2016 LIVING BEYOND BREAST CANCER CONFERENCE

Individual Treatments, Shared Experiences

Friday, September 23 – Sunday, September 25, 2016
Pennsylvania Convention Center  1101 Arch St, Philadelphia, PA

Conference Program

lbcc.org/2016conference
Treating the Whole You!

During the conference, we encourage you to Facebook, Tweet and Instagram your favorite conference moments using our hashtag #LBBCconf2016!

Post photos, videos and updates about what you learn and the people you meet throughout the day.

Living Beyond Breast Cancer
@LivingBeyondBC
@livingbeyondbc

Photo and Video Disclaimer
Living Beyond Breast Cancer staff and a professional photographer will be shooting video and taking photos throughout the weekend. Your presence acknowledges the understanding that video and/or photos of you taken during this conference may be used by Living Beyond Breast Cancer in future marketing and education materials.
Welcome!

On behalf of the staff and board of Living Beyond Breast Cancer, welcome to 2016 Living Beyond Breast Cancer Conference: Individual Treatments, Shared Experiences.

A breast cancer diagnosis requires more than just having the facts. To make the best decisions for your treatment and your life, you want information that helps you understand your options and the possible side effects.

At the 2016 Living Beyond Breast Cancer Conference you will not only get the unique medical information you seek for your specific type of breast cancer, but you have the chance to connect with other women and men who share your concerns and understand.

Getting good care means knowing where to find help and support, for yourself and for those who love you. And it means caring for yourself as a whole person—understanding how cancer impacts you physically, emotionally and spiritually.

This weekend is about you, the whole you.

- Attend sessions that focus on your type and stage of breast cancer to learn the latest information
- Ask your questions! Ask the experts as well as other conference attendees
- Share your story, tips and advice with others
- Meet new people and make connections

Being diagnosed with breast cancer is an experience that impacts everyone differently. The support of a community — you, your friends and family, your healthcare providers and organizations like Living Beyond Breast Cancer — can help. Learn from our renowned speakers, compassionate and helpful staff, and each other while you’re here. Return to LBBC.ORG afterwards to listen to recordings of the sessions.

We look forward to sharing the next few days with you.

Warm regards,

Catherine L. Ormerod, MSS, MLSP
Vice President, Programs & Partnerships
Living Beyond Breast Cancer

THANK YOU!

We would like to thank our sponsors and partner organizations who have made it possible to hold this conference, with special recognition to Triple Negative Breast Cancer Foundation for their partnership on the sessions dedicated to triple-negative breast cancer (TNBC), their generous support of travel grants for those who have been diagnosed with TNBC and sponsorship of Shimmer & Shine: A Fashion & Beauty Soiree.
The Grand Hall is located on the 2nd Level of the Convention Center. Directions will be provided onsite.
Friday, September 23
Loews Philadelphia Hotel

5:30 – 6:30 p.m.
Young Women’s Initiative Happy Hour
Join other young women diagnosed with breast cancer under the age of 45 and their caregivers for discounted drinks and complimentary appetizers!
(Bank & Bourbon Restaurant)

7:00 – 9:00 p.m.
Early Check-in and Shimmer & Shine: A Fashion and Beauty Soiree
Get fashion and beauty tips from our fabulous partners while enjoying refreshments and meeting new people during this special beauty event and reception. Get checked in for the conference ahead of the crowd.
(Millennium Hall & Foyer)

Saturday, September 24
Pennsylvania Convention Center

8:30 – 9:30 a.m.
Registration, Continental Breakfast and Visit With Exhibitors
(12th Street Foyer)

9:30 – 9:45 a.m.
Conference Welcome, Video Presentation and Introductions
(Meeting Room 103 A-C)

9:45 – 11:00 a.m.
Opening Keynote and Q&A
Healthy Eating for Everyday Life
Pallav K. Mehta, MD
Why Nutrition Matters
Dr. Ro, America’s Nutrition Coach

11:00 – 11:30 a.m.
Break, Networking and Visiting With Exhibitors
(12th Street Foyer)

11:00 a.m. – 2:00 p.m.
Book Signing with Dr. Mehta and Dr. Ro
(12th Street Foyer)

11:30 a.m. – 12:45 p.m.
Breakout Sessions: Part One

12:45 – 2:00 p.m.
Lunch
(Meeting Room 103 A-C)

2:15 – 3:30 p.m.
Breakout Sessions: Part Two

3:30 – 4:00 p.m.
Break, Networking and Visiting With Exhibitors
(12th Street Foyer)

4:00 – 5:00 p.m.
Afternoon Keynote and Q&A
Inside Out: Building Better Body Image
Sabitha Pillai-Friedman, PhD, LCSW, CST
(Meeting Room 103 A-C)

5:00 – 6:00 p.m.
End of Day Reception
(12th Street Foyer)

Sunday, September 25
Pennsylvania Convention Center

8:30 – 9:00 a.m.
Continental Breakfast
(Meeting Room 103 A-C)

9:00 – 9:15 a.m.
Morning Remarks
(Meeting Room 103 A-C)

9:15 – 10:30 a.m.
Closing Keynote and Q&A
Building and Restoring Physical Fitness After Breast Cancer
Joni Miller, PT, DPT, CLT
Brianna Obert, MSPT, CLT, RYT
(Meeting Room 103 A-C)

10:45 – 11:45 a.m.
Group Yoga Class
(Grand Hall)

11:45 a.m. – 12:45 p.m.
Closing Reception
Refreshments, Announcement of Raffle Prize Winners, Travel Grant Check-out and Closing Remarks
(12th Street Foyer)

Post-program resources including select audio and presentation materials will be available on LBBC.ORG following the conference.
OPENING KEYNOTE AND Q&A | 9:45 - 11:00 a.m.

Healthy Eating for Everyday Life
(Meeting Room 103 A-C)

In this special presentation, Pallav K. Mehta, MD will share current research on the role nutrition plays in breast cancer and Dr. Ro, America’s Nutrition Coach, will join us to discuss practical tips to make healthy eating an everyday habit.

Why Nutrition Matters

Pallav K. Mehta, MD

With so much information out there on nutrition and healthy survivorship for women affected by breast cancer, how do you make sense of the research and apply it to your everyday? Dr. Mehta will provide you with useful information to help you make healthy lifestyle decisions and feel your best.

You Can Do It: Removing the Roadblocks to Healthy Eating

Dr. Ro, America’s Nutrition Coach

Knowing what kind of food to eat and lifestyle habits to adopt after a breast cancer diagnosis is sometimes easier said than done! Dr. Ro will explore the challenges of healthy eating and living and help you find your way to a healthier diet and lifestyle.

BREAKOUT SESSIONS: PART ONE | 11:30 A.M. – 12:45 P.M.

A Medical Update Just for You: Hormone Receptor-Positive & HER2-Positive Breast Cancer
(Meeting Room 104 A)

Jennifer L. Armstrong, MD
Paoli Hematology/Oncology Associates

This session will provide a look at the latest targeted therapy research and help you understand how it applies to your own care and ongoing health concerns. Learn to navigate your treatment options and live well during and after breast cancer.

A Medical Update Just for You: Triple-Negative Breast Cancer
(Meeting Room 107 B)

Melinda Telli, MD
Stanford University School of Medicine

As someone diagnosed with triple-negative breast cancer, you may have specific concerns about treatment options, chemotherapy side effects and risk of recurrence. During this session, explore your unique needs as you cope with TNBC, gain insight into promising new research and learn how you can influence the future of care for people with triple-negative disease.

* If you have been diagnosed with metastatic triple-negative breast cancer, see workshop C.
A Medical Update Just for You: Metastatic Breast Cancer
(Meeting Room 104 B)
Elizabeth Comen, MD
Medical Oncologist
Memorial Sloan Kettering Cancer Center
Learn about the latest metastatic breast cancer research for each type of breast cancer and hear about the breakthroughs that are creating more options for stage IV disease.

Genetic Testing Today: What Genes Can Tell Us
(Meeting Room 106 B)
Kara N. Maxwell, MD, PhD
Instructor of Medicine
University of Pennsylvania
This session will help you understand genetic risk for breast cancer and the genetic counseling process. Learn about the pros and cons of genetic testing and how test results can help you make informed treatment decisions.

Making Decisions About Hormonal Therapies as a Young Woman: Side Effects, Cost and Treatment Decisions
(Meeting Room 105 A)
Marisa Gefen, MD
Medical Director
CityLife Neighborhood Clinics
Lori B. Ranallo, RN, MSN, ARNP-BC, CBCN
Breast Oncology Nurse Practitioner
University of Kansas Cancer Center
Five years? Ten years? Ovarian Suppression? Sexual side effects. Weight gain. Early menopause. Huge copays. Future fertility. During this interactive discussion group, young women diagnosed with hormone receptor-positive breast cancer will discuss the unique challenges related to hormonal therapies. Come and share tips for managing side effects, navigating the complex costs of these treatments and strategies for making challenging treatment decisions.

Taking Care of You: Self-Care for Caregivers
(Meeting Room 106 A)
Gregory D. Garber, MSW, LCSW
Director of Oncology Support Services
Sidney Kimmel Cancer Center at Thomas Jefferson University
Caring for yourself is one of the most important things you can do as a caregiver. When your needs are taken care of, you can better care for those who need you. Join this session to learn self-care strategies and strengthen your ability to cope with the demands of caregiving.

Survivorship: Living Your Best Life
(Meeting Room 105 B)
Jacci Thompson-Dodd, MA, MSSS, LASW, OSW-C
Founder & CEO
WeSpeakLoudly, LLC
Living with a history of breast cancer can impact your emotional, physical and everyday life after diagnosis. Join this session to explore this new chapter and gain new insights on being a thriver after breast cancer.
**Metastatic Triple-Negative Breast Cancer: An In the Round Discussion**

(Meeting Room 106 A)

Melinda Telli, MD
Stanford University School of Medicine

In this interactive session, hear from our guest speaker about the latest research to improve treatment options and quality of life, explore the unique challenges that you face as a person living with metastatic TNBC and share strategies for improving physical and emotional wellbeing.

**Let’s Talk: Living With Triple-Negative Breast Cancer**

(Meeting Room 104 B)

Allison Nilsen, MSW, LCSW
Medical Social Worker
Celtic Healthcare

A triple-negative breast cancer diagnosis changes you, your relationships and sometimes even your life’s direction. This lively group discussion will provide you a forum to talk about the challenges of living with a history of TNBC including managing fear of recurrence, coping with treatment side effects and juggling life’s demands during and after treatment. A meditation exercise will close the session as a take-home tool to help you find your center, gain balance and ease anxiety anywhere, anytime.

**A Panel Perspective: Breast Reconstruction**

(Meeting Room 104 A)

R. Brannon Claytor, MD, FACS
Plastic Surgeon
Claytor/Noone Plastic Surgery Institute

William L. Scarlett, DO, FACS, FACOS, FAACS
Plastic and Reconstructive Surgeon
Bucks County Aesthetic Center

Panelists: Charmaine Chan, DO; Helen Cooke and Jackie Roth

Breast reconstruction is a personal and complex choice. This session will feature a Q&A discussion between plastic surgeons that use today’s top breast reconstruction techniques, women who have made decisions about rebuilding their breasts and you.

**Everyday Money: Breast Cancer’s Impact on Your Finances**

(Meeting Room 105 A)

Joanna L. Fawzy Morales, Esq.
CEO
Triage Cancer

The impact of breast cancer is felt in your wallet, too. This workshop will focus on the hidden and not-so-hidden costs of breast cancer, including how to get the most out of your health insurance, ways to reduce expenses and how to access financial assistance programs and services.
Survivorship: Managing Long-term Physical Side Effects
(Meeting Room 105 B)
Lori B. Ranallo, RN, MSN, ARNP-BC, CBCN
Breast Oncology Nurse Practitioner
University of Kansas Cancer Center
Breast cancer treatment can have a long standing impact on your health and well-being. From weight gain to fatigue, lymphedema to bone health, this session will provide an update on the latest methods to manage these long-term physical side effects, and more.

Managing Emotions With Mindfulness Meditation
(Meeting Room 107 B)
Caroline Peterson, ATR-BC, LPC
Director, Springboard Studio
Supportive Care Team, Abramson Cancer Center at Pennsylvania Hospital/Penn Medicine
Whether you are newly diagnosed, in treatment, living with metastatic breast cancer or are years beyond treatment, mindfulness meditation can teach you how to live in the present, manage fears and find peace with the things you can’t control. Join this interactive session to learn more about mindfulness meditation and try guided exercises with our instructor.

From the Lab to the Clinic: What You Need to Know About FDA Approval
(Meeting Room 106 B)
Joe Reynolds, PhD
Clinical Science and Drug Development
Merrimack
Nicholas K. Tonks, PhD, FRS
Cold Spring Harbor Laboratory
Have you ever wondered how a medicine makes it from clinical trial to the market? Learn about the FDA approval process, the challenges it faces and what you can do to accelerate approval and access for all.

AFTERNOON KEYNOTE AND Q&A  |  4:00 – 5:00 p.m.
Inside Out: Building Better Body Image
Sabitha Pillai-Friedman, PhD, LCSW, CST
(Meeting Room 103 A-C)
The relationship we have with our bodies is a complicated one, made even more complex by breast cancer. Learn about the issues that influence body image before, during and after breast cancer, hear about ways to improve self-love and acceptance, discuss your concerns and share go-to tips with others.
Things to discuss with my doctor
CLOSING KEYNOTE AND Q&A | 9:15 – 10:30 a.m.

Building and Restoring Physical Fitness After Breast Cancer
Joni Miller, PT, DPT, CLT
Brianna Obert, MSPT, CLT, RYT
(Meeting Room 103 A-C)

Research shows exercise can make you feel more energetic and ease side effects. Explore the benefits of exercise after a breast cancer diagnosis and hear about safe ways to maintain strength and flexibility and improve overall strength and well-being.

Group Yoga Class
11:00 – 11:45 a.m.
Instructors: Shari Brooks, Kathy DiGiorgio, Lorenita Lucas & Megan Do Nascimento
(Grand Hall)

End your conference weekend with a group yoga class to center your body, mind and spirit. This class is suitable for all levels. A limited number of yoga mats will be available, but we encourage you to bring your own mat if you can.
Dr. Ro, *America’s Nutrition Coach*

TV Host, Medical Advisory Board Member of Dr. Oz Show

Author, *Dr. Ro’s Final 15: 15 Servings, 15 Pounds, 15 Days*

Rovenia M. Brock, MS, PhD is an award-winning health journalist and TV personality known for her easy-to-apply diet, fitness, and health advice for women and families. Her latest book, *Dr. Ro’s Final 15: Eat 15 Servings, Lose 15 Pounds at a Time* is due out by the end of 2016.

Dr. Ro has been a leading nutrition coach for over two decades, and named by *More* and *Shop Smart* magazines as one of the nation’s top five nutritionists. She penned a health column *America’s Nutrition Coach*, for the National Newspaper Publishers Association, which was distributed to 200 African American newspapers nationwide. Dr. Ro has served as the resident nutritionist and blogger for iVillage.com, the leading online health source for women and families, and is on the *Ebony* Power 100 List of the Most Influential African Americans in the U.S. (2010 and 2011). She is the Dr. Oz Show Nutrition Coach who helped over a half-million Americans lose more than 5 million pounds and serves on the medical advisory board for the Dr. Oz Show.

Pallav K. Mehta, MD

Director of Integrative Oncology
MD Anderson Cancer Center at Cooper

Pallav K. Mehta, MD, is an attending physician in the division of hematology/oncology at MD Anderson Cancer Center at Cooper. He is a medical oncologist/hematologist with expertise in breast cancer and integrative oncology practicing in the Philadelphia area. He is board certified in internal medicine, medical oncology, hematology and integrative medicine, and has been the cancer liaison physician to the Commission on Cancer (CoC).

Dr. Mehta has served as a local principal investigator and developed a broad integrative medicine initiative aimed at people with cancer. He recently co-authored a book, *After Cancer Care*, on exercise, nutrition and stress modification in people with cancer. He is a member of Living Beyond Breast Cancer’s Board of Directors.

Joni Miller, PT, DPT, CLT

Physical Therapist
Oncology Rehab

Joni Miller, PT, DPT, CLT is focused on leading the oncology-based exercise program for Oncology Rehab in Denver, Colorado. Through her exercise therapies she addresses many symptoms experienced by cancer patients with all diagnoses. She is also well versed in treating people with breast cancer and lymphedema in the legs. Her passion for oncology rehabilitation stems from her personal experience with her family members’ fight with the disease. Ms. Miller is a certified lymphedema therapist.

Brianna Obert, MSPT, CLT, RYT

Physical Therapist, Oncology Rehab
Certified Yoga Instructor

Brianna Obert, MSPT, CLT, RYT offers therapeutic group yoga classes with a focus on stress relief at Oncology Rehab. She also offers one-on-one treatment sessions using yoga therapy with a focus on emotional and spiritual healing for those who need more than just physical care during or after the cancer process.

Sabitha Pillai-Friedman, PhD, LCSW, CST

Professor, Psychotherapist and Sex Therapist
Associate Professor, Center for Human Sexuality Studies
Widener University

Sabitha Pillai-Friedman, PhD, LCSW, CST has been a psychotherapist for nearly 20 years and has a wealth of experience working with individuals and couples in all stages of the life cycle. She is an assistant professor in the Center for Human Sexuality Studies at Widener University in Chester, Pennsylvania. Dr. Pillai-Friedman is a highly competent and compassionate psychotherapist. Her areas of specialty include couples communication, sex therapy, post-partum adjustment of couples, aging, dual-career relationships, cross-cultural and interfaith relationships. She works effectively with heterosexual and gay couples.

Dr. Pillai-Friedman has specialized training in EMDR (Eye Movement Desensitization and Reprocessing), guided imagery and mindfulness. She uses these alternative therapies, in addition to traditional therapies, to treat various emotional issues, trauma and sexual difficulties. Dr. Pillai-Friedman is a licensed clinical social worker. She is also an AASECT (American Association of Sex Educators Counselors and Therapists) certified sex therapist and an AASECT approved supervisor.
Guest Speakers and Panelists

Jennifer L. Armstrong, MD
Paoli Hematology/ Oncology Associates

R. Brannon Claytor, MD, FACS
Plastic Surgeon
Claytor/Noone Plastic Surgery Institute

Elizabeth Comen, MD
Medical Oncologist
Memorial Sloan Kettering Cancer Center

Joanna L. Fawzy Morales, Esq.
CEO
Triage Cancer

Gregory D. Garber, MSW, LCSW
Director of Oncology Support Services
Sidney Kimmel Cancer Center at Thomas Jefferson University

Marisa Gefen, MD
Medical Director
CityLife Neighborhood Clinics

Kara N. Maxwell, MD, PhD
Instructor of Medicine
University of Pennsylvania

Allison Nilsen, MSW, LCSW
Medical Social Worker
Celtic Healthcare

Caroline Peterson, ATR-BC, LPC
Director, Springboard Studio
Supportive Care Team, Abramson Cancer Center at Pennsylvania Hospital/Penn Medicine

Lori B. Ranallo, RN, MSN, ARNP-BC, CBCN
Breast Oncology Nurse Practitioner
University of Kansas Cancer Center

Joe Reynolds, PhD
Clinical Science and Drug Development
Merrimack

William L. Scarlett, DO, FACS, FACOS, FAACS
Plastic and Reconstructive Surgeon
Bucks County Aesthetic Center

Melinda Telli, MD
Stanford University School of Medicine

Jacci Thompson-Dodd, MA, MSSS, LASW, OSW-C
Founder & CEO
WeSpeakLoudly, LLC

Nicholas K. Tonks, PhD, FRS
Cold Spring Harbor Laboratory
Weekend Activities—Special Events

Friday
Young Women’s Initiative Happy Hour
5:30 – 6:30 p.m.
(Bank & Bourbon Restaurant, Loews Philadelphia Hotel)
Join other young women diagnosed with breast cancer under the age of 45 and their caregivers for discounted drinks and complimentary appetizers!

Shimmer & Shine:
A Fashion and Beauty Soiree
7:00 – 9:00 p.m.
(Millennium Hall & Foyer, Loews Philadelphia Hotel)
Get fashion and beauty tips from our fabulous partners while enjoying refreshments and meeting new people during this special beauty event and reception.

Saturday
Book Signing with
Dr. Mehta and Dr. Ro
11:00 – 2:00 p.m.
(12th Street Foyer, Convention Center)
After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients after Cancer
by Pallav K. Mehta, MD
$22.99
Dr. Ro’s Final 15: Eat 15 Servings a Day, Lose 15 Pounds at a Time*
by Dr. Ro, America’s Nutrition Coach
$29.99
Book sales courtesy of Penn Book Center.

End of Day Reception
5:00 – 6:00 p.m.
(12th Street Foyer, Convention Center)
End your day with fruit infused water and other light fare. Visit with exhibitors, enter to win raffle prizes and chat with friends.

Sunday
Group Yoga Class
10:45 – 11:45 a.m.
(Grand Hall, Convention Center)
End your conference weekend with a group yoga class to center your mind and spirit. Suitable for all levels. A limited number of yoga mats will be available.

Closing Reception
11:45 – 12:45 p.m.
(12th Street Foyer, Convention Center)
Join us for announcement of raffle prize winners and refreshments before heading home.

*Dr. Ro’s new book Dr. Ro’s Final 15: Eat 15 Servings a Day, Lose 15 Pounds at a Time will be published at the end of the year. Order your advance copy and it will be sent to you via mail by January 15, 2017. Dr. Ro will sign stickers which can be placed in your book upon arrival. Shipping fees are included in the price of the book.
Visit with our conference exhibitors on Saturday from 8:30 a.m. – 6:00 p.m.

AbbVie
Against the Wind Dragon Boat
AnaOno
AstraZeneca
Beau Institute
Bessie’s Journey, Inc.
Boiron
Cancer Support Community Greater Philadelphia
Cancer Today Magazine
Cancer Treatment Centers of America
Casting for Recovery, Inc.
Celgene
Eisai
Fifth Season Financial
FORCE
Foundation Medicine Inc.
Genevieve’s Helping Hands, Inc.
Gifts by Design
Hope Afloat USA
Jane Iredale
Jay Ann Intimates
Kitt Allan, Inc.
Lilly Oncology
Living Beyond Breast Cancer
Lymphedivas
Medivation
Mentor
Merrimack
The Molly Project
Myriad
Novartis
Pfizer
Pieces of Energy
Pink Perfect Adhesive Nipple Prosthesis
Sharsheret
The Survivor Kit: Cancer Doesn’t Have Any Hold on Me!
Triple Negative Breast Cancer Foundation
Young Survival Coalition
Your Health Solution

Passport
Get your exhibitor passport stamped by all exhibitors and enter to win a Philadelphia gift basket! The winner will be announced during the Closing Reception on Sunday.

Raffle Prizes
You have to play to win! Conference raffles include:
- Gift Basket from The Peabody Memphis Hotel
- Gift Basket from Memphis Travel
- Gift Basket from Jane Iredale
- Gift Basket from CalExotics
- Gift Basket from Shimmer & Shine shops

Raffle tickets sold at LBBC’s exhibit table. Winners will be pulled at the Closing Reception at noon on Sunday.

$2 per ticket or 3 tickets for $5. Raffle proceeds directly support LBBC’s programs and services for individuals affected by breast cancer.

Good luck and thank you for your support!

Thank you to each of our sponsors, exhibitors, in-kind donors and community partners for supporting this program. A very special thanks to all of our volunteers who gave so freely of their time and energy to make this conference possible.

Save the Date!
FRIDAY, OCTOBER 6 – SUNDAY, OCTOBER 8, 2017

LIVING BEYOND BREAST CANCER
With you, for you.

2017 LIVING BEYOND BREAST CANCER CONFERENCE
The Peabody Memphis | Memphis, TN