet for working through difficult emotions, and a creative and healing practice. In this interactive workshop, you will be led through a series of exercises to help inspire the creative process and give you a starting point for future writing. Work created in the class is private. Sharing of your work is optional, and not required.

General Session Speakers

Eighth Annual Conference for Women Living with Metastatic Breast Cancer

Julie R. Gralow, MD

Dr. Gralow is the Jill Bennett Professor of Breast Cancer at the University of Washington School of Medicine, Director of Breast Medical Oncology at the Seattle Cancer Care Alliance and a member of the clinical research division of the Fred Hutchinson Cancer Research Center. She is also a professor in the Department of Global Health at the University of Washington's Schools of Medicine and Public Health.

Dr. Gralow has dedicated her life to treating breast cancer. She's involved in research, teaching and caring for patients. She is an internationally recognized expert in breast cancer clinical trials with an expertise in bone metastases, and has served as an executive officer and vice-chair of the breast cancer committee of the Southwest Oncology Group (SWOG), one of the major NCI-supported cancer clinical trials

General Session Speakers continued

groups. She founded WE CAN (Women's Empowerment Cancer Advocacy Network) to empower and educate breast cancer patients around the world.

Sherry Lebed Davis

Sherry Lebed Davis is a speaker, author and activist. She is one of the foremost authorities of quality of life issues and the healing power of exercise and humor, and co-founded Healthy-Steps, a world-wide organization providing unique wellness programs. She has been seen in *People Magazine*, *Oxygen*, *Spirit Magazine* for South West Airlines, *Authentic Woman*, *NY Times*, *Seattle Times*, *LA Times* and more. Sherry has appeared on the *Today Show*, *BBC*, *Life Time Live* and other TV specials. Authoring a book, several DVDs and a musical CD, her work continues around the world as she presents and trains. She was named one of Seattle's most inspiring Breast Cancer Survivors, received the

Governor's award for her work and sits on many Boards as a wellness specialist.

Generosa Grana, MD, FACP

Dr. Grana is the director of the MD Anderson Cancer Center at Cooper and head of the Division of Hematology/ Medical Oncology of Cooper University Hospital in Camden, New Jersey. She serves as Professor of Medicine at the Cooper Medical School of Rowan University. She is also Adjunct Professor at the Coriell Institute for Medical Research in Camden, New Jersey. Dr. Grana has received numerous awards, including the Johnson & Johnson Community Health Crystal Award and the American Cancer Society Silver Chalice Award. Dr. Grana is a member of the Federal Advisory Committee on Breast Cancer in Young Women and LBBC's Medical Advisory Board. She speaks frequently for many LBBC programs.

Workshop Speakers

Jennifer Armstrong, MD

Oncologist, Paoli Hematology Oncology Associates

Drucilla Brethwaite, MSW, LCSW, OSW-C

Oncology Counselor, Life with Cancer

Helen L. Coons, PhD, ABPP

Clinical Health Psychologist, Women's Mental Health Associates

Stephanie Fajuri, Esq.

Supervising Attorney, Cancer Legal Resource Center

Gregory D. Garber, MSW, LCSW, CCM

Supervising Social Worker, Kimmel Cancer Center, Department of Medical Oncology, Thomas Jefferson University Hospital

Pamela J. Ginsberg, PhD

Licensed Psychologist, Private Practice

Julie R. Gralow, MD

Director, Breast Medical Oncology, Seattle Cancer Care Alliance; Clinical Research Division, Member, Fred Hutchinson Cancer Research Center; Professor, Medical Oncology Division, University of Washington School of Medicine

Aki Morikawa, MD, PhD

Medical Oncology Fellow, Breast Cancer
Medicine Service, Memorial Sloan-Kettering
Cancer Center

Ruth O'Regan, MD

Professor, Hematology and Medical
Oncology, Emory University School
of Medicine
Chief of Hematology and Medical Oncology,
Georgia Cancer Center for Excellence at
Grady Memorial Hospital
Chair, the Louisa and Rand Glenn Family
Chair in Breast Cancer Research
Director, Translational Breast Cancer
Research Program, Emory Winship Cancer
Institute
Director, Hematology and Medical Oncology
Fellowship Program, Emory University School
of Medicine
Medical Director, Emory Breast Center

Alison Petok, MSW, LSW, MPH

Social Worker, Department of Medical
Oncology, Kimmel Cancer Center
Thomas Jefferson University Hospital

Howard M. Rice

President, Howard Rice Company
Professor, School of Communication, Temple
University

Kanu P. Sharan, MD

Assistant Professor, Hematology/Oncology,
MD Anderson Cancer Center at Cooper

Karen Sudders MS, RD, LDN, CSO

Nutrition/ Lead Clinical Oncology Dietitian,
Cancer Treatment Centers of America®

Faith (Fay) Young, MD

Associate Professor, Thomas Jefferson
University Hospitals
Kimmel Cancer Center Medical Oncology,
Palliative Care

Additional Resources



PUBLICATIONS

Brochures focusing on your unique concerns as a woman
living with metastatic breast cancer:

Guide for the Newly Diagnosed

Reviews metastatic breast cancer basics, its impact and
where to find information and support

In partnership with the Metastatic Breast Cancer Network

Managing Stress and Anxiety

Coping and support information

Understanding Palliative Care

The role of palliative care in treatment planning

*Single copies are FREE. Larger orders are also available for healthcare
providers for a small shipping and handling fee. To order, visit lbcc.org
or call (855) 807-6386.*



BREAST CANCER HELPLINE

Call toll-free today: (888) 753-LBBC. Our helpline
volunteers offer peer support, information and
hope in a confidential setting.

Registration Form

THERE ARE FOUR WAYS TO REGISTER

- 1 Online at lbbc.org
- 2 Fax form to (610) 645-4573
- 3 Call (855) 807-6386
- 4 Mail form to Annual Conference for Women Living with Metastatic Breast Cancer, 354 West Lancaster Ave., Suite 224, Haverford, PA 19041

- ☐ I/We want to attend!
- ☐ I/We can't attend but add me/us to LBBC's mailing list.

Please use additional paper if necessary

FIRST NAME	MIDDLE INITIAL	LAST NAME	SUFFIX/DEGREE	
ORGANIZATION/COMPANY NAME (IF APPLICABLE)				
ADDRESS				
CITY	STATE	PROVINCE	ZIP	COUNTRY
E-MAIL		PHONE (H)	(W)	

How did you hear about the conference? _____

INDICATE YOUR CHOICE FOR WORKSHOP SESSIONS

Session One (Sat. 11:15 a.m. – 12:30 p.m.)	A	B	C	D	E	F
Session Two (Sat. 1:45 p.m. – 3:00 p.m.)	G	H	I	J	K	
Session Three (Sun. 9:15 a.m. – 10:30 a.m.)	L	M	N			

PLEASE ANSWER THESE OPTIONAL QUESTIONS TO HELP US SERVE YOU BETTER.

- Have you been diagnosed with breast cancer?
☐ Yes ☐ No
- Have you been diagnosed with metastatic (Stage IV) breast cancer? ☐ Yes ☐ No
- Were you diagnosed with breast cancer before age 45? ☐ Yes ☐ No
- Are you a Healthcare Professional? ☐ Yes ☐ No

- ☐ I would like to be a Guardian Angel.
My contribution of \$300 will cover my fee and registration fees for three women in need.

- Would you like to receive information from LBBC by standard mail? ☐ Yes ☐ No
- Would you like to receive information from LBBC by e-mail? ☐ Yes ☐ No

- \$_____ for _____ attendee(s) at \$75 each
- \$_____ Guardian Angel(s) at \$300 each
- \$_____ tax-deductible contribution to LBBC
- Total enclosed \$_____
- ☐ By check: payable to Living Beyond Breast Cancer
- ☐ By credit card: ☐ Visa ☐ MasterCard ☐ AmEx ☐ Discover

CARD NUMBER	
SECURITY CODE	EXP. DATE
SIGNATURE	



354 W Lancaster Avenue | Suite 224
Haverford, PA 19041

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**List complete as of 3/3/2014*

Presenting



Title

