



17TH ANNUAL CONFERENCE



LIVING BEYOND
BREAST CANCER®

Thriving Together

2023 CONFERENCE ON METASTATIC BREAST CANCER

APRIL 28-30, 2023

Virtual kick off

Wednesday, April 26, 2023

[LBBC.ORG/METSCONF23](https://lbbc.org/metconf23)

VIRTUAL PROGRAM GUIDE

PRESENTING SPONSORS



Daiichi-Sankyo



Welcome!

I am thrilled to welcome each one of you to Living Beyond Breast Cancer's 17th Annual Conference on Metastatic Breast Cancer. Whether you are joining us on site in our hometown of Philadelphia, PA or from a comfy chair in your home via our virtual platform, we want you to fully experience the power of community.

At Living Beyond Breast Cancer (LBBC), we know that connection is the antidote to isolation. That information and friendship provide hope, and that seeing and talking to others who share the same diagnosis is so important, sparking many feelings. It is often an invaluable experience.

Deep friendships and strong connections are made at LBBC's conference. 2023 is the first year that we are offering an in-person option for this conference since the pre-pandemic days of 2019. We know how important it is to gather together in person for many, when it is possible. We also know how important it is to offer a virtual option for those who are unable to travel or want to participate from a distance. So, we are utilizing an advanced platform that has features to connect the live and virtual audiences to LBBC's brand of trusted information and our community of support.

In addition, we have designed this conference with input from you, our MBC Advisory Committee and attendees of prior conferences. One message we heard loud and clear is that people newly diagnosed and people living for many years with MBC often have different needs. Please look at the agenda and see which breakouts fit your needs best.

The variety of breakouts and keynote sessions attend to your entire being—from covering new treatments to areas of research to treatment side effects, your emotions, financial issues to managing pain, we have information for you. We know grief is a major part of coping with an MBC diagnosis and offer a keynote session to provide healing and support.

Please be sure to visit our Exhibit Hall for information on treatments, information and resources from our nonprofit partners organizations and others who serve people with breast cancer.

As always, we value you and your feedback. Please be sure to fill out the evaluations and let us know how this first hybrid conference has met your needs.

Warmly,



Jean A. Sachs MSS, MLSP
Chief Executive Officer



THE POWER OF COMMUNITY
Seen. Heard. Connected.

Virtual Conference Tips

PLAN YOUR SPACE

Find a comfortable space with a strong internet connection and remove distractions where possible. Have a pen and paper on hand to write down notes and questions. Don't forget a snack and water!

BUILD OUT YOUR PROFILE AND INTRODUCE YOURSELF

Set a profile picture and fill out your profile information you want to share with other attendees. You can also introduce yourself and share your intentions on the Conference Wall.

SET INTENTIONS FOR THE WEEKEND

What are you hoping to take away from the conference? Do you have a specific question you want answered or an expert you want to hear? Are you looking to make new connections and get support from peers?

PLAN YOUR PERSONAL AGENDA

Add the sessions and activities you want to attend to your personal agenda. Take note of must-see exhibitors. Let members of your household know when you need quiet time or if there's a session you want them to join too.

FAMILIARIZE YOURSELF WITH THE CONFERENCE PLATFORM

[Login](#) to the conference platform and get comfortable navigating around. Watch our [navigation video](#) for a narrated tour of the platform. If you need help you can visit the Info Desk in the platform or see our [WEBEX help page](#).

ATTEND OUR PRE-CONFERENCE KICKOFF

We'll have a day of programming on Wednesday, April 26 at noon (ET) to get comfortable navigating the platform, attend live breakout sessions, and connect with others.

BREAKS AND END OF DAY

Take multiple breaks throughout the conference to stretch, rest, and refuel. At the end of each day, plan to unwind and sit with the day's learnings and interactions. If you didn't take notes during the day, journaling is another great way to reflect and relax.



Schedule



LIVING BEYOND BREAST CANCER®

Living Beyond
Breast Cancer's 17th
annual Conference
on Metastatic Breast
Cancer will be held
April 26–30, 2023 as
a *hybrid conference*.
We will be back in
Philadelphia, PA
in person and *virtually*
via our online
conference platform.

Sessions and activities are held
as indicated: in person, virtual (via
the Webex Events (formerly Socio)
platform/app), or in person & virtual.
All activities are scheduled per
Eastern Time (ET).

**All sessions and activities on
Friday, Saturday and Sunday take
place in the Grand Ballroom unless
otherwise noted.**

WED, APRIL 26

Virtual kickoff day of programming—all
sessions and activities are **virtual**; there
is no in-person component.

● **12:00–1:00 P.M.**

Breakout sessions

Newly diagnosed: A guide for
understanding a diagnosis of MBC
Zanetta Lamar, MD

Living long term with MBC:
Making treatment decisions
Virginia Borges, MD, MMSc
Abigail Johnston, Esq.

Bone mets
Carmen Bergom, MD, PhD
Katherine N. Weilbaecher, MD

Managing side effects
Kimberly A. Curseen, MD

● **1:00 – 1:30 P.M.**

Video-enabled hangouts

● **2:00 – 3:00 P.M.**

Breakout sessions

Newly diagnosed: Managing
emotions
Celeste Vaughan-Briggs,
LCSW, *facilitator*
Jenny Burkholder, *panelist*
Natasha McIntosh, *panelist*

Living long term with MBC: A
panel discussion on the tough stuff
Cheryl Hughes, MSW, LCSW,
OSW-C, *facilitator*
Ann Camden, *panelist*
Stephanie Walker, *panelist*
Toni Willis, *panelist*

The cost of cancer for MBC patients

Pam Traxel

Mary E. Costello

Managing pain

Joshua A. Jones, MD, MA

FRI, APRIL 28

All sessions and activities are **in person**;
there is no virtual component.

● **3:00–8:00 P.M.**

Early registration

GRAND BALLROOM FOYER

● **4:00–5:00 P.M.**

Special event

Art therapy for grounding in the
present moment

Stephanie McLeod-Estevez, LCPC
DISCOVERY B C

● **4:00–8:00 P.M.**

Photo shoot

● **6:00–7:00 P.M.**

Networking dinner

Sponsored by Daiichi-Sankyo

● **7:00–7:45 P.M.**

Meetups and desserts

GRAND BALLROOM, COLUMBUS
BALLROOM & FOYER

● **8:00–8:45 P.M.**

Yoga nidra

Farah Hassanbhai-Kapoor
COLUMBUS B C

- virtual
- in person
- in person & virtual

SAT, APRIL 29

- **8:00 A.M.**
Virtual exhibit hall
- **8:00–10:00 A.M.**
Registration
- **8:30 A.M.–4:00 P.M.**
Exhibit hall
COLUMBUS BALLROOM & FOYER
- **8:30 A.M.–5:00 P.M.**
Relaxation Room
Sponsored by Lilly
OWNER'S BOARDROOM
- **8:30–9:30 A.M.**
Breakfast & exhibits
- **9:45–11:00 A.M.**
Keynote
Ask the expert: Diet, physical activity, and sleep
Rachel Beller, MS, RDN
Pallav Mehta, MD
- **10:00–11:00 A.M.**
Breakout
Care for the caregiver: When someone you love has metastatic breast cancer
Gregory D. Garber, MSW, LCSW
DISCOVERY B C
- **11:00–11:30 A.M.**
Stretch and snack break & exhibits
- **11:00–11:30 A.M.**
Video-enabled hangouts
- **11:45 A.M.–1:00 P.M.**
Keynote
Recently approved therapies and promising approaches for the future
Nancy U. Lin, MD
- **1:00–1:45 P.M.**
Break
- **1:00–2:15 P.M.**
Lunch and exhibits
- **1:45–2:15 P.M.**
Video-enabled hangouts
- **2:30–3:30 P.M.**
Keynote
Coping with grief
Kelly Grosklags, LISCW, BCD, FAAGC, FT

- **3:30–4:00 P.M.**
Book signing
Kelly Grosklags, LISCW, BCD, FAAGC, FT
GRAND BALLROOM FOYER
- **3:30–4:00 P.M.**
Stretch and snack break & exhibits
- **4:00–5:00 P.M.**
Keynote
Reclaiming the body's healing power through movement & dance
Nancy Herard-Marshall, MS, LCAT, BC-DMT
- **7:00 P.M.**
Optional special event*
Philadelphia Motorcoach Tour
*Tickets are required for this event
BOARDING ON COLUMBUS BLVD.

SUN, APRIL 30

- **8:00–9:00 A.M.**
Yoga nidra
Farah Hassanbhai-Kapoor
COLUMBUS BALLROOM
- **9:00–9:45 A.M.**
Continental breakfast
- **9:45–11:00 A.M.**
Keynote
Shared voices: Learning from each other
Thomasina Butler
Sheila Godreau
Cheryl Law
Deb Ontiveros
- **11:00–11:30 A.M.**
Break
- **11:30 A.M.–12:30 P.M.**
Closing Keynote
Living well with metastatic breast cancer
Stephanie Broadnax Broussard, LCSW, ACHP-SW
Don S. Dizon, MD, FACP, FASCO
- **12:30 P.M.**
Closing remarks
- **12:45 P.M.**
Travel grant reimbursements
GRAND BALLROOM FOYER

All sessions and activities on Friday, Saturday and Sunday take place in the Grand Ballroom unless otherwise noted.

- virtual
- in person
- in person & virtual

Connecting with others



SHARE ON YOUR PROFILE

Adding information to your profile will help others get to know you and help you build connections with others attending the conference. We encourage you to build your profile and share what feels comfortable to you. Your contact information will only be visible to individuals who you have accepted a connection request from.



SEND CONNECTION REQUESTS

You can send connection requests to other attendees to connect with them directly, send private messages and video chat, and share contact information so you can stay in touch even after the conference ends.



INTERACT ON THE CONFERENCE WALL

Share a photo, tell others what is on your mind, and reach out to receive peer support at any time throughout the conference weekend on the conference wall. This **exclusive social feed** is only for conference attendees, during the conference weekend, and will not be visible outside of the conference platform.

MAKE THE MOST OF VIDEO-ENABLED HANGOUTS

- **Enable your video** – If you feel comfortable, enable your video by clicking on the camera icon at the bottom of your screen
- **Be heard** – If there is background noise where you are, consider muting yourself when others are speaking to ensure everyone can be heard clearly, and then unmute yourself when you are ready to share
- **Engage in the chat** – let people know who you are and share experiences and insights
- **Make friends** – send connection requests to the people you meet in your hangout

CONNECT WITH EXHIBITORS

Many booths have a chat available which you can access by going to the exhibit hall, clicking the exhibit booth you are interested in, and then selecting “chat” in the upper right of the booth. You will then be taken into a group chat with the exhibitors and anyone else visiting that exhibit booth.

If you want to talk privately with exhibitors or want to connect outside of the exhibit hall hours, send them a connection request. Exhibitors will be identified with an “exhibitor” tag and will have the name of the organization they represent in their profile. The Virtual Exhibit hall will be available throughout the conference weekend and through May, 2023.

LET'S GET SOCIAL

Share your favorite tips, facts, inspirations and learnings using **#lbbcmetsconf** throughout the conference.



For more tips and step-by-step instructions on how to set-up your profile, send connection requests, and join video-enabled hangouts, click [here](#).

Earn points to win a prize*

Starting on April 19, and through April 30, 2023, you can earn points for a chance to win a prize package! Go to the “Game Center” section of the navigation menu to learn what you can earn points for, including attending conference sessions, visiting the exhibit hall, watching bonus videos, and more. To earn points, complete a challenge to unlock a code and then type that code into the text box at the top of the “Game Center” tab. Start earning points now by going to the “Game Center” tab and entering the code GUIDE.

Three individuals from the top 25 in the event game leaderboard will be selected at random to win a prize package that includes a BeautyCounter Skincare Gift Bag, a PowerBeads by jen bracelet and a Yeti 16 oz. Rambler tumbler (prize details below).



BEAUTYCOUNTER SKINCARE GIFT BAG

Courtesy of BeautyCounter

Lotus Glow Cleansing Stick

Body Glow Illuminating Lotion

Counter+Eye Revive Cooling Masks

Samples of Counter+ Overnight
Resurfacing Peel, Instant Eye Makeup
Remover and Countermatch Adaptive
Moisture Lotion



POWERBEADS BY JEN BRACELET

Courtesy of PowerBeads by jen

The 2023 PowerBeads by jen bracelet features Caribbean Agate paired with a Glass Sunburst pendant symbolizing strength, courage and protection.



YETI 16 OZ. RAMBLER TUMBLER

Courtesy of
Living Beyond Breast Cancer

A dishwasher safe, 16 oz. tumbler with magslider lid, double-wall vacuum insulation and made with 18/8 stainless steel.

*This contest is only open to individuals living in the United States. The contest will close at 5:00 p.m. (ET) on April 30, 2023, and winners will be notified via email by May 5, 2023.

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



**LIVING BEYOND
BREAST CANCER®**

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(855) 807-6386

Breast Cancer Helpline
(888) 753-5222

lbbc.org / [#metsconf23](https://twitter.com/metsconf23)
[#LBBCMetsConf23](https://twitter.com/LBBCMetsConf23)

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