

CONFERENCE PROGRAM



2018 Living Beyond Breast Cancer Conference

Sharing Wisdom, Sharing Strength

Friday, September 28 – Sunday, September 30, 2018

Loews Philadelphia Hotel
1200 Market Street, Philadelphia, PA



With you, for you.

#LBBCconf2018



In partnership with:



Presenting sponsors:



Share Your Favorite Conference Moments Using #LBBCconf2018

During the conference, we encourage you to Facebook, Tweet and Instagram your favorite conference moments using #LBBCconf2018!

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 educational materials.



Welcome!

On behalf of the board and staff of Living Beyond Breast Cancer, welcome to **2018 Living Beyond Breast Cancer Conference: Sharing Wisdom, Sharing Strength.**

One of my favorite things about this conference is that no matter where they are – in the keynote presentations, breakout sessions, networking events or hallways of the conference – people gather to share their wisdom and strength with each other.

Whether you are recently diagnosed with breast cancer, in treatment or years beyond it we encourage you to reach out to the experts *on* breast cancer and the experts *with* breast cancer to ask your questions and share your knowledge.

The community of support here this weekend is comprised of hundreds of women and men who have been diagnosed with breast cancer, family and friends, healthcare professionals, and our exhibitors and sponsors. These people and organizations, along with our program partner Triple Negative Breast Cancer Foundation and the staff of Living Beyond Breast Cancer, are here for you.

Take time this weekend to:

- | Attend sessions that matter to you
- | Ask your questions!
- | Share your story, tips and advice with others
- | Meet new people and make meaningful connections

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

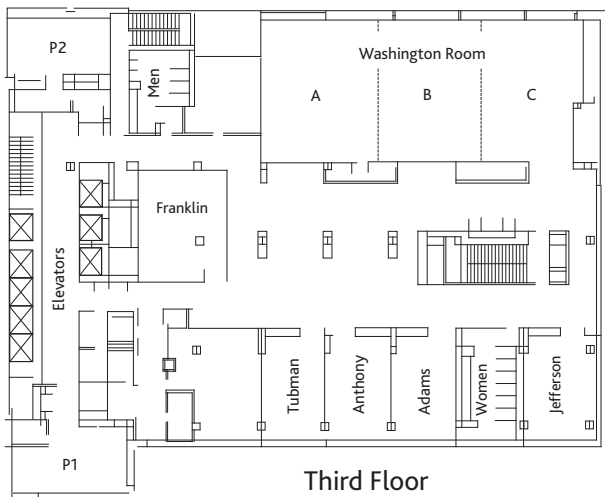
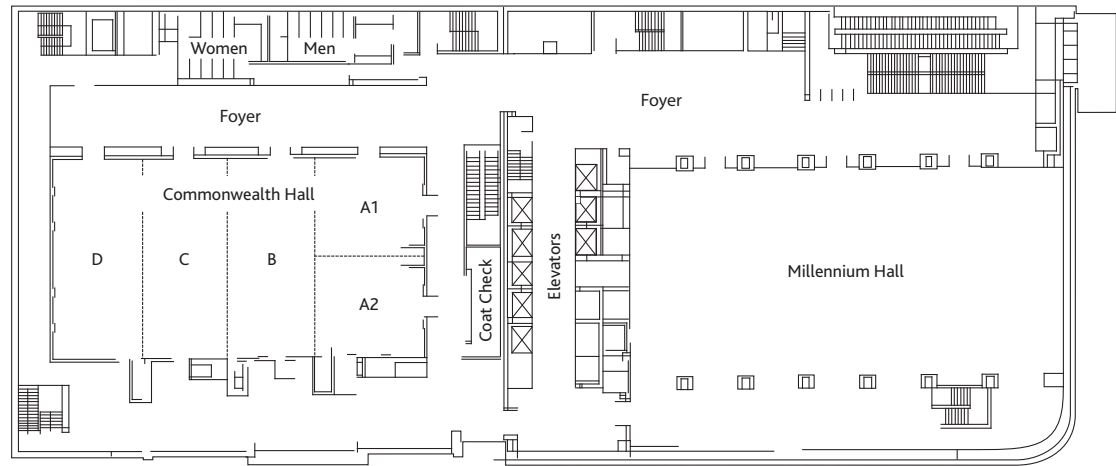


Catherine L. Ormerod, MSS MLSP
Vice President, Programs and Partnerships
Living Beyond Breast Cancer

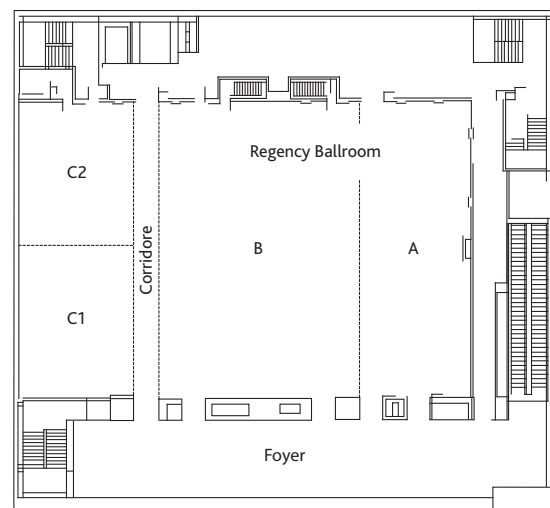


Hotel Map

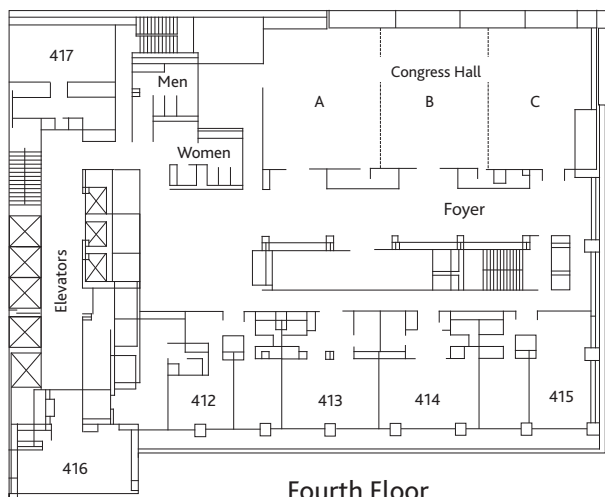
Second Floor



Third Floor



Second Floor Mezzanine



Fourth Floor

Agenda

Friday, September 28

3:00 – 9:00 p.m. Early Registration and Tote Bag Giveaway

Millennium Hall Foyer
(2nd Floor)

Get checked in and receive
your conference goody bag
and name tag!

4:00 – 5:00 p.m.

First-timers Mix 'n Mingle
Congress Hall

New for 2018! Attend this special get-together
to meet other first-time attendees, hear about
conference highlights and learn how to stay
connected throughout the weekend.

5:00 – 7:00 p.m.

Dinner on Your Own

Enjoy dinner in the City of Brotherly Love. Find
a list of nearby restaurants at lbbsc.org/phillyeats.

6:00 – 7:00 p.m.

Young Women's Initiative Happy Hour
Congress Foyer

Join other young women and their caregivers for
discounted drinks and light snacks.

7:00 – 9:00 p.m.

Shimmer & Shine: A Fashion and Beauty Soiree
Millennium Hall

Get fashion and beauty tips from our partners
while enjoying refreshments and meeting new
people during this special event.

Saturday, September 29

8:00 a.m.

Registration
Millennium Hall Foyer

8:00 – 9:00 a.m.

Continental Breakfast and Visit With Exhibitors
Commonwealth Hall/Millennium Hall Foyer

8:30 – 9:00 a.m.

TNBC Morning Meet-Up

A networking opportunity for those diagnosed
with triple-negative breast cancer.
Regency Foyer

9:00 – 9:15 a.m.

Conference Welcome and Introductions
Commonwealth Hall

9:15 – 10:45 a.m.

Opening Keynote and Q & A
Commonwealth Hall

Precision Medicine: Decoding Your Cancer
Kathy D. Miller, MD

10:45 – 11:15 a.m.

Break, Networking and Visiting With Exhibitors
Millennium Hall

11:15 a.m. – 12:30 p.m.

Breakout Sessions: Part One

12:45 – 2:00 p.m.

Lunch, Networking and Visiting With Exhibitors
Commonwealth Hall/Millennium Hall

1:15 – 1:30 p.m.

Volunteer Awards Presentation
LBBC Volunteers in Action and LBBC
Leadership Volunteer Awards Presentation
Commonwealth Hall

2:15 – 3:30 p.m.

Breakout Sessions: Part Two

3:30 – 3:45 p.m.

Coffee and Snack Break, Networking
and Visiting With Exhibitors
Millennium Hall

3:45 – 4:00 p.m.

Welcome Back Remarks
Commonwealth Hall

4:00 – 5:15 p.m.

Afternoon Keynote and Q & A
Commonwealth Hall

Myths & Truths: Nutrition
Julie LG Lanford, MPH, RD, CSO, LDN

5:15 p.m.

End of Day Remarks and Raffles
Commonwealth Hall



Sunday, September 30

8:00 – 9:00 a.m.

Reach & Raise: Thriving Together
Millennium Hall

Join us for an inspirational all-levels yoga class
to refresh and energize as you start your day.

9:00 – 9:30 a.m.

Continental Breakfast
Commonwealth Foyer

9:30 – 9:45 a.m.

Welcome Remarks
Commonwealth Hall

9:45 – 11:15 a.m.

Closing Keynote and Q & A
Commonwealth Hall

Myths & Truths: Fitness and Exercise
Pallav K. Mehta, MD

11:15 a.m.

Closing Conference Remarks
Commonwealth Hall

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

Saturday, September 29



OPENING KEYNOTE AND Q&A

9:15 – 10:45 a.m.

Precision Medicine: Decoding Your Cancer

Kathy D. Miller, MD
Commonwealth Hall

Breast cancer treatment today is no longer one-size-fits all. This approach—often called precision medicine—uses genomic tests to determine what drives the cancer’s growth and which treatments are most likely to halt it. In this keynote, hear about the impact of genomic tests in treating breast cancers of all stages, learn how researchers use these tests and explore the cutting-edge medicines available now, often through clinical trials, based on information gathered from them.

BREAKOUT SESSIONS: PART ONE | 11:15 a.m. – 12:30 p.m.

A. Triple-Negative Breast Cancer: Medical Update

Reshma L. Mahtani, DO
Regency A

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, gain insight into promising new research and learn how you can influence the future of care for people with triple-negative disease.

B. Metastatic Breast Cancer: Medical Update

Kathy D. Miller, MD
Regency B

Learn about the latest medical advances in treating metastatic breast cancer and the research being done to grow treatment options and improve quality of life.

C. What’s New for HER2

Chau T. Dang, MD
Washington A

The development of new targeted therapies has advanced the treatment of HER2-positive breast cancer. Join this session to hear about the latest targeted therapies for early-stage, HER2-positive breast cancer as well as those being used to manage metastatic breast cancer. Hear about the side effects these treatments may cause and how to ease their impact on your quality of life.

D. The Latest Research: Hormonal Therapies

Sameer Gupta, MD, MPH
Regency C

Hormonal therapy is used to reduce the risk of recurrence in early-stage, hormone receptor-positive breast cancer. In this session you will learn how the latest research findings impact you, get an overview of the types of hormonal therapies available, and gain strategies for easing side effects and improving quality of life.

Saturday, September 29

E. Lymphedema: Symptoms, Treatments and Causes

Gina M. Smith, PT, CLT
Washington B

Join this session to learn what lymphedema is and why it is a concern for people diagnosed with breast cancer. Hear about treatments and interventions used today to manage the condition and gain strategies for maintaining quality of life while managing lymphedema.

F. Navigating Work After a Breast Cancer Diagnosis

Christine Q. Brennan
Congress A

Whether you are continuing to work, are considering changing jobs, or are returning to work after treatment, learn how to prepare yourself, what legal protections are available to you, and strategies and tips to create the best work experience possible.

G. Body Image

Pamela Ginsberg, PhD
Washington C

Body image concerns are part of many women's lives. After a breast cancer diagnosis, these issues can become even more prominent, especially for young women. Explore your feelings and how they can differ depending on how you felt about your body before cancer, the stage of life you are in and whether you're single or in a relationship. Learn how to manage these complex feelings and open a new dialogue with yourself about appearance, acceptance and appreciation of beauty.

H. Caregiving

Julie Larson, LCSW
Congress B

A breast cancer diagnosis impacts the whole family and can change the way we take care of ourselves and others. Gain practical tools for self-care and for communicating with your loved one to understand how best to show your care and concern.

BREAKOUT SESSIONS: PART TWO | 2:15 – 3:30 p.m.

I. Triple-Negative Breast Cancer: Early-Stage Discussion Group

Maryrose Mongelli, LMSW
Regency A

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 space to talk about the challenges of living with a history of triple-negative breast cancer, including managing fear of recurrence, coping with treatment side effects and juggling life's demands during and after treatment. Sit back and listen or join the conversation by sharing your own insights in this interactive session, while also learning about the many triple-negative resources available to you.

J. Triple-Negative Breast Cancer: Metastatic Discussion Group

Allison Nilsen, MSW, LCSW
Congress A

Living with metastatic triple-negative breast cancer poses a unique set of challenges. This group discussion, led by a trained oncology social worker, will address the specific needs and concerns of those living with stage IV triple-negative disease. Sit back and listen or join the conversation by sharing your own insights in this interactive session, while also learning about the many resources available to you.

Saturday, September 29

K. Whistle Words: Write to Heal

Charlotte Matthews
Betsy Cox
Regency C

Feeling unmoored? The simple act of writing is a powerful way to reconnect and reclaim your sense of self. Join Charlotte Matthews, co-founder of Whistle Words*, for an insightful, explorative, and fun writing workshop. Walk away with a valuable tool for your ongoing self-care. You do not need to be a “writer”: writing is our tool, not our goal!

*Whistle Words is a multimedia project with women in and post-treatment, offering both in-person and online writing workshops. Betsy Cox, co-founder of Whistle Words and director of Red Spark Films (redsparkfilms.com), is chronicling the project through film, and will ultimately produce a documentary about the process and the writing that results.

L. Fear of Recurrence: Living Well With Uncertainty

Helen L. Coons, PhD, ABPP
Regency B

After an early-stage breast cancer diagnosis, many people experience fear of recurrence, extreme worry that the cancer will come back. Fears may come and go or stay with you. Join this session to explore strategies to help gain control over worry, know your trigger events, and learn how to communicate what you are feeling to loved ones and healthcare providers to get the support you need.

M. Genetic Testing

Jennifer R. Klemp, PhD, MPH, MA
Washington A

Did you know that about 5 – 10 percent of breast cancers are hereditary, caused by abnormal genes passed from parent to child? Join Dr. Klemp to hear some of today’s most compelling information about hereditary breast cancer risks, and learn about the benefits and limitations of genetic testing and how test results can help you make informed decisions.

N. Supporting Children When a Parent Has Cancer

Julie Larson, LCSW
Washington B

From wanting to communicate the “right” things to striving to keep routines on track, many parents worry about how to best support their children after a breast cancer diagnosis. Join this session to learn age-appropriate language to use with your children when talking about your diagnosis and treatment. Gain insight into how children process illness and how you can help your child to cope with their fears. Get practical strategies and explore resources to manage day-to-day matters like school pick-ups, family chores and playdates to make the most of your energy while managing matters of the heart and home.

O. Long-Term Survivorship: Improving Thinking and Memory

Fremonta Meyer, MD
Washington C

You’ve heard it referred to as “chemobrain,” the memory and cognitive challenges that befall some women after treatment. During this session you will learn what current research can tell us about the symptoms and causes of this frustrating side effect, treatments that can help and other factors that can impact the condition.

P. Breast Reconstruction Options

Evan B. Katzel, MD
Michael Ham, MSN, RN, CPAN, CCRN
Congress B

Breast reconstruction is a personal decision. This session will encourage you to explore your options. You’ll hear about the latest techniques, learn about nipple reconstruction and tattoo options and gain a better understanding of the recovery process.



Julie LG Lanford, MPH, RD, CSO, LDN
Commonwealth Hall

Raffle prize winners will be announced at the end of the Afternoon Keynote Session.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Sunday, September 30



REACH & RAISE: THRIVING TOGETHER **8:00 – 9:00 a.m.**

Join us for an inspirational all-levels yoga class to refresh and energize as you start your day. This is a special opportunity to be a part of Reach & Raise, LBBC's signature yoga event in support of those affected by breast cancer. Everyone can participate, regardless of fitness level or experience with yoga.



CLOSING KEYNOTE AND Q & A **9:45 – 11:15 a.m.**

Myths & Truths: Fitness and Exercise

Pallav K. Mehta, MD
Commonwealth Hall

With so much information out there on exercise and what to eat or not to eat, knowing what's hype and what's scientifically proven can be difficult. Hear from Dr. Pallav Mehta about exercise in the second part of this Myths & Truths series, and join dietitian Julie Lanford Saturday afternoon for part one, to learn practical information about diet and nutrition.

Keynote Speakers



Kathy D. Miller, MD

*Ballve Lantero Professor of Oncology and Professor of Medicine
Department of Medicine
Division of Hematology/Oncology
Indiana University School of Medicine*

*Associate Director, Clinical Research
Indiana University Simon Cancer Center
Indiana University School of Medicine*

Kathy D. Miller, MD, is an associate professor and Sheila D. Ward Scholar at Indiana University. She is the author of more than 60 scientific papers, many of which focus on breast cancer biology and treatment. Dr. Miller has a special interest in new cancer treatments, including clinical trials of biologically based therapies. She was a principal investigator for E2100, the first phase III clinical trial in women with metastatic breast cancer to confirm the benefits of anti-angiogenesis, a form of targeted therapy that stops tumors from making new blood vessels. Dr. Miller is a member of LBBC's Medical Advisory Board and speaks frequently for many LBBC programs.



Julie LG Lanford, MPH, RD, CSO, LDN

*Author
cancerdietitian.com*

*Wellness Director
Cancer Services, Inc.*

Julie Lanford MPH, RD, CSO, LDN, is the wellness director for Cancer Services, a nonprofit in Winston-Salem, North Carolina. She is a registered dietitian, licensed nutritionist and board certified specialist in oncology nutrition with over 10 years' experience working in oncology. Ms. Lanford developed cancerdietitian.com, a healthy living website for cancer services that translates evidence-based nutrition guidelines into consumer-friendly messages for everyday life. The site reaches thousands of people across the country interested in cancer nutrition, and covers the most current topics on healthy lifestyle in our culture.

Ms. Landford's passion is wellness for cancer prevention and survivorship, and she specializes in making healthy living fun! She is an active member of the Oncology Nutrition Practice Group of the Academy of Nutrition and Dietetics.



Pallav K. Mehta, MD

*Director of Integrative Oncology
MD Anderson Cancer Center at Cooper*

Pallav K. Mehta, MD, is the director of integrative oncology and director of practice development at the MD Anderson Cancer Center at Cooper in Camden, New Jersey. He is a medical oncologist/hematologist with expertise and interest in breast cancer and integrative oncology and is board certified in oncology, hematology and integrative medicine. He is a member of Living Beyond Breast Cancer's Board of Directors.

Dr. Mehta previously served as the chief of the division of hematology and oncology and the medical director of the Charles A. and Betty Bott Cancer Center at Holy Redeemer Hospital in Meadowbrook, Pennsylvania. He has been the cancer liaison physician to the Commission on Cancer and authored several journal articles and clinical trials, in which he has served as a local principal investigator. He also developed a broad integrative medicine initiative aimed at people with cancer. He is co-author of *After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer*.



Guest Speakers and Panelists

Christine Q. Brennan

Director of Programs
Cancer and Careers

Helen L. Coons, PhD, ABPP

Department of Psychiatry
Anschutz Medical Campus
University of Colorado School of Medicine

Betsy Cox

Producer/Director, Red Spark Films
Co-Founder, Whistle Words

Chau T. Dang, MD

Chief, MSK Westchester Medical Oncology Service
Breast Medicine Service
Memorial Sloan Kettering Cancer Center

Pamela Ginsberg, PhD

Licensed Psychologist
The Farm at Doylestown

Sameer Gupta, MD, MPH

Clinical Assistant Professor
Jefferson Medical College

Attending Physician, Hematology/Oncology
Bryn Mawr Hospital

Michael Ham, MSN, RN, CPAN, CCRN

Medical tattooist
Penn Plastic and Reconstructive Surgery
Penn Medicine & Saule Institute of Tattooing

Evan B. Katzel, MD

Assistant Professor
Penn Plastic and Reconstructive Surgery
Penn Medicine

Jennifer R. Klemp, PhD, MPH, MA

Founder/CEO, Cancer Survivorship Training
University of Kansas Cancer Center

Associate Professor of Medicine
Division of Clinical Oncology
University of Kansas Cancer Center

Director, Cancer Survivorship
University of Kansas Cancer Center

Co-Program, Leader, Cancer Prevention and Survivorship
University of Kansas Cancer Center

Cancer Risk and Genetic Counseling
University of Kansas Cancer Center

Julie Larson, LCSW

Psychotherapist - Speaker/Educator
Private Practice - New York & Iowa

Reshma L. Mahtani, DO

Associate Professor of Medicine
Sylvester Cancer Center
University of Miami

Charlotte Matthews

Associate Professor
University of Virginia
Co-Founder, Whistle Words

Fremonta Meyer, MD

Staff Psychiatrist
Dana-Farber Cancer Institute and Brigham and Women's Hospital

Maryrose Mongelli, LMSW

Women's Cancer Program Coordinator
CancerCare

Allison Nilsen, MSW, LCSW

Medical Social Worker
Celtic Healthcare

Special Events

FRIDAY

First-timers Mix 'n Mingle

4:00 – 5:00 p.m.

Congress Hall

New for 2018! Attend this special get-together to meet other first-time attendees, hear about conference highlights and learn how to stay connected throughout the weekend. Hosted by LBBC staff and a team of LBBC's Leadership Volunteers, you will be welcomed by others who once were new to this conference and now give back by sharing their own personal experiences with breast cancer and sharing LBBC's resources with their local communities.

Young Women's Initiative Happy Hour

6:00 – 7:00 p.m.

Congress Foyer

Join other young women diagnosed with breast cancer under the age of 45 and their caregivers for discounted drinks and light snacks!

Shimmer & Shine: A Fashion and Beauty Soiree

7:00 – 9:00 p.m.

Millennium Hall

Get fashion and beauty tips from our partners while enjoying refreshments and meeting new people during this special beauty event and reception.

Thank you to Eisai for its sponsorship.



SATURDAY

TNBC Morning Meet-Up

8:30 – 9:00 a.m.

Regency Foyer

A networking opportunity for those diagnosed with triple-negative breast cancer.

Volunteer Awards Presentation

1:15 – 1:30 p.m.

Commonwealth Hall

LBBC Volunteers in Action and LBBC Leadership Volunteer Awards Presentation.

SUNDAY

Reach & Raise: Thriving Together

8:00 – 9:00 a.m.

Millennium Hall

Join us for an inspirational all-levels yoga class to refresh and energize as you start your day. This is a special opportunity to be a part of Reach & Raise, our signature yoga event in support of those affected by breast cancer. Everyone can participate, regardless of fitness level or experience with yoga.

THANK YOU

PARTNER



PRESENTING SPONSORS



Exhibitors

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

Against the Wind	Image Reborn Foundation
Amgen	Lilly Oncology
AnaOno	Living Beyond Breast Cancer
AstraZeneca	LymphEDIVAs
Beautycounter	Metavivor
Boiron	Natrelle
Cancer Be Glammed	Novartis
Cancer Today	PA Breast Cancer Coalition
Cancer Treatment Centers of America	Paxman
Casting for Recovery	Pink Wings
Centers for Disease Control and Prevention	Pfizer Oncology
Chico's FAS	Puma Biotechnologies
Complete Shaping	Store My Tumor
Eisai	Surviving Breast Cancer
FORCE	Triple Negative Breast Cancer Foundation
Foundation Medicine	2Unstoppable
Genentech	United Breast Cancer Foundation
Genomic Health	Whistle Words
Immunomedics	Young Survival Coalition

Exhibitor list complete as of September 14, 2018

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.

Exhibitor Bingo

Get your exhibitor bingo card stamped by all exhibitors and enter to win a gift basket! The winner will be announced during the Afternoon Keynote on Saturday afternoon.

Raffle Prizes

You have to play to win!

Conference raffles include:

- | CalExotics Pulsing Intimate Arouser
- | Gift Certificate to the Urban Princess Boutique
- | Kendra Scott Earrings and Chain Bracelet
- | Valley Forge Casino Resort Gift Certificate
- | Whish Holiday Trio Bath Collection
- | White House | Black Market Ladies Wrist Watch

Raffle tickets sold at LBBC's exhibit table. Winners will be pulled at the Afternoon Keynote on Saturday afternoon.

\$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!





LIVING BEYOND BREAST CANCER

40 Monument Road, Suite 104
Bala Cynwyd, PA 19004

Toll Free: (855) 807-6386

Breast Cancer Helpline:
(888) 753-5222

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