

10TH ANNUAL CONFERENCE

Thriving Together

2016 Conference on
Metastatic Breast Cancer

Friday, April 8 – Sunday, April 10, 2016

Sheraton Philadelphia Society Hill Hotel • 1 Dock Street, Philadelphia, PA



CONFERENCE PROGRAM



With you, for you.

 Living Beyond Breast Cancer

 @LivingBeyondBC

 @livingbeyondbc

Share your Favorite Conference Moments using #Thriving2gether

During the conference, we encourage you to Facebook, Tweet and Instagram your favorite conference moments using our hashtag #Thriving2gether!

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

 Living Beyond Breast Cancer

 @LivingBeyondBC

 @livingbeyondbc



Gain Knowledge. Empower Each Other. Thrive Together.



Photo and Video Disclaimer

Some sessions will be streamed live and available for viewing on LBBC.ORG. In addition, 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 **Thriving Together: 2016 Conference on Metastatic Breast Cancer**.

Gain Knowledge

Now in its 10th year, the Metastatic Breast Cancer Conference is the place for you to hear from the nation's top medical and health professionals about the latest medical advances. From new treatments to the use of social media as support, you'll find sessions for all your interests and needs.

In 2006 we released our groundbreaking report, *Silent Voices: Women With Advanced (Metastatic) Breast Cancer Share Their Needs and Preferences for Information, Support and Practical Resources*. In recognition of this milestone, we hope you will join us as we reflect on what we've learned over the last 10 years and where medical research and patient advocacy are headed during our special 10th Anniversary panel discussion **Metastatic Breast Cancer: Yesterday's Lessons, Tomorrow's Progress**.

Empower Each Other

In addition to hearing the latest information; you have the opportunity to connect with hundreds of other people diagnosed with metastatic breast cancer and those who love them. Past conference attendees always comment that it is powerful to connect with others living with this diagnosis. We've created even more ways for you to interact with each other during the weekend. We encourage you to:

- Meet new friends at our Welcome Reception Friday evening
- Drop in, relax and unwind at the LBBC Lounge
- Catch up with familiar faces during one of the Networking Breaks
- Try a wellness activity — choose from yoga, a walking tour, a cooking demo and more!
- Attend the Closing Reception on Sunday

Thrive Together

Living with metastatic breast cancer is an experience that will challenge you. The support of a community — you, your friends and family, your healthcare providers and organizations like LBBC — can help you thrive. Learn from us and each other while you're here, and return to LBBC.ORG to view videos or listen to podcasts of many of the conference sessions.

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

Warm regards,



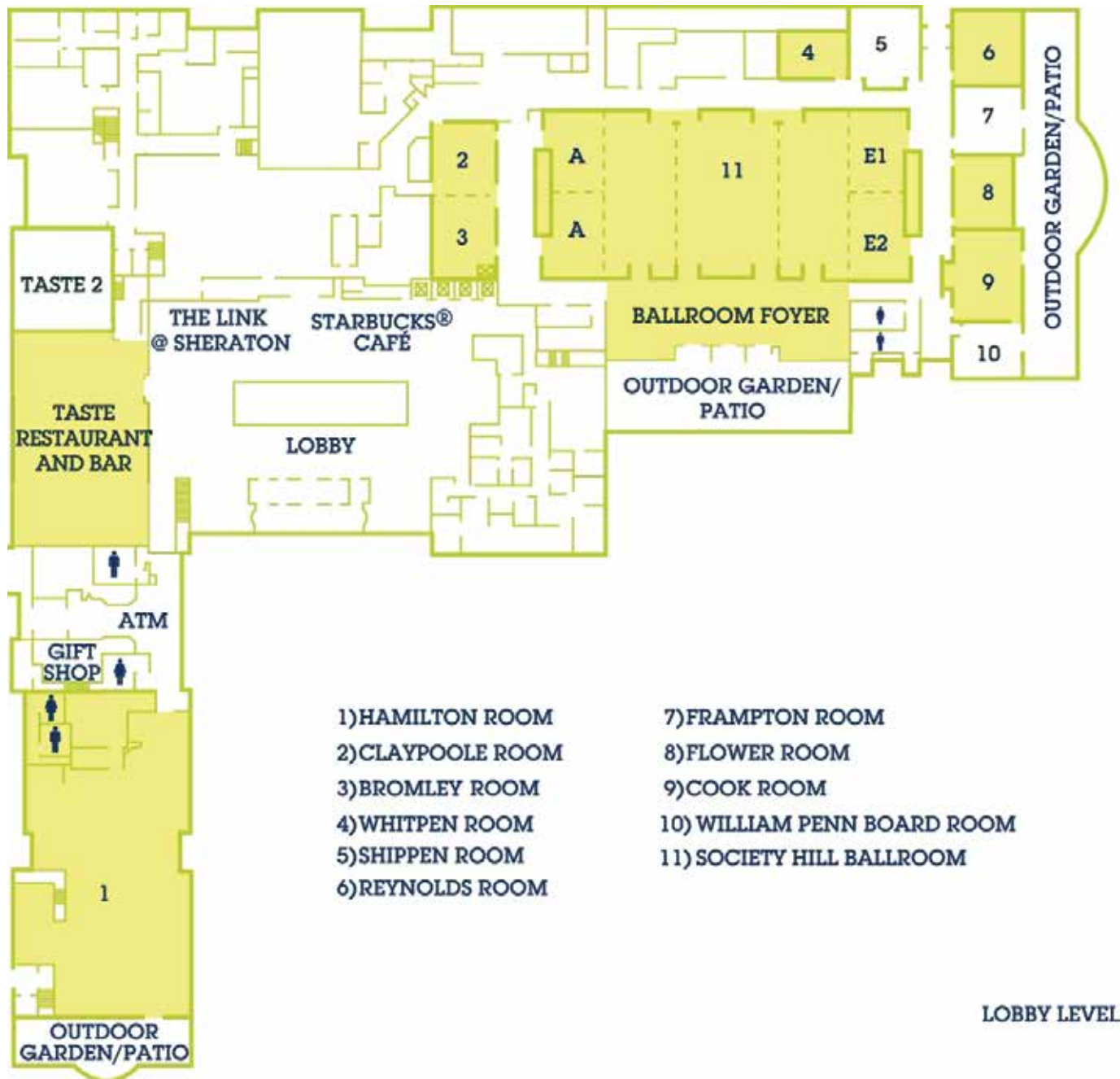
Catherine L. Ormerod, MSS, MLSP
Vice President, Programs & Partnerships
Living Beyond Breast Cancer



Thank you to our sponsors who have made this conference possible; we are very grateful for their support.

If you see a red dot on someone's nametag, please welcome them to their first Metastatic Breast Cancer Conference.

Hotel Map



Agenda

Friday, April 8

5:00 – 6:00 p.m.

New to the Conference?

Attend our First Timers Meetup

Come and meet fellow first time conference attendees to make new friends and plan your conference experience. (LBBC Lounge, located in the Flower Room)

5:00 – 6:00 p.m.

Young Women's Initiative Happy Hour

Join other young women diagnosed with metastatic breast cancer under the age of 45 and their caregivers for discounted drinks and complimentary appetizers! Happy hour will take place at the bar at Taste Restaurant at the Sheraton Philadelphia Society Hill Hotel. (Taste Restaurant, next to the hotel lobby)

6:00 – 7:00 p.m.

Special 10th Anniversary Panel Discussion

Metastatic Breast Cancer: Yesterday's Lessons, Tomorrow's Progress
(Society Hill Ballroom)

7:00 – 9:00 p.m.

Welcome Reception and Early Check-in

Mingle, enjoy refreshments, and get checked in ahead of the crowd!
(Society Hill Ballroom & Foyer)

Saturday, April 9

8:30 – 9:30 a.m.

Registration, Continental Breakfast and Visit With Exhibitors
(Society Hill Ballroom & Foyer)

9:30 – 9:40 a.m.

Conference Welcome and Introductions
(Society Hill Ballroom)

9:40 – 10:45 a.m.

Opening Keynote and Q&A

Today's Research, Tomorrow's Treatments
Carey Anders, MD
(Society Hill Ballroom)

10:45 – 11:15 a.m.

Break, Networking and Visiting With Exhibitors
(Ballroom Foyer)

11:15 a.m. – 12:30 p.m.

Breakout Sessions: Part One

12:30 – 2:00 p.m.

Lunch and Visiting With Exhibitors
(Society Hill Ballroom & Foyer)

2:00 – 3:15 p.m.

Breakout Sessions: Part Two

3:15 – 4:00 p.m.

Mix and Mingle: Refreshments, Break, Networking and Visiting With Exhibitors
(Ballroom Foyer)

4:00 – 5:00 p.m.

Afternoon Keynote Session

Integrative Health: Increasing Vitality Through Mind-Body Awareness and Expressive Journaling
Mary Lou Galantino, PT, MS, PhD, MSCE
(Society Hill Ballroom)

5:00 – 6:00 p.m.

End of Day Reception
(Ballroom Foyer)

Sunday, April 10

7:30 – 8:30 a.m.

Choose from one of our early morning wellness activities to start your day

Early Risers' Yoga Class

Suitable for all levels. Begin your day with this energizing Hatha yoga class
Karen Gagnier, Yoga Instructor
(Hamilton Room)

Walking Tall Together Tour

An all-levels walk through historic Old City Philadelphia. Weather permitting.
Led by Megan Roberts and Lynn Folkman Auspitz, Living Beyond Breast Cancer
(Depart from the Flower Room)

8:30 – 9:15 a.m.

Continental Breakfast
(Society Hill Ballroom)

9:15 – 10:30 a.m.

Breakout Sessions: Part Three

10:30 – 11:00 a.m.

Networking Break
(Ballroom Foyer)

11:00 a.m. – 12:00 p.m.

Closing Keynote and Q&A

Sex and Intimacy
Sage Bolte, PhD, LCSW, OSW-C, CST
(Society Hill Ballroom)

12:00 – 1:00 p.m.

Closing Reception
Refreshments, Announcement of Raffle Prize Winners and Closing Remarks
(Society Hill Ballroom & Foyer)

Post-program resources including select audio, video and presentation materials will be available on LBBC.ORG following the conference.

Saturday, April 9



OPENING KEYNOTE AND Q&A | Saturday, 9:40 – 10:45 a.m.

Today's Research, Tomorrow's Treatments

Carey Anders, MD

Learn about today's clinical trials that will help develop new pathways and strategies to treat and manage metastatic breast cancer tomorrow. Hear research updates for each subtype of metastatic breast cancer, including triple-negative, hormone receptor-positive and HER2-positive.

BREAKOUT SESSIONS: PART ONE | 11:15 A.M. – 12:30 P.M.

A Newly Diagnosed: A Guide Just for You

(Claypool/ Bromley)

Liz Chertow Santarsiero, RN-BC, MSN, CRNP

Learn how to cope with and manage your diagnosis. You will gain confidence to make treatment decisions, better understand the members of your medical team and learn how to use them to get the best care. Get tips for communicating with others about your diagnosis and gain practical tools to help you get your bearings, manage uncertainty and get the support you want in place.

B Brain Mets

(Cook)

Carey Anders, MD and Timothy Zagar, MD

Hear the latest in understanding and treating brain metastases, methods for addressing side effects and maintaining quality of life, and how to make informed decisions as treatment plans evolve.

C Let's Talk About It: MBC and Young Women

(Reynolds)

Pamela Ginsberg, PhD, PC

Join us for a screening of two of LBBC's **Let's Talk About It Videos for Young Women**, followed by facilitated discussion. These short videos feature young women talking about how metastatic breast cancer has impacted their lives and their tips for living. Following the screening, Dr. Ginsberg will lead a discussion on coping with metastatic breast cancer as a young woman and the unique concerns that young women face. To learn more, visit lbbc.org/letstalk.

D Caregiving: Being the Best "You" for the One You Love

(Hamilton)

Katherine Rehm, MSW, LCSW

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

Saturday, April 9

E **Managing Symptoms and Side Effects**

(Society Hill Ballroom, Section A)

Evelyn Robles-Rodriguez, RN, MSN, APN, AOCN

Ongoing treatment and symptoms of disease can cause side effects that affect your quality of life. Learn strategies to manage fatigue, pain, nausea, insomnia, skin changes, neuropathy and more. Share your own tips with others and learn new methods to enhance your quality of life.

Also offered in Breakout Sessions: Part Two

BREAKOUT SESSIONS: PART TWO | 2:00 – 3:15 P.M.

F **Social Media: Sharing Your Story**

(Whitpen)

Josh Fernandez, Living Beyond Breast Cancer

Beth Caldwell, Blogger, The Cult of Perfect Motherhood

Writing about your experience with metastatic breast cancer may benefit you and others. If you have ever thought about starting a blog, or if you are an experienced blogger, join this discussion of the pros, cons and all the “in-betweens” of sharing your breast cancer experience online.

G **Bone Mets**

(Cook)

Shannon Puhalla, MD

Learn about treatment options for breast cancer in the bones. Get strategies to limit side effects, manage bone pain and maintain bone strength. Understand screening tests and get updates on clinical trials studying new treatments and quality of life.

H **Anxiety & Depression**

(Reynolds)

Matthew Doolittle, MD

Hear about research on anxiety and depression among people living with metastatic breast cancer, and what factors could make you more likely to experience them. Learn about emotional support and treatment, and lifestyle changes that can help improve emotional well-being.

I **Five Wishes: Making Your Wishes Known**

(Hamilton)

Lora Rhodes, MSW, LSW

Deemed the “living will with a heart and soul,” the Five Wishes Document includes the legal aspect of a living will and choice of healthcare power of attorney, while addressing comfort care and spirituality needs. In this session you will learn about the document’s five sections, how to complete it as a binding legal document, and get a free copy.

Saturday, April 9

J **Managing Symptoms and Side Effects**

(Society Hill Ballroom Section A)

Evelyn Robles-Rodriguez, RN, MSN, APN, AOCN

Ongoing treatment and symptoms of disease can cause side effects that affect your quality of life. Learn strategies to manage fatigue, pain, nausea, insomnia, skin changes, neuropathy and more. Share your own tips with others and learn new methods to enhance your quality of life.

K **The Role of Testing in Metastatic Breast Cancer**

(Claypool/Bromley)

Ruth Oratz, MD, FACP

Learn about the different types of pathologic, radiologic, genomic and genetic tests your doctor may recommend for you at diagnosis and throughout treatment. Understand how these tests are administered, what they each look at and how they can help guide you when making treatment decisions or monitoring how well treatment is working.



AFTERNOON KEYNOTE | Saturday, 4:00 – 5:00 p.m.

Integrative Health: Increasing Vitality through Mind-Body Awareness and Expressive Journaling

Mary Lou Galantino, PT, MS, PhD, MSCE

The field of integrative health looks at how the experience of a cancer diagnosis impacts multiple domains of health. These domains are often referred to as the biopsychosocial-spiritual model of health and wellness. Meditation and awareness offers a way for us to evaluate, assess and work with all of these domains at the same time. In this session, we will use the model of mindfulness to explore how to evaluate, assess and work with each domain of health through integrative breathing, body scan and journaling.



Sunday, April 10

BREAKOUT SESSIONS: PART THREE | 9:15 – 10:30 A.M.

L Living With Metastatic Breast Cancer: Learning From Each Other

(Society Hill Ballroom Section A)

Guest Panelists: Lynn Bartnicki, Beth Fairchild, Sarita Jordan and Penelope Moy

Guest Expert: Helen L. Coons, PhD, ABPP

Hear from a panel of your peers who have insights to share and who want to hear from you. Panel topics may include: living well with metastatic breast cancer, strategies for managing uncertainty and physical challenges, navigating relationships, communicating with others, and practical tips for coping with every day stress. Listen, learn and share in this interactive session!

M Cooking Well to Feel Well

(Claypool/Bromley)

Facilitators: Ann Ogden Gaffney, President and Founder, Cook for Your LIFE

Angie Marin, Program Director, Cook for Your LIFE

Part cooking demonstration part nutrition lesson, this interactive session will feature the preparation of two breakfast recipes while providing practical tips on meal planning, shopping and using your energy and resources wisely. Learn two, easy-to-make, healthful and flavorful recipes to try at home. Recipe cards and samples will be provided.

N Volunteering: Doing Good to Feel Good

(Reynolds)

Lynn Folkman-Auspitz and Megan Roberts, Living Beyond Breast Cancer

The more you give to others, the more you give to yourself. Volunteering can be one of the most rewarding experiences and may also promote personal wellness. Join us for this interactive workshop and learn how you can apply your individual passion and unique strengths to meaningful volunteer service, including learning more about volunteer opportunities with LBBC.

O Managing Your Finances

(Cook)

Joanna Morales, Esq

Metastatic breast cancer can impact your everyday costs of living, your job and your savings. Join this session to get information on managing out-of-pocket costs like co-pays and prescriptions and understanding your health insurance coverage.



CLOSING KEYNOTE AND Q&A | Sunday, 11:00 a.m. – 12:00 p.m.

Sex and Intimacy

Sage Bolte, PhD, LCSW, OSW-C, CST

Meeting your physical and emotional needs, while managing a long-term health condition, can be challenging. Explore the intimate nature of your well-being and gain practical strategies to connect with your intimate self for greater fulfillment and quality of life, whether partnered or not.

Keynote Speakers



Carey Anders, MD

Associate Professor of Medicine, Division of Hematology Oncology
University of North Carolina at Chapel Hill Lineberger Comprehensive Cancer Center

Carey K. Anders, MD is a clinician-scientist and an associate professor of medicine at the University of North Carolina School of Medicine, a member of both the UNC Lineberger Comprehensive Cancer Center and the UNC Breast Center, co-director of the multidisciplinary brain metastases clinic at UNC, and the leader of the UNC breast cancer clinical trials program. Dr. Anders' research focuses on the biology of triple-negative breast cancer and brain metastases. Her ultimate goal is to uncover genetic and genomic underpinnings of triple-negative breast cancer and brain metastases with the goal of translating findings into rationally-designed therapeutics to treat this aggressive disease.



Sage Bolte, PhD, LCSW, OSW-C, CST

Director
Life with Cancer, Inova Dwight and Martha Schar Cancer Institute

Sage Bolte, PhD, LCSW, OSW-C, CST is a certified sex therapist and oncology certified social worker. Dr. Bolte has written or contributed to several peer-reviewed articles and books, including three chapters in the Oxford Textbook "The Handbook for Oncology Social Work."

She is known nationally for her work and teaching in sexual health and cancer and has worked to collaborate with nursing and social work groups to teach more health care providers how to assess and address the sexual health needs of our patients and their partners.



Mary Lou Galantino, PT, MS, PhD, MSCE

Professor of Physical Therapy
Holistic Health Minor Coordinator, Stockton University School of Health Sciences

Mary Lou Galantino, PT, MS, PhD, MSCE has enjoyed over 30 years of clinical, research and training working with patients diagnosed with chronic diseases. She has extensive experience with the HIV and cancer populations, and has been an advocate locally and nationally for rehabilitation services since the early 1980s. She has received HRSA government grants to service HIV indigent patients in Houston, Texas and Camden, New Jersey and established community based rehabilitation interventions for people living with HIV. She was recently funded by the New Jersey Cancer Consortium for Research exploring the benefits of yoga during chemotherapy for women living with breast cancer.

Dr. Galantino enjoys exploring life through teaching and learning from others and is committed to the integration of evidence based complementary medicine throughout her rehabilitation practice.



Elaine Schattner, MD, MA

Journalist, physician and women's health advocate

Elaine Schattner, MD, MA is a journalist, physician and women's health advocate. Mid-career, she confronted multiple personal health conditions, including breast cancer. Only then did she begin to appreciate how difficult it is for patients to find accurate information, and to navigate care decisions. After studying journalism at Columbia University, she became immersed in the world of social media, cancer advocacy, and patients' viewpoints.

Guest Speakers and Panelists

Dikla Benzeevi

Patient Advocate

Liz Chertow Santarsiero, RN-BC, MSN, CRNP

Account Executive
Foundation Medicine

Helen L. Coons, PhD, ABPP

President and Clinical Director
Women's Mental Health Associates

Matthew Doolittle, MD

Assistant Attending in Psychiatry
Memorial Sloan Kettering Cancer Center

Josh Fernandez

Digital Media Specialist
Living Beyond Breast Cancer

Lynn Folkman-Auspitz

Manager, Community Engagement
Living Beyond Breast Cancer

Karen Gagnier, RYT

Yoga Instructor

Pamela Ginsberg, PhD, PC

Licensed Psychologist
Private Practice

Generosa Grana, MD, FACP

Director, MD Anderson Cancer Center at Cooper
Head, Division of Hematology/Medical Oncology,
Cooper University Hospital
Professor of Medicine, Cooper Medical School
of Rowan University

Angie Marin

Program Director
Cook for Your LIFE

Musa Mayer, MS, MFA

AdvancedBC.org

Joanna Morales, Esq

CEO
Triage Cancer

Ann Ogden Gaffney

President and Founder
Cook for Your LIFE

Ruth Oratz, MD, FACP

Clinical Professor
New York University Langone Medical Center
New York University School of Medicine

Shannon Puhalla, MD

Assistant Professor of Medicine
University of Pittsburgh School of Medicine

Katherine Rehm, MSW, LCSW

Oncology Clinical Social Worker
Sidney Kimmel Cancer Center at
Thomas Jefferson University Hospital

Lora Rhodes, MSW, LSW

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

Megan Roberts

Community Engagement Coordinator
Living Beyond Breast Cancer

Evelyn Robles-Rodriguez, RN, MSN, APN, AOCN

Director, Outreach, Prevention and Survivorship
MD Anderson Cancer Center at Cooper

Jean Sachs, MSS, MLSP

Chief Executive Officer
Living Beyond Breast Cancer

Nikhil Wagle, MD

Assistant Professor of Medicine, Harvard Medical School
Medical Oncologist, Dana Farber Cancer Institute
Associate Member, Broad Institute of MIT and Harvard

Timothy Zagar, MD

Assistant Professor, Departments of Neurosurgery &
Radiation Oncology
Director, CyberKnife Radiosurgery Program University
of North Carolina

Weekend Activities—Special Events

Chair Massage & Wellness Services

Ballroom Foyer

Free chair massages and wellness services will be available Friday evening. Services will be stationed throughout the Ballroom Foyer and will be on a first-come, first-served basis.



Friday

Welcome Reception and Early Check-in

7:00 – 9:00 p.m.

(Ballroom Foyer)

Meet up with other attendees, enjoy light refreshments and check in ahead of the crowd.

Saturday

End of Day Reception

5:00 – 6:00 p.m.

(Ballroom Foyer)

End your day with light appetizers, fruit infused water and friends. Visit with exhibitors, stop by a chair massage station to rejuvenate after a busy day or visit the LBBC lounge to tap into your creativity and learn origami — the Japanese art of folding paper into decorative shapes and figures.

LBBC Lounge

Flower Room

Need a break during the conference?

Stop by the LBBC lounge to connect with some of our Breast Cancer Helpline volunteers, relax and unwind during the following times:

Friday

7:00 – 9:00 p.m.

Saturday

2:00 – 6:00 p.m.

Sunday

Early Risers' Yoga Class

7:30 – 8:30 a.m.

(Hamilton Room)

Suitable for all levels. Begin your day with an energizing Hatha yoga class led by yoga instructor Karen Gagnier.

Walking Tall Together Tour

7:30 – 8:30 a.m.

Departs from Flower Room (Weather permitting)

An all-levels walk through historic Old City Philadelphia. Wear comfortable clothes and walking shoes. Led by Megan Roberts and Lynn Folkman Auspitz, Living Beyond Breast Cancers.

Cook for Your LIFE — Recipe Card Giveaways!

10:30 – 11:00 a.m.

(Ballroom Foyer)

Take time during the networking break to pop over to the Cook for Your LIFE station for recipe cards and healthy eating tips.

Closing Reception

12:00 – 1:00 p.m.

Join us for refreshments, announcement of raffle prize winners and closing remarks.

Exhibitors

Visit with our conference exhibitors on Saturday from 8:30 a.m. – 6:00 p.m.

AbbVie
AstraZeneca
Beautycounter
Cancer Today Magazine
Cancer Treatment Centers of America
Celgene
Eisai
Fifth Season Financial
FORCE: Facing Our Risk of Cancer Empowered
Kitt Allan, Inc.
Lilly
MBCProject
Metastatic Breast Cancer Alliance
Metastatic Breast Cancer Network
METAvivor Research & Support
MET UP
Novartis
Patient Advocate Foundation
Pfizer
Pieces of Energy
SHARE
Sharsheret
Sophia Rose Intimates
Susan G. Komen
Theresa's Research Foundation
Thomas Jefferson University Hospital
Triple Negative Breast Cancer Research Foundation
Young Survival Coalition

List complete as of March 28, 2016

Thank you

to each of our sponsors, exhibitors, in-kind donors and community partners for supporting this program.

A very special thanks to our volunteers who gave so freely of their time and energy to make this conference possible.

Raffle Prizes

You have to play to win! Conference raffles include:

- Philadelphia Themed Gift Basket
- Gift Basket from the Sheraton Philadelphia Society Hill Gift Basket
- Washington DC Themed Gift Basket
- Cal Exotics Gift Basket

Raffle tickets sold at LBBC's exhibit table. Winners will be pulled at the Closing Reception at noon on Sunday, April 10. You must be present to win.

\$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!



Save the Date!

FRIDAY, SEPTEMBER 23 – SUNDAY, SEPTEMBER 25, 2016



**LIVING BEYOND
BREAST CANCER™**

With you, for you.

ANNUAL FALL CONFERENCE

Breast Cancer Today:

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Pennsylvania Convention Center | Philadelphia, PA

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GUARDIAN ANGELS

Libbie Counselman

Kelly Cruz-Brown

Margaret Zuccotti

Thank you to Susan G. Komen, Genentech, Celgene, and Pfizer Oncology for supporting the LBBC Hear My Voice Outreach Volunteer Program.

LIVING BEYOND BREAST CANCER

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Breast Cancer Helpline:
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LBBC.ORG



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