

Seventh Annual Conference for
**Women Living with
Metastatic Breast Cancer**



Saturday, April 13 – Sunday April 14, 2013

Loews Philadelphia Hotel
Philadelphia, PA



ENHANCING YOUR HEALTH AND QUALITY OF LIFE

What is the Annual Conference for Women Living with Metastatic Breast Cancer: 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). 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.



join—verb

- ① To bring together to make whole ② To meet with ③ To become a part of

Why should you 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:

- ✱ Learn about treatment options for bone, brain, liver and lung metastases
- ✱ Hear the latest updates on advances in care, symptom management and quality-of-life concerns
- ✱ Explore strategies for living in the moment and managing complex emotions
- ✱ 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 if interested
- ✱ Get your questions answered by experts
- ✱ Visit with exhibitors
- ✱ Participate in healthy living activities including an all-levels yoga class and chair massage

When and where is the conference?

The conference will take place on Saturday, April 13 and Sunday, April 14, 2013, at the Loews Philadelphia Hotel in Philadelphia, PA.

How much does the conference cost?

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

The Loews Philadelphia Hotel is centrally located near both Interstates 95 and 76. LBBC has reserved a room block that offers attendees a reduced rate of \$165 plus tax per night. To take advantage of the discount, please mention "Living Beyond Breast Cancer Spring 2013 Conference" when making a reservation.

The hotel offers parking for \$20 plus tax per day and \$30 plus tax per night. Other paid parking is available at lots in the immediate area, and the hotel is also easily accessible by public transportation.

Is financial assistance to attend the conference available?.....

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 5 or until funds are depleted. For more information call (610) 645-4567.

Are there ways to offer support?.....

By joining the Guardian Angel program, an attendee 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 volunteer, please call (610) 645-4567 or email aburczak@lbbc.org.

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



AGENDA

Saturday, April 13, 2013

8:30 a.m. – 9:30 a.m.

Registration, continental breakfast and visiting with exhibitors

9:30 a.m. – 9:45 a.m.

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

9:45 a.m.

Shared Voices: Living with Metastatic Breast Cancer
TBA

9:45 a.m. – 10:30 a.m.

Plenary Session One
Advances in the Care of Metastatic Breast Cancer
Andrew D. Seidman, MD

10:30 a.m. – 11:00 a.m.

Q&A with Dr. Seidman

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 and chair massage

1:45 p.m. – 3:00 p.m.

Workshop Session Two

3:00 p.m. – 3:30 p.m.

Break – networking, visiting with exhibitors and chair massage

3:30 p.m. – 3:45 p.m.

Welcome back and introductions

3:45 p.m.

Shared Voices: Living with Metastatic Breast Cancer
TBA

3:45 p.m. – 4:30 p.m.

Plenary Session Two
Living Life with Cancer: Finding Meaning
Wendy G. Lichtenthal, PhD

4:30 p.m. – 5:00 p.m.

Q&A with Dr. Lichtenthal

5:00 p.m.

End-of-day remarks

5:00 p.m. – 5:30 p.m.

Networking reception

Sunday, April 14, 2013

7:30 a.m. – 8:15 a.m.

Early Risers' All Levels
Yoga Class
Rachel Pinkstone-Marx, RYT

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 and visiting with exhibitors

11:00 a.m. – 11:15 a.m.

Welcome and introductions
Shared Voices: Living with Metastatic Breast Cancer
TBA

11:15 a.m. – 12:00 p.m.

Plenary Session Three
A Talk with Linda and Bob Carey
Linda and Bob Carey,
The Tutu Project

12:00 p.m. – 12:30 p.m.

Q&A with Linda and Bob Carey

12:30 p.m.

Closing remarks

12:30 p.m. – 1:00 p.m.

Closing reception, networking and The Tutu Project book signing

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

WORKSHOP SESSION ONE

Saturday, April 13, 2013

A Metastatic Triple-Negative Breast Cancer: Treatment Options and Emerging Research

Andrew D. Seidman, MD

Get an update on research in the pipeline and the latest treatments used to manage metastatic breast cancer that is ER/PR negative and HER2 negative.

Note: LBBC will hold two small focus groups of women with metastatic triple-negative breast cancer through the conference weekend. If you are interested in this opportunity, please email publications@lbbc.org for more information.

B Treating Hormone Receptor-Positive Metastatic Breast Cancer

Joanne Mortimer, MD, FACP

Explore hormonal treatment options for women living with ER/PR positive metastatic breast cancer. Discover strategies to minimize and manage your side effects, and learn what new treatments are available in the research pipeline.

C Foods to Boost Your Immune System and Fortify You Everyday

Debra DeMille, MS, RD, LDN

Learn about foods that can enhance your immune system, increase your energy and optimize nutritional gain. This workshop will teach you how to eat well when you're not feeling your best, as well as how to incorporate new foods and meal ideas into your everyday eating habits.

D Care for the Caregiver

Pamela J. Ginsberg, PhD

Explore your unique needs as a person caring for a woman living with metastatic breast cancer. Find out how to cope with your feelings, make time for your needs and manage everyday matters while caring for your loved one.

E New Approaches to Managing Brain Mets

Minetta C. Liu, MD

Gain an understanding of how treatment for brain mets differs from other sites of metastasis and why. Learn about the latest treatment approaches, and look at what might be the next generation of care.

F Newly Diagnosed with Metastatic Breast Cancer

Richard A. Michaelson, MD

Designed specifically for women newly diagnosed with metastatic disease, this session will provide the basics to help you better understand your diagnosis, treatment options and goals, as well as common emotions you may feel.

*Note: Expand what you learn during this workshop with *The Metastatic Breast Cancer Series: Guide for the Newly Diagnosed*. Visit lbbc.org to download a PDF or to order print copies.*

WORKSHOP SESSION TWO

G Living with Metastatic Disease: Five Years and Beyond

Wendy G. Lichtenthal, PhD

Carrie Tompkins Stricker, PhD, RN

Understand the opportunities and challenges that you may face as a woman living long-term with metastatic breast cancer. From the joys of reaching personal and family milestones and leading fulfilling, rich lives to the challenges of navigating changing treatments over the years and managing “scanxiety,” you’ll discover tips for coping with your changing feelings and living life fully every day.

H Foods to Boost Your Immune System and Fortify You Everyday

Debra DeMille, MS, RD, LDN

Learn about foods that can enhance your immune system, increase your energy and optimize nutritional gain. This workshop will teach you how to eat well when you’re not feeling your best, as well as how to incorporate new foods and meal ideas into your everyday eating habits.

I Creating Your Legacy

Wendy Griffith, MSSW, LCSW, OSW-C

We all have thoughts, traditions, wishes and lessons we would like to share with those we love. Explore how to share these life lessons and legacy projects, including how to get started and examples of specific projects you can develop over time.

J Bone Mets

Joanne Mortimer, MD, FACP

Get an update on the latest treatments used to manage bone mets and how to prevent symptoms including bone pain, fractures and compression.

K Using Acupuncture for Symptom Relief

Gurneet M. Singh, LAc, ND

Acupuncture is a key component of traditional Chinese medicine. Learn how the practice is performed, how it helps to manage common symptoms and side effects of cancer and treatments and how to evaluate services and find qualified practitioners.

L Open Clinical Trials: What’s Out There Now

Paula D. Ryan, MD, PhD

Learn about some of the most compelling open clinical trials, how to get involved and what advances the trials are looking to make in the care of women living with metastatic breast cancer.

WORKSHOP SESSION THREE

Sunday, April 14, 2013

M Close-Up on Insomnia and Fatigue

Andrea Richtel Branas, MSE, MPT, CLT

Hear about the causes of sleep disturbances and fatigue, and discover ways to manage situational or chronic problems using physical activity, exercise and lifestyle interventions.

N Living with Mets as a Young Woman

Shera Dubitsky, MEd, MA

Rochelle L. Shoretz

This is a session tailored for young women diagnosed with metastatic breast cancer under the age of 45. Learn how to manage stress, maintain a sense of normalcy during times of transition and ways to communicate your needs and boundaries to others.

O Communication Matters!

Wendy Griffith, MSSW, LCSW, OSW-C

Explore the challenges of talking about your diagnosis with the well-meaning people in your life and how to overcome those challenges to better meet your needs and get the support you want.

P Using Mindfulness Meditation to Control Worry

Aleezé Sattar Moss, PhD

Living with metastatic breast cancer can mean living with an increased sense of uncertainty. In this workshop, discover how meditation can help center and steady you through uncertain times, manage anxiety and enhance your sense of peace and purpose.

Q Lung and Liver Metastases

Minetta C. Liu, MD

Hear about local and systemic treatments used to manage breast cancer that has metastasized to the lungs or liver. Gain strategies for managing side effects and monitoring treatment goals over time.

PLENARY SPEAKERS

Seventh Annual Conference for Women Living with Metastatic Breast Cancer

Linda and Bob Carey

Linda and Bob Carey are the founders of The Tutu Project, a collection of Bob's self-portraits wearing nothing but a pink tutu. The project began as part of a fundraiser in 2003 after Linda was diagnosed with breast cancer. A portion of net proceeds from the sale of *Ballerina*, a self-published book of the images, will be donated directly to breast cancer organizations.

Wendy G. Lichtenthal, PhD

Wendy G. Lichtenthal, PhD, is an assistant attending psychologist in the department of psychiatry and behavioral sciences at Memorial Sloan-Kettering Cancer Center Evelyn H. Lauder Breast Center and assistant professor of psychology in psychiatry at Weill Cornell Medical College. She is the director of the bereavement clinic and associate director of the psychotherapy laboratory at MSKCC. Dr. Lichtenthal's clinical work focuses on the psychological counseling of breast cancer patients and bereaved individuals. Her research focuses on

developing interventions to help women diagnosed with breast cancer manage fear of recurrence and find meaning, and to help bereaved populations with prolonged grief.

Andrew D. Seidman, MD

Andrew D. Seidman, MD, is an attending physician for the breast cancer medicine service at Memorial Sloan-Kettering Cancer Center and professor of medicine at the Joan and Sanford I. Weill Medical College of Cornell University. He has received an award from the American Society of Clinical Oncology for his research on the role of taxanes in breast cancer treatment and served as president of the American Society of Breast Disease and as a member of the Cancer and Leukemia Group B Breast Committee. Dr. Seidman has authored over 130 peer-reviewed publications, reviews and chapters and has served on the editorial boards of several leading journals. His current research focuses on managing advanced breast cancer.

Workshop Speakers

Debra DeMille, MS, RD, LDN

Oncology Nutritionist
Joan Karnell Cancer Center,
Pennsylvania Hospital

Shera Dubitsky, MEd, MA

Clinical Supervisor
Sharsheret

Pamela J. Ginsberg, PhD

Licensed Psychologist, Private Practice,
Doylestown, Pa.
Specializing in Women's Health and Wellness
Board of Directors, Gilda's Club of
Delaware Valley

Wendy Griffith, MSSW, LCSW, OSW-C

Social Work Counselor
UT MD Anderson Cancer Center

Minetta C. Liu, MD

Associate Professor, Department of Oncology
Associate Professor, Department of Laboratory
Medicine and Pathology
Mayo Clinic

Richard A. Michaelson, MD

Chief Medical Officer for Oncology
Saint Barnabas Cancer Center

Workshop speakers continued

Joanne Mortimer, MD, FACP

Professor and Vice Chair
Department of Medical Oncology
City of Hope

Andrea Richtel Branas, MSE, MPT, CLT

Lead Therapist
Good Shepherd Penn Partners
Abramson Cancer Center

Paula D. Ryan, MD, PhD

Associate Professor, Department
of Medical Oncology
Fox Chase Cancer Center

Aleezé Sattar Moss, PhD

Research Associate and Mindfulness
Instructor, Myrna Brind Center of
Integrative Medicine
Thomas Jefferson University

Rochelle L. Shoretz

Founder and Executive Director, Sharsheret

Gurneet M. Singh, LAc, ND

Licensed Acupuncturist and
Naturopathic Doctor
Cancer Treatment Centers of America

Carrie Tompkins Stricker, PhD, RN

Director of Clinical Programs and
Oncology Nurse Practitioner
LIVESTRONG™ Survivorship
Center of Excellence
Abramson Cancer Center of
the University of Pennsylvania
Clinical Assistant Professor,
School of Nursing

Additional Resources



PUBLICATIONS

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

Guide for the Newly Diagnosed

Help with the first few months with metastatic disease, whether it is an initial diagnosis or a diagnosis after early-stage breast cancer

In partnership with the Metastatic Breast Cancer Network

Managing Stress and Anxiety | Coping and support resources

Treatment Options for Today and Tomorrow | Currently available treatments

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 lbbc.org or call (610) 645-4567.



SURVIVORS' 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 (610) 645-4567
- 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	L
Session Three (Sun. 9:15 a.m. – 10:30 a.m.)	M	N	O	P	Q	

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
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