

*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 [lbbc.org](http://lbbc.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](mailto:aburczak@lbbc.org).

For complete conference details, visit [lbbc.org/metsconference](http://lbbc.org/metsconference).



# AGENDA

## *Saturday, April 13, 2013*

8:30 a.m. – 9:30 a.m. Registration, continental breakfast and visiting with exhibitors	10:30 a.m. – 11:00 a.m. Q&A with Dr. Seidman	3:45 p.m. Shared Voices: Living with Metastatic Breast Cancer TBA
9:30 a.m. – 9:45 a.m. Welcome and introductions Jean A. Sachs, MSS, MLS CEO, Living Beyond Breast Cancer	11:15 a.m. – 12:30 p.m. Workshop Session One	3:45 p.m. – 4:30 p.m. Plenary Session Two Living Life with Cancer: Finding Meaning Wendy G. Lichtenthal, PhD
9:45 a.m. Shared Voices: Living with Metastatic Breast Cancer TBA	12:30 p.m. – 1:45 p.m. Plated lunch, networking, visiting with exhibitors and chair massage	4:30 p.m. – 5:00 p.m. Q&A with Dr. Lichtenthal
9:45 a.m. – 10:30 a.m. Plenary Session One Advances in the Care of Metastatic Breast Cancer Andrew D. Seidman, MD	1:45 p.m. – 3:00 p.m. Workshop Session Two	5:00 p.m. End-of-day remarks
	3:00 p.m. – 3:30 p.m. Break – networking, visiting with exhibitors and chair massage	5:00 p.m. – 5:30 p.m. Networking reception
	3:30 p.m. – 3:45 p.m. Welcome back and introductions	

## *Sunday, April 14, 2013*

7:30 a.m. – 8:15 a.m. Early Risers' All Levels Yoga Class Rachel Pinkstone-Marx, RYT	10:30 a.m. – 11:00 a.m. Break – networking and visiting with exhibitors	12:00 p.m. – 12:30 p.m. Q&A with Linda and Bob Carey
8:30 a.m. – 9:00 a.m. Continental breakfast, networking and visiting with exhibitors	11:00 a.m. – 11:15 a.m. Welcome and introductions Shared Voices: Living with Metastatic Breast Cancer TBA	12:30 p.m. Closing remarks
9:15 a.m. – 10:30 a.m. Workshop Session Three	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	12:30 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 [lbbc.org](http://lbbc.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**

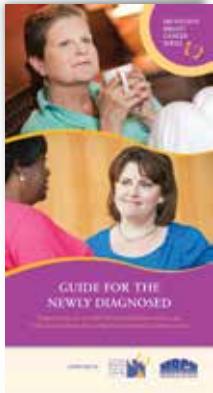
Licensed Acupuncturist and  
Naturopathic Doctor  
Cancer Treatment Centers of America

### **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](http://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](http://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?* \_\_\_\_\_

Session One (Sat. 11:15 a.m. – 12:30 p.m.)

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 \$ \_\_\_\_\_ for \_\_\_\_\_ attendee(s)

TO HELP US SERVE YOU BETTER. at \$75 each

Have you been diagnosed with breast cancer?  
 Yes  No      \$ \_\_\_\_\_ Guardian Angel(s) at  
\$300 each

\$ \_\_\_\_\_ tax-deductible contribution  
to LBBC

age 45?  Yes  No

Are you a Healthcare Professional?

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Digitized by srujanika@gmail.com

I would like to be a Guardian Angel.  
My contribution of \$300 will cover my fee and  
the cost of my travel to the conference.

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

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354 W Lancaster Avenue | Suite 224  
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