

Vermont Cancer Center presents

# Breast Cancer Conference

11th ANNUAL



## *Survive & Thrive*



FRIDAY,  
OCTOBER 31, 2008  
8 AM - 4 PM

SHERATON BURLINGTON HOTEL  
& CONFERENCE CENTER  
SOUTH BURLINGTON, VERMONT

[WWW.VTBREASTCANCERCONFERENCE.ORG](http://WWW.VTBREASTCANCERCONFERENCE.ORG)

**Vermont Cancer Center**  
University of Vermont • Fletcher Allen Health Care



# Welcome

**We are very pleased to serve as co-chairs for the 11th Annual Breast Cancer Conference.**

As we have done each fall, we will celebrate patients, survivors and their caregivers, families, friends and loved ones with a day-long series of workshops, lectures, seminars and activities that we hope will inform, affirm, engage and inspire each of the attendees on their personal journey to "Survive and Thrive."

Look up "thrive" in the dictionary and you'll find it defined as to grow well, to do well and to be successful – goals you'd expect to find on life's "To Do" list. Yet for many of those whose lives have been touched by breast cancer, "thrive" and "survive" can jockey for position at the top of that list. Each year at the Breast Cancer Conference, our primary purpose is to come together and share strategies for success at both surviving and thriving. Within this booklet, in fact, are several brief stories of people from our region who are doing this very thing – in their own special way. They are but a sample of the countless survivors who are living with great exuberance in our community.

At the first conference in 1997, our goal was to provide basic breast cancer education for the general public. Since then, we have expanded the educational goals to be as inclusive as possible, to reach the broadest audience, and to provide quality information that can help shape decision-making about breast health issues from both a public and provider perspective. Our goal is to ensure that you can find the information, expertise and support you need, no matter where you are on your journey.

However, the most valuable lessons we have learned over the last eleven years have been from you, and all of us at the Vermont Cancer Center are truly thankful to be part of this incredible community. We hope you will find much of value to take away from this year's event, renewing old connections and making new ones as you navigate the path to "Survive and Thrive."

**Patti O'Brien, MD, and Hyman Muss, MD, Conference Co-Chairs**



## A Message from Pam Nemlich

**President, Vermont-New Hampshire Affiliate of Susan G. Komen for the Cure**

It is with great pride that the Vermont-New Hampshire Affiliate of Susan G. Komen for the Cure is once again supporting the Vermont Cancer Center's annual Breast Cancer Conference in Burlington, Vermont.

For 11 years, the Vermont-New Hampshire Affiliate of Susan G. Komen for the Cure has been a committed partner to this important regional conference with the goal of providing our community with the broadest scope possible of educational sessions and support opportunities led by the region's many dedicated cancer care providers, researchers, advocates, and activists.

Bringing the community together for this special event is part of Komen's tireless effort to end cancer forever. Knowing this conference has positively impacted the lives of so many people in Vermont, New Hampshire, and beyond further strengthens our resolve to continue doing all we can to save lives, empower people, ensure quality of care for all, and energize science to find the cures.

We express our gratitude to the Vermont Cancer Center and Conference co-chairs Drs. Hyman Muss and Patti O'Brien for hosting this important event, and for their ongoing daily work to help keep those who have been affected by breast cancer surviving and thriving.

As we look towards the future, our shared vision with the Vermont Cancer Center and the countless people who make this event a success each year is to provide educational opportunities to the region in an effort to end this disease, so we can ensure that one day we can live knowing that breast cancer no longer threatens the lives of our mothers and daughters, friends and neighbors.



## Like Fish Out of Water: An Evening for Couples Coping with Cancer



Karen and Dave Crawford

**Please join us on Thursday, October 30, 2008, at the Sheraton Burlington Hotel and Conference Center, for an evening focused on the needs of couples coping with cancer. Couples are invited to attend together, but we encourage individuals in committed relationships to attend alone, should both partners not be available to attend.**

The evening begins at 6:00 pm and will include dinner, a movie and a discussion. The movie, "Like Fish Out of Water" is revealing, funny and helpful, and will provoke a meaningful discussion, facilitated by Kathleen McBeth, MA, of the Cancer Patient Support Program at Fletcher Allen. Dave and Karen Crawford will also share their personal story. Karen was diagnosed with breast cancer in 2004, and Dave has been a workshop leader helping men learn how to support their partners. Cost is \$15 per person. Discounted rooms are available at the Sheraton Burlington (call 802-865-6693), and participants are welcome to join the 11th Annual Breast Cancer Conference on **Friday, October 31.**

*Pre-registration is required.  
Space is limited, so register early.*

## 7th Annual Retreat for Women with Stage IV Breast Cancer

**You are invited to attend the 7th Annual Retreat for women with Stage IV Breast Cancer on Thursday, October 30, 2008, at the Sheraton Burlington Hotel and Conference Center. The retreat will begin at 11 am and continue into the evening. Join us for a wonderful opportunity to meet other women and share experiences related to coping with metastatic disease.**

The program will include general coping strategies, writing as a technique to carry us through the challenges of healing, and exercise and movement. We will dine together, have opportunities to swim, exercise, and use the spa, and most importantly spend time with other survivors.

Meals, including lunch and dinner, and overnight accommodations at the Sheraton will be provided at no charge to Vermont and New Hampshire residents through a grant from the Vermont-New Hampshire Affiliate of Susan G. Komen for the Cure. The next day, participants can attend the 11th Annual Breast Cancer Conference, presented by the Vermont Cancer Center.

**A limited number of scholarships are available for New York State residents. Survivors from other states are welcome to attend but will need to pay to participate.**

**For information and to reserve your space, please contact:**

**Rose B. Colletti, PhD, Staff Psychologist  
Cancer Patient Support Program  
Fletcher Allen Health Care  
Burlington, Vermont  
802-847-5714 or  
800-358-1144 Ext 4848**

*Space is limited, so register early for a fun and rewarding day.*



### Survive & Thrive Profile

## Kathy McBeth, MA

Look behind Kathleen McBeth's easy smile and air of calm serenity and you'll find a focused intensity and an unwavering commitment to helping cancer patients and their caregivers. A ten-year lymphoma survivor, McBeth was inspired by her own experience to return to school and become a licensed psychologist, concentrating on health psychology and adjustment to illness.

With a firsthand understanding of the fear, uncertainty, and emotional roller-coaster that follow a cancer diagnosis, McBeth helps patients develop coping strategies to deal with a range of issues in her role as a psychologist and coordinator of the Cancer Patient Support Program at Fletcher Allen.

In times of distress and crisis, ensuring patients have multiple options helps them maintain better psychological health, says McBeth. She not only talks with patients, she listens, working to help patients gain an improved ability to communicate with family and clinicians and cope with potential job loss, self image, grief and death.

"When I was diagnosed, I needed to see someone who had come out the other side of the long tunnel I found myself in," admits McBeth. Today, she is that person. "I get to give patients a hand to get past some of the hurdles of cancer treatment," says McBeth. "That's the most rewarding part."

## AGENDA Friday, October 31, 2008

Schedule subject to change.

Please visit [vtbreastcancerconference.org](http://vtbreastcancerconference.org) for updates.

8:00 AM	Registration Opens
8:00 AM - 4:00 PM	Exhibit Hall Open Lilly Oncology on Canvas Exhibit
8:00 AM	Pre-Session Yoga for Lymphedema
8:30 AM	Welcome from the Conference Co-Chairs — Exhibit Hall
9:00-9:45 AM	SESSION ONE
10:00-10:45 AM	SESSION TWO
11:00-11:45 AM	SESSION THREE
12:00-1:00 PM	LUNCH SESSIONS
1:15-2:00 PM	SESSION FOUR
2:15-3:00 PM	SESSION FIVE
3:15-4:00 PM	SESSION SIX

### SESSION DESCRIPTIONS

#### SESSION ONE: 9:00 - 9:45 AM

- 1-1 Breast Cancer and Weight Gain: An Inevitable or Preventable Partnership?** <sup>N</sup>  
**Jean Harvey-Berino, PhD, RD** | Weight gain is common in breast cancer patients after diagnosis and, unfortunately, survivors who are overweight are more likely to have their cancer recur than trimmer survivors. This workshop reviews why weight is likely to change during treatment and how diet and exercise behaviors can be monitored to manage unhealthy weight changes both during treatment and after.
- 1-2 Hormones and Breast Cancer: Blessing or Curse** <sup>N</sup> | **Christian Thomas, MD** | Hormones play an important role in the development and treatment of breast cancer. Altering hormone function has been successfully used for developing treatment options for breast cancer patients. Traditional and newer hormonal treatments for hormone-dependent breast cancer will be discussed.
- 1-3 Mammography Screening for Breast Cancer** <sup>N</sup> | **Sally Herschorn, MD** | This presentation will review some of the scientific evidence for mammography as a screening test, outline who should be screened and what this process entails and discuss some newer adjuncts to mammography for screening certain women.
- 1-4 Ovarian Cancer Screening** <sup>N</sup> | **Cheung Wong, MD** | This session will cover the current recommendations for screening in women at high risk for ovarian cancer and will discuss some prevention measures for ovarian cancer.
- 1-5 Paddle Your Way to Recovery and Feel Alive** | **Linda Dyer** | Come learn about our unique support group where the focus is on living, not on the disease. We've discovered dragon boating! Find out why breast cancer survivors have embraced this paddling sport. No age limit or athletic experience is necessary.
- 1-6 Menopause in the Context of Breast Cancer** <sup>N</sup> | **Robin Hayden, NP** | An overview of menopausal issues specific to breast cancer treatment.
- 1-7 Writing for Healing Workshop** | **Pat Fontaine, MACP** | The natural ability of the body to heal can be enhanced by artistic expression. Using some simple techniques, we'll begin exploring healing through writing. Bring your favorite writing tools: paper, journal, pen or pencil.
- 1-8 The Role of Exercise in the Management of Lymphedema: Why You Should Do It and How to Get Started** | **Justine McCuen Dee, PT, MS, CLT-LANA, and Lee Nelson, PT** | This talk will review benefits of exercise with respect to lymphedema, weight loss, overall conditioning and well being. Some exercise demonstrations and practice will occur during the presentation.
- 1-9 & 2-9 Share Your Story** | **Margaret Cole, MSW, and Sally Mattson, MA** | Come share your story or come listen to others share at these informal double sessions with a facilitator. What has cancer taught you? Do you have some encouragement for fellow travelers on this cancer journey? Have you learned to be a better advocate for yourself? What is your relationship with the people you love? Do you take time to communicate differently? Come and share for 2-3 minutes, or come and listen. You may also post your entire story on the conference web site. Go to [www.vtbreastcancerconference.org](http://www.vtbreastcancerconference.org) and click on the Share Your Story page.
- 1-10 COFFEE CHAT - Reading Your Bone Density Report** | **Augusta Wilson, RN**  
This workshop is intended to help you better understand how to read your bone density report. We will also discuss the factors involved in low bone density and ways in which you can improve your bone density. Participants are encouraged to bring their bone density report, so that they can ask questions about the significance of the results.
- 1-11 COFFEE CHAT - Interactions Between Supplements and Oncology Treatments**  
**Felicia Foster, RN, BS, Day** | This session includes information on the safe integration of vitamins, herbal supplements and pharmaceuticals and will also discuss the importance of communicating with your health care professional about your specific medical condition and treatments. The information given is meant to be helpful and educational, but is not a substitute for medical advice.
- 1-12 COFFEE CHAT - Finding Room for the Spiritual in Your Cancer Journey**  
**Ann Cooper** | You already know that the diagnosis of breast cancer is life-changing. Not simply in terms of daily life—managing treatment, self-care, family, work, but also in your inner life, the one inside your head. Our informal conversation will provide an opportunity to voice your questions and concerns and explore the spiritual dimension of living with cancer.
- 1-13 COFFEE CHAT - Healing Goes Beyond Curing** | **Kathleen McBeth, MA**  
Heal: to make sound, well, or healthy again; restore to health. This is the definition of healing; however, what if healing is an attitude, an emotion? As a cancer survivor, we often question the trust we once had with our bodies. The more we begin to trust ourselves and what is happening in our lives, the better we are able to pursue our own unique path to healing. Maybe healing is our ability to trust again, to take on the challenges of life, and to live each day.

- 1-14 Return to Exercise During and After Cancer Treatment** | **Kristi C. Johnson, PT, CLT-LANA**  
Join an exercise session in the gym, led by a physical therapist. We will begin exercise using the concept of progressive resistive exercise – weight training! Wear comfortable clothing for the class. All levels are welcome. Goals include how to safely stretch for flexibility, guidance on how and where to start using weights and/or machines, and cardiovascular conditioning.
- 1-15 Yoga Session**

#### SESSION TWO: 10:00 - 10:45 AM

- 2-1 Cancer and the Environment** <sup>N</sup> | **Patricia O'Brien, MD** | Breast cancer may be caused by many factors, and environmental exposures to toxins are only one of the many things that can alter hormones and genetics so that a cancer might develop. The basics of environmental exposures, genetic mutations, and endocrine disruption will be discussed. Basic ideas of what you can do to decrease your exposure to potential toxins will be presented along with legislative actions that can be undertaken to decrease public health risks.
- 2-2 Advances in Endocrine Therapy** <sup>N</sup> | **Susan Burdette-Radoux, MD** | The majority of breast cancers have receptors for estrogen and progesterone and can respond to endocrine (hormonal) treatments. We'll look at the new endocrine agents available for breast cancer and how they are improving treatment outcome.
- 2-3 Current Options for Breast Reconstruction after Mastectomy** <sup>N</sup> | **David Leitner, MD**  
Join this discussion about implant and autologous tissue reconstructions, as well as finishing touches, such as opposite breast balancing procedures and nipple reconstruction.
- 2-4 The Many Faces of Metastatic Disease: A Panel Discussion** | **Rose Colletti, PhD**  
This workshop will address the experiences of women who are living with Stage IV metastatic breast cancer. Their message is one of HOPE and OPTIMISM. They wish to share their stories with newly diagnosed survivors, medical providers, families and friends of all breast cancer survivors.
- 2-5 The Role of the Patient Navigator in the Multidisciplinary Care Setting** | **Susan M. Bouffard, RN, Margaret MacLeary, RN, Nicole Messier, RN, and Kerry Stanley, MSW** | As on any journey, it is helpful to have a navigation system, be it a compass, a map or a navigator to personally guide you in the right direction. Navigators are the hub of the wheel, tying all related cancer services together as a seamless system for cancer patients and their families from the time of diagnosis throughout treatment and follow-up care. This session will provide information about the roles of the nurse and patient navigators in the Vermont Cancer Center.
- 2-6 Treasures in the Breast Cancer Literature for Patients, Survivors, and Their Families** <sup>N</sup>  
**Nancy Bianchi, MSLS** | High-quality consumer health literature is available online and in print format to help breast cancer patients make informed decisions about their healthcare. Come and learn about the breast cancer information portal on MedlinePlus, a free database from the National Library of Medicine, as well as the rich collection of breast cancer books available in the Consumer Health Collection at UVM's Dana Medical Library.
- 2-7 Cancer as a Spiritual Event: A Multi-Faith Panel Discussion** | **Robert Macauley, MD**  
Finding out that you have a potentially life-threatening disease can be a spiritually charged and changing event. There are many faith systems or religious beliefs about how to best cope with this challenge. This is an open panel discussion on different methods of coping and spiritual explorations. Each cancer journey and each spiritual journey is unique. We ask attendees to be respectful of belief diversity.
- 2-8 Treatment Options for Breast and Trunk Wall Lymphedema** | **Elaine Belanger PT, CLT, and Jennifer Moore, PT, CLT-LANA** | This session is geared towards the public and for persons with lymphedema of the breast or chest wall. It will include basic information and demonstrations.
- 2-9 & 1-9 Share Your Story** | **Margaret Cole, MSW, and Sally Mattson, MA**  
See session 1.9 for description.
- 2-10 COFFEE CHAT - Cancer Epidemiology 101** | **Elizabeth Peterson, MPH**  
The Vermont Department of Health will present the most current available data on women's cancer rates in Vermont. We also will discuss cancer screening rates and available data on risk factors associated with the development of cancer.
- 2-11 COFFEE CHAT - Knitting Comfort Shawls** | **Sue Aldous** | Bring your knitting and join us, or just come learn about knitting comfort and prayer shawls. Patterns will be available. Come get information on starting your own group or knitting for the Breast Care Center's group.

<sup>N</sup> Nursing Contact Hours   <sup>SW</sup> Social Work Contact Hours

- 2-12 COFFEE CHAT - Consumer Product Safety: Know What's in Your Make-Up Bag**  
**Paul Burns** | It may surprise you to learn that many cosmetics and personal care products now contain a multitude of chemicals including synthetic and toxic dyes, preservatives, detergents, allergens, estrogen-like chemicals, and more. Attend this workshop to learn more about these ingredients and how to spot them, how to protect yourself and how to advocate with manufacturers and the government.
- 2-13 Yoga Session**
- 2-14 Return to Exercise During and After Cancer Treatment** | **Kristi C. Johnson, PT, CLT-LANA**  
See Session 1.14 for description.
- 2-15 Fly Casting Workshop** | **Mary Ward** | Orvis has a long history of providing fly casting as a technique to help women with breast cancer. Their "Casting for Recovery" program has been seen on national TV programs and is a wonderful way to relax, enjoy nature and get your arms moving. These free demonstrations and guidance sessions will be held outside as weather allows.
- 2-16 COFFEE CHAT - The Challenges of Practical Issues Impacted by Cancer: A Social Work Approach** <sup>SW</sup> | **Stephanie Fraser, MSW** | This session, geared towards social workers, will address the many challenges that face someone going through care treatment and recovery and how a social worker is an integral part of that care at many stages along the way.



### Survive & Thrive Profile

## Kim Dittus, MD, PhD

Anyone who knows the fatigue associated with breast cancer treatment understands that when it comes to daily activity, it's not uncommon to weigh which is more important each afternoon – taking a walk or taking a nap.

Kim Dittus should know. A physician-researcher at the Vermont Cancer Center at UVM/Fletcher Allen, Dittus not only faced these choices during her own brush with breast cancer 2 years ago, she felt she had to prove to herself – and to her patients – that she could be active during her own radiation therapy.

An avid exerciser and mother of two young boys, Dittus says what keeps her thriving now, as always, is staying active. While it may seem counter-intuitive, being active has been shown in research studies to effectively battle the exhaustion that so often accompanies cancer treatment. One of the most common complaints Dittus hears from her cancer patients going through therapy, in fact, is how tired they are. Her message for them is always to "get moving" – literally.

Examining movement as a form of medicine is also central to Dittus' current research. "Patients often come to therapy as active adults," she says, "but their strength is knocked down by the treatment needed to beat the cancer." Her work, which builds on that conducted by Philip Ades, MD, UVM professor of Medicine and cardiologist at Fletcher Allen, looks at cancer patients' daily function and aims to help them do more targeted therapy to regain the ability to do typical activities at home.

"Being active," she adds, "also allows patients to have some control over their own lives. They sleep better, and by exercising, they're contributing to their care."

Dittus will speak on the subject of exercise as a method of relieving fatigue during cancer treatment during Session 5.2.



## Survive & Thrive Profile

# Rebecca Gray

When Rebecca Gray first ran in the Vermont Race for the Cure® in 1994 with her daughter, Hope, she had no idea how personal the cause to find a cure for breast cancer would become. Just three years later, Rebecca was diagnosed with stage II breast cancer and by early 1998 she'd had surgery, chemotherapy, radiation treatments and was learning how to manage a new crop of curly hair. That year, she rallied a team and ran the Race for the Cure as a survivor. Rallying for the cause became a passion, and led Rebecca to a seat on the Board of Directors of the VT-NH Affiliate of Susan G. Komen for the Cure. A gifted writer and editor, Rebecca has found her voice as an advocate for breast cancer survivors and for those who have lost the battle, for access and for research, for legislation and for increased funding. She's even playing a role on the international stage, attending the 2007 Global Summit on Breast Cancer in Budapest as a US delegate. While she downplays that her battle against cancer is not a particularly unusual or heroic one, her experience fuels the will to continue the fight until the number of women losing the battle against breast cancer each year falls from over 40,000 to zero.

## SESSION THREE: 11:00 - 11:45 AM

- 3-1 Nutrition, Physical Activity, and Breast Cancer: Answers to Common Questions** <sup>N</sup>  
**Jennifer May, RD, CD** | A bout with breast cancer is likely to leave us eager to do all we can to prevent a recurrence. This often means gathering information and advice about food choices, physical activity, and dietary supplement use to improve quality of life and survival. The goal of this presentation is to address some common questions about the role that diet and physical activity play in the prevention of both initial diagnosis and recurrence of breast cancer.
- 3-2 Genetic Counseling & Testing** <sup>N</sup> | **Wendy McKinnon, MS** | This session will review the features of hereditary breast and ovarian cancer and who might be a candidate for referral for genetic counseling and possibly genetic testing. Included is a review of what happens during a genetic counseling session and discussion of the risks, benefits and limitations of undergoing genetic testing for cancer risk.
- 3-3 Integrating Complementary and Alternative Therapies with Standard Medical Care for Breast Cancer** <sup>N</sup> | **Allan Ramsay, MD, and Jane Birnn, RN, MS, MEd** | This session will discuss how complementary therapies such as healing touch, Reiki, acupuncture, and massage can be included in a comprehensive plan of care for breast cancer. How to enhance communication between physicians and complementary providers will be reviewed. Case reports from the session leaders will be used to illustrate a practical approach to integration of these therapies.
- 3-4 Constructing a Cure: New Information and Tools to Cure Breast Cancer** | **David Krag, MD** | Patients newly diagnosed with breast cancer are faced with an overwhelming amount of information. Attempts to access information can be difficult and can lead to undue anxiety and frustration. Dr. Krag will discuss how to uncover and assess the latest information about breast cancer treatments, and offer a look ahead at some of the promising research underway.
- 3-5 Breast Health Disparities** <sup>SW</sup> | **Ted James, MD** | Studies have shown a wide variation in the quality and outcome of breast health among different ethnic and socioeconomic populations and communities. This talk will explore some of the issues and factors thought to be responsible for this trend, and discuss approaches to achieving equality in breast care for all women.

## SESSION DESCRIPTIONS

- 3-6 Komen Champions** | **Rebecca Gray** | This session will focus on state legislative issues related to breast cancer, including the need for increased funding for Ladies First, Vermont's free breast cancer screening program for low-income and uninsured women. A representative from Susan G. Komen for the Cure headquarters will be discussing advocacy on important national issues including translational research funding, the oncology nursing shortage and the National Breast and Cervical Cancer Early Detection Program.
- 3-7 Couples Lymphatic Massage Workshop: Learn How to Help your Partner through Lymphatic Massage** | **Julia A. Child, PT, CLT-LANA** | Lymphatic massage is a gentle massage that cannot only be relaxing and supportive, but will also help move lymphedema. Bring your support person or partner so that they can learn this technique. This will be a "hands on" actual teaching session, so come prepared for receiving a massage.
- 3-8 Living with Cancer – Christian Principles for Survivors** | **Brent C. Devenney, RN, OCN, MDiv** | Along with a cancer diagnosis come many questions. Many of these questions (perhaps the most important ones) are spiritual in nature. The goal of this session is to see how the Christian faith addresses some of these spiritual questions and to provide some practical advice for "Living" with cancer.
- 3-9 Chair Yoga** | **Ellen Fein, LCSW, RYT** | Yoga can be done in a variety of positions. This session is specifically geared for people who prefer a relaxing and restorative Yoga session that can be done sitting in a chair. Wearing loose clothing may be helpful.
- 3-10 Return to Exercise During and After Cancer Treatment** | **Kristi C. Johnson, PT, CLT-LANA** | Session 1.14 for description.
- 3-11 Yoga Session**
- 3-12 Fly Casting Workshop** | **Mary Ward** | See session 2.15 for description.

## 12:00 - 1:00 PM LUNCH

~Lunch is by reservation only~

Plated lunches will be served in the Emerald Ballroom, hosted by Dr. Hyman Muss and Sister Pat McKittrick.



Boxed lunches may be picked up in the Exhibit Hall. Boxed Lunch costs are supported in part by the Vermont Chapter of the American Cancer Society.

## LUNCH SESSIONS

- L-1 The Patient Case Conference: A Multidisciplinary Approach to Breast Cancer Care** <sup>N</sup>  
**Susan Burdette-Radoux, MD, Seth Harlow, MD, Deborah Rubin, MD and Don Weaver, MD**  
How do your specialists decide on their treatment recommendations? Current breast cancer care involves coordination of multiple medical disciplines. In this session, you will sit in on a re-enactment of a weekly case conference, where specialists review clinical, radiological and pathological findings for patients recently diagnosed with breast cancer, and discuss the best approaches to treatment.
- L-2 Genetic Testing for Inherited Breast and Ovarian Cancer: Patient Perspectives** <sup>N SW</sup>  
**Wendy McKinnon, MS** | This will be a panel discussion including several individuals who have undergone genetic counseling and testing for the BRCA1/2 genes, the two genes associated with the majority of inherited breast and ovarian cancer. Anyone who is interested in learning more about the BRCA1/2 counseling and testing process is invited to attend.
- L-3 Young Survivor's Luncheon** | **Kathleen McBeth, MA, and Kelly Lord** | This will be a networking opportunity for women under 40 who have been diagnosed with cancer.
- L-4 A Town Meeting Forum on Breast Cancer** | **Richard Lovett, MD, and Patricia O'Brien, MD**  
Many issues challenge all of us who want to see a cure for breast cancer, true primary prevention of the disease, and access to care for everyone who needs medical care. In the true Vermont tradition, we will have a Town Meeting for the Breast Cancer Community to have an opportunity to discuss the issues and how we might overcome the challenges.
- L-5 Vermont Lymphedema Network Lunch Meeting** | Open to VLN members only.

## SESSION FOUR: 1:15 - 2:00 PM

- 4-1 New Treatments for Breast Cancer - Targeted Therapy** <sup>N</sup> | **Hyman Muss, MD**  
This session will share news about new treatments targeted against breast cancers, including agents that block proteins that cause cancer to grow and spread, drugs that prevent cancer cells from growing blood vessels, and other new strategies. The role of clinical trials and the potential role of these new drugs as additions to current treatments will also be discussed.
- 4-2 Breast Cancer Screening and Prevention** <sup>N</sup> | **Marie Wood, MD** | There are differences between screenings for a low-risk person and a high-risk person. These modalities will be discussed along with the options and efficacy of breast cancer prevention.
- 4-3 Take Time to Laugh: It's the Music of the Soul with Medical Benefits** <sup>SW</sup>  
**Sister Pat McKittrick, RN** | In this interactive session, we will look at the importance of choosing happiness and experiencing joy in our daily lives. We will also discover the benefits of humor in the healing process.
- 4-4 The Physician/Patient Relationship & Communication** <sup>SW</sup> | **Karen and Dave Crawford, and Paul Unger, MD** | A breast cancer patient, her husband and her doctor talk about how to keep the doctor/patient relationship "healthy." Throughout treatment, this is a vital relationship. Trouble here can make treatments even more difficult. General communication, asking questions, and the husband's role in support will be discussed.
- 4-5 Breast Cancer in Vermont - The State Cancer Plan** | **John Olson, MEd** | Learn about breast cancer from a public health perspective. Vermont Department of Health staff introduce you to the data and disparities of breast cancer in Vermont and the statewide priorities and partnerships to address it.
- 4-6 Surgical Management of Breast Cancer** <sup>N</sup> | **Mary Stanley, MD** | This session will discuss the current options for surgical treatment of the breast in breast cancer: lumpectomy, mastectomy and Sentinel Node biopsy and/or Axillary Node dissection.
- 4-7 The American Cancer Society and You** | **Leigh Sampson** | The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. In this session, you will learn about a variety of services available to cancer patients and their families through the American Cancer Society. You will learn how to access and connect with the Cancer Resource Network, which offers information, day-to-day help, and emotional support to cancer patients.
- 4-8 Finding Balance in a Life Touched by Cancer** | **Ellen Fein, LCSW, RYT** | Cancer is often disorienting and the words 'cancer patient' can seem to become your identity. Life is not just about a diagnosis or medical treatment. Come share and gain some practical ideas and practices for bringing balance to your life.
- 4-9 Problem-Solving for Treatment of Breast and Trunk Wall Lymphedema (Geared to Physical Therapists)** **Elaine Belanger PT, CLT, and Jennifer Moore, PT, CLT-LANA** | Truncal edema can be difficult to treat and objectively evaluate. This problem-solving session is geared for therapists with experience treating persons with truncal edema.
- 4-10 Explore and Experience Meditation** | **Rev. Mr. Regis Cummings and Betty Blouin, RN**  
A brief introduction to imaged and imageless meditation as prayer, flowing from the Jewish/Christian faith vision of life and its meaning. Open to all who are seeking.
- 4-11 Return to Exercise During and After Cancer Treatment** | **Kristi C. Johnson, PT, CLT-LANA** | See session 1.14 for description.
- 4-12 Fly Casting Workshop** | **Mary Ward** | See session 2.15 for description.

## Survive & Thrive Profiles

# Vermont Cancer Center Research Milestones



**Mercedes Rincon, PhD** | Multidrug resistance, which is associated with the lack of response to a variety of drugs, is believed to be the major cause of chemotherapy failure in breast cancer. To ensure more successful treatments for patients, researcher **Mercedes Rincon, PhD**, and colleagues are looking at the biology and function of methylation-controlled J protein (MCJ), which, when absent, can cause resistance to chemotherapy in breast cancer cells. Understanding more about this protein will aid clinicians in predetermining a patient's response to different types of chemotherapy and help them make better decisions about treatment courses.



**Berta Geller, EDD** | Pioneering public health scientist **Berta Geller, EDD**, led the establishment of the first and only statewide mammography registry in the nation. Within two short years, the Vermont Mammography Registry expanded in 1995 to become the Vermont Breast Cancer Surveillance System, and is one of only five mammography registries and two affiliated sites that make up the national Breast Cancer Surveillance Consortium. This National Cancer Institute-associated collaborative network links pathology and/or tumor registries and researchers who evaluate the performance of screening mammography in community practice in the United States. Geller is currently conducting an American Cancer Society-funded project aimed at helping radiologists who read mammograms improve their skills, and collaborating with scientists at the National Cancer Institute and the Vermont Cancer Center to examine the link between breast tissue density and breast cancer risk. Her most recent grant from the National Cancer Institute is the Cancer Survivor Community Study in which researchers and cancer survivors are working together.



Karen and Dave Crawford,  
with children Chip and Katie

## Survive & Thrive Profile

### Karen & Dave Crawford

When Karen Crawford was diagnosed with stage III breast cancer at age 34, one of the greatest feats she and her husband Dave faced was how they would approach Karen's health challenge as a couple. While much of Karen's time was focused on cancer treatment and the needs of her two young children, Dave was working out how he could best help Karen and most effectively and lovingly communicate with her about all they were experiencing in a way that was helpful.

Living in Essex, Vermont, a great distance from their families, Karen and Dave's support and needs were quickly met by the generosity and support of their church family. And it was in this community, too, that Dave reached out to an elder who became a helpful resource, providing him with the guidance he needed to navigate the best way to discuss his thoughts with Karen. "As a man," he says, "it was good to have that time to blurt out what I was thinking and get coherent, and then go back and talk with Karen about it."

For the Crawfords, part of thriving has meant helping others who may be struggling with communicating well and supporting one another during this difficult time. Helping other men facing communications challenges, in fact, is part of giving back for Dave, and is just the right thing to do, he says. "I want to help other guys learn from my mistakes."

Today, Karen is cancer-free, and together, the Crawfords are sharing their story with others at a special pre-conference event, focused on the unique needs of couples coping with cancer.

See Page 3 for details.

## SESSION FIVE: 2:15 - 3:00 PM

5-1 & 6-1 **Tour of the Vermont Cancer Center**-See page 10 for details.

5-2 **Cancer Fatigue and Exercise: Take a Walk or Take a Nap?** | Kim Dittus, MD, PhD  
Fatigue affects most people during and after cancer treatment. This session will outline the benefits of exercise for fighting fatigue and other positive effects of exercise. Other interventions for control of fatigue will also be discussed.

5-3 **Gene-Environment Interactions and the Development of Cancer** | Barry Finette, PhD, MD  
This talk will discuss some of the ways exposure to environmental chemicals may lead to cancer in children and adults, and some of the experimental approaches that are used to study these events. In addition, this talk will discuss how infants and children are more susceptible to exposure to environmental genotoxic chemicals and why exposure early in life may result in a higher risk for cancer during childhood and adulthood.

5-4 **Living with a Life-Threatening Illness: The Palliative Care Option** | Angel Collins, MS, RN  
This workshop will address the concept of palliative care and the importance of initiating this kind of care at the time of diagnosis of a life-threatening illness. We will discuss palliative options available to individuals regardless of where they reside or where they are on the continuum of their illness.

5-5 **A Session for Men and Women - Like Fish Out of Water: How Men Can Be Helpful to Women Coping with Cancer** | Dave and Karen Crawford | This session focuses on a Reader's Theater Performance video that looks at the usually unspoken struggles of men who want to be helpful to the woman in their life who have dealt with cancer. This performance is a springboard for reflection and discussion. It's revealing; it's funny; it's helpful!

5-6 **Cervical Cancer Screening & Prevention** | Emmanuel Soultanakis, MD | This session will cover the current recommendations for screening in women at high risk for cervical cancer.

5-7 **Cognitive Changes During Chemotherapy** | Janis Peyser, PhD | Reports of cognitive changes are common in women undergoing chemotherapy for breast cancer. This presentation will review research on cognitive changes, typical symptom reports and compensatory strategies.

5-8 **Breast Cancer in Vermont - Vermonters Taking Action Against Cancer** | John Olson, MEd  
Join other survivors, providers and public health professionals to plan strategies and interventions to increase breast cancer screening, reduce late stage diagnoses and reduce suffering and death from this leading cancer among women.

5-9 & 6-8 **Share Your Story** | Kathleen McBeth, MA, and Sally Mattson, MA  
See session 1.9 for description.

5-10 **An Introduction to the Concept of Healing Energy** | Rev. Mr. Regis Cummings and Betty Blouin, RN | This session will be focused on the benefit of bringing a sense of well-being to both giver and receiver. Labeled many ways - Healing Touch, Laying on of Hands, Dowsing, Reiki - participants will be offered an opportunity to experience healing energy.

5-11 **Kinesiotape - Management of Trunk Edema** | Julia A. Child, PT, CLT-LANA, and Cathy Munteanu, PT, CLT-LANA | Edema of the trunk can be a side effect after treatment for breast cancer. Kinesiotape is a special kind of skin tape that can be used to stimulate the lymphatics to improve drainage on the chest. Basic lymphatic physiology and drainage will be discussed, as well as a demonstration of tape application.

5-12 **COFFEE CHAT - Long-term Follow-Up of Breast Cancer Survivors** | Andrea Miller, NP  
This session will focus on the follow-up after the initial period of surgery and additional treatment are completed. What to expect with frequency of appointments, testing, mammograms, and why your schedule and follow-up may be different from a neighbor's or friend's schedule.

5-13 **COFFEE CHAT - VPIRG's Healthy Vermonter Project and Lowering Toxic Exposures** | Paul Burns | Healthy Vermont, Healthy Future is a campaign to establish a clean, safe and healthy future for all the citizens of Vermont. The precautionary principle and actions you can take to lower your exposures to toxins will be shared in this advocacy presentation and discussion.

5-14 **COFFEE CHAT - Knitting Comfort Shawls** | Sue Aldous | See session 2.11 for description.

5-15 **COFFEE CHAT - Studying Cancer Survivorship in Vermont** | Berta Geller, EdD  
Cancer survivors in Vermont and researchers at the University of Vermont have teamed up to learn about the unmet needs of cancer survivors (physical, emotional, spiritual, practical, financial, etc.). We would like to sit down with breast cancer survivors and hear about what types of questions we should be asking to learn more. What are your concerns? What services would you like to see offered in response to your needs?

5-16 **Return to Exercise During and After Cancer Treatment** | Kristi C. Johnson, PT, CLT-LANA  
See session 1.14 for description.

## SESSION SIX: 3:15 - 4:00 PM

6-1 & 5-1 **Tour of the Vermont Cancer Center**-See page 10 for details.

6-2 **Cancer Survivorship: Thriving after Cancer** | Patricia O'Brien, MD | An overview of the many ways that cancer can affect your post-treatment personal life and family life and ways you can cope. We will cover the various aspects of the physical and emotional burdens of cancer and how they can touch each member of the family in unique ways. Short-term and long-term issues like lymphedema, chemo brain, neuropathy and radiation fibrosis will be discussed.

6-3 **Adjuvant Therapy - New Developments** | Johannes "Chris" Nunnink, MD | An informal discussion of the new developments in adjuvant therapy. Bring your questions.

6-4 **Chemical Exposures and Concerns about Breast Cancer** | Kathleen Attfield | Why do so many women have breast cancer? Why more now than in our mothers' generation? Silent Spring Institute is a nonprofit research organization dedicated to studying the links between the environment and women's health, particularly breast cancer. Ms. Attfield will discuss the recent research of the Institute and how concerned citizens can become involved to protect women's health.

6-5 **Men-Only Discussion of Film "Like Fish Out of Water"** | Dave Crawford | Whether you watched the video in session 5.5 or not, this session is for all men to come and discuss some of the issues raised, such as their new role in their home, their wife's physical and emotional changes, what to do, what not to do, or whatever comes up. *Food will be served and there will be a door prize.*

6-6 **Just Say No to Pain! Minimizing the Impact of Pain in Breast Cancer Treatment and Beyond** | Zail S. Berry, MD, MPH | The best-informed patients are the most successful in managing disease and its treatment. In that spirit, this discussion will seek to empower participants through discussion of management strategies to control pain, both pharmacologic and otherwise.

6-7 **Aquatic Therapy for Breast Cancer Patients** | Edie Bernhardt, PT, ATRIC, and Deborah Harris, PT, RD, CLT-LANA | This session is designed to be an introduction to aquatic therapy and how it can enhance your recovery. Participants are encouraged to bring a bathing suit, towel, and water shoes (optional) to experience for themselves how effective aquatic therapy can be.

6-8 & 5-9 **Share Your Story** | Kathleen McBeth, MA, and Sally Mattson, MA  
See session 1.9 for description.

6-9 **Aromatherapy in Healing** | Valerie Pallotta, RA | True aromatherapy is the art and science of using essential oils from plants to promote the health of body, mind and spirit. Aromatherapy is a complementary healing modality. Participants will get an overview of the benefits of aromatherapy through lecture and will sample some of the oils used to enhance quality of life.

6-10 **Types of Compression Products to Treat Lymphedema** | Kathy Weatherly, OT, CLT-LANA | Compression is an important part of the long-term management of lymphedema. A variety of products are available to help manage swelling. The theory behind use of different tools will be shared along with a review of the basic physiology. Therapists are encouraged to bring their challenging cases to discuss.

6-11 **COFFEE CHAT - Using Art to Feel Better** | Catherine King, MA, LCMHC  
Participants will discuss how they can use artwork to explore and express their feelings related to cancer. Those present will also have an opportunity to experience how artwork can be used in their relaxation practice and in connecting to hope.

6-12 **COFFEE CHAT - Massage Therapy for the Person with Cancer: Can It Help? Can It Hurt?** | Cindy Schafer | Massage therapy has long been recognized for its ability to provide relaxation and relieve muscle tension, but are there special concerns for the person who has cancer or for cancer survivors? We will examine this question and more, as well as look at how massage therapy may be helpful in alleviating some chemotherapy side effects.

## Survive & Thrive Profiles

### Vermont Cancer Center Research Milestones



Ted James, MD

Though tumor removal is the primary goal of breast cancer surgeons and their patients, most also hope to accomplish this task while conserving as much breast tissue as possible. In some women, administering treatment to shrink a tumor before surgery can reduce the procedure from a mastectomy to a lumpectomy. VCC/Fletcher Allen/UVM surgical oncologists **Ted James, MD**, and **Laurence McCahill, MD**, conducted quality outcomes research assessing the utilization of preoperative



Laurence McCahill, MD

chemotherapy according to tumor size, as well as breast conservation. Their study, due to be published in The Breast Journal, found that use of preoperative chemotherapy was associated with reduction of tumor size and an increased rate of breast conservation. However, although still potentially effective, use of this therapy in patients with tumors less than three centimeters in size appeared to be underutilized, even among high volume breast surgeons. Drs. James and McCahill have also compared the use of intra-operative ultrasound vs. mammographic needle localization in patients undergoing partial mastectomy for nonpalpable ductal carcinoma in-situ (DCIS) based on data from the Breast Cancer Surgical Quality Database. They concluded that intra-operative ultrasound, which is less invasive and more cost-effective, should be considered when possible for this patient population.

6-13 **COFFEE CHAT - Consumers Make a Difference in Breast Cancer Research** | Carol Vallett, EdD | Since 1992, the Congressionally Directed Medical Research Program has awarded over \$2.2 billion dollars for breast cancer research. Consumer advocates are an important part of this program, which is administered by the US Department of Defense. Come find out from a breast cancer survivor what it's like to be a consumer reviewer for this program and how you can join the effort.

6-14 **Return to Exercise During and After Cancer Treatment** | Kristi C. Johnson, PT, CLT-LANA | See session 1.14 for description.



## Survive & Thrive Profile

### Erin Baird

To look at Erin Baird with her shoulder-length hair and striking eyes and smile, you would never know that she has been living with cancer for 7 1/2 years. Nor would you guess that, due to her cancer's "sneaky attempts," as she puts them, to repeatedly recur, she will need to be on chemotherapy for the rest of her life.

A busy mother from Waitsfield with an active family and social life, Baird is clearly thriving. So, you might wonder, how someone lives so exuberantly under such circumstances. The answer, for Baird, lies in her spiritual connection to God. "My faith has grounded me," she says. "Trusting the Lord Jesus really has freed me from any strongholds - fear, anxiety, anger."

Sure, she admits, there are times when the threat of recurrence (she's been clear nearly a year) are overwhelming. "But if fear or anxiety comes, I just put it before Him, and go about our busy life."

Baird's peace and gratitude during her cancer journey also led her to participate in a clinical trial at Fletcher Allen. "I've benefited from people prior to me who have participated in studies, and I'm grateful," she says.

While Baird's wisdom stems from a Christian perspective, her sentiments are easily applicable to any faith and belief system. Her advice to other survivors is to take stock of each day's blessings. "A friend once said to me that for every minute we are anxious, we lose a minute of peace. It's a simple thing to remind ourselves."



## Research & Patient Care Facilities Walking Tour

Please join us for a behind-the-scenes walking tour of the Vermont Cancer Center's care facilities and research laboratories. This is a special opportunity to see and hear about the cutting-edge research and care being carried out at the Vermont Cancer Center, which spans from the University of Vermont College of Medicine research facilities to Fletcher Allen's patient care areas.

Please join host Jim Wallace, MD, director of Radiation Oncology at Fletcher Allen, for a tour of the Breast Care Center and a portion of the Radiation Oncology patient care area at Fletcher Allen Health Care.



Jim Wallace, MD

Participants will also tour the Vermont Cancer Center's research facilities at the University of Vermont with hosts Tim Hunter, DNA and Microarray facility manager, and Scott Tighe, senior research technician, Flow Cytometry & Microarray core facility. This portion of tour will focus on two technologies that are important in cancer research studies: Automated DNA sequencing and Microarray (GeneChip) analysis.

Registration for tours is required and is available online at [www.vtbreastcancerconference.org](http://www.vtbreastcancerconference.org) or by calling (802) 656-2292. A free shuttle bus to the medical center will leave the Sheraton Conference Center entrance at 2:15 pm and return at approximately 4:15 pm. Space restrictions limit us to 24 persons for this tour, so sign up early.



## EXHIBITORS

- American Cancer Society - Look Good, Feel Better**  
[www.appearancesalon.com](http://www.appearancesalon.com)
- American Cancer Society**  
[www.cancer.org/makingstridesonline](http://www.cancer.org/makingstridesonline)
- American Red Cross Blood Services**  
[www.newenglandblood.org](http://www.newenglandblood.org)
- Association of Vermont Recyclers**  
[www.vtrecyclers.org](http://www.vtrecyclers.org)
- AstraZeneca Oncology**  
[www.azcsn.net](http://www.azcsn.net)
- Avon Walk for Breast Cancer, Boston**  
[www.avonwalk.org](http://www.avonwalk.org)
- Cancer Patient Support Program**  
[www.cpspvt.org](http://www.cpspvt.org)
- Casting for Recovery**  
[www.castingforrecovery.org](http://www.castingforrecovery.org)
- Central Vermont Medical Center Breast Care Program**  
[www.cvmc.hitchcock.org](http://www.cvmc.hitchcock.org)
- Christ Memorial Church**  
[www.cmcvermont.org](http://www.cmcvermont.org)
- Dragonheart Vermont Dragon Boat Team**  
[www.dragonheartvermont.org](http://www.dragonheartvermont.org)
- Eleanor B. Daniels Fund**  
[www.ebdfund.org](http://www.ebdfund.org)
- Eli Lilly & Company**  
[www.lilly.com](http://www.lilly.com)
- FitzPatrick Cancer Center - Treasure Chests**  
[www.cvph.org](http://www.cvph.org)
- Forest Moon: Celebrating Survivorship**  
[www.forestmoon.org](http://www.forestmoon.org)
- Gifford Medical Center**  
[www.giffordmed.org](http://www.giffordmed.org)
- Green Mountain Care**  
[www.greenmountaincare.org](http://www.greenmountaincare.org)
- Ladies First**  
[http://healthvermont.gov/prevent/ladies\\_first](http://healthvermont.gov/prevent/ladies_first)
- Lance Armstrong Foundation**  
[www.livestrong.org](http://www.livestrong.org)
- Lesbian Health Care**
- Meditation and Energy Healing/Talking Together Support Group**
- Myriad Genetic Laboratories**  
[www.myriadtests.com](http://www.myriadtests.com)
- National Cancer Institute's Cancer Information Service of New England**  
[www.cancer.gov](http://www.cancer.gov)
- Novartis Oncology**  
[www.novartisooncology.us](http://www.novartisooncology.us)
- Physical Therapy Center of Vermont**  
[www.ptcofvt.org](http://www.ptcofvt.org)
- Pfizer**  
[www.pfizer.com](http://www.pfizer.com)
- Sanofi-Aventis**  
[www.sanofi-aventis.us/live/us/en](http://www.sanofi-aventis.us/live/us/en)
- S.D. Ireland Cancer Research Fund**  
[www.sdirelandcancerresearch.org](http://www.sdirelandcancerresearch.org)
- Solaris**  
[www.swellingsolutions.com](http://www.swellingsolutions.com)
- Therapy Dogs of Vermont**  
[www.therapydogs.org](http://www.therapydogs.org)
- Tubbs Romp to Stomp Out Breast Cancer Snowshoe Series**  
[www.tubbsromptostomp.com](http://www.tubbsromptostomp.com)
- Vermont Cancer Survivor Network**  
[www.vcsn.net](http://www.vcsn.net)
- Vermont Department of Banking, Insurance, Securities and Health Care Administration**  
[www.bishca.state.vt.us](http://www.bishca.state.vt.us)
- Vermont Reiki Association**  
[www.vermontreikiassociation.org](http://www.vermontreikiassociation.org)
- Vermonters Taking Action Against Cancer (VDH Cancer Control Program)**  
[www.vtacc.org](http://www.vtacc.org)
- Visiting Nurse Association**  
[www.vnacares.org](http://www.vnacares.org)
- VT-NH Affiliate of Susan G. Komen for the Cure**  
[www.vtnhcare.org](http://www.vtnhcare.org)
- Vermont Public Interest Research Group**  
[www.vpirg.org](http://www.vpirg.org)
- Yankee Medical**  
[www.yankeemedical.com](http://www.yankeemedical.com)



Please visit our area in the exhibit hall to learn more about many of our associated programs and services:

- Fletcher Allen Breast Care Center**  
[www.FletcherAllen.org/BreastCare](http://www.FletcherAllen.org/BreastCare)
- Fletcher Allen Breast Imaging Department**  
[www.FletcherAllen.org/Womens\\_Hub/Mammography](http://www.FletcherAllen.org/Womens_Hub/Mammography)
- Fletcher Allen Frymoyer Community Health Resource Center**  
[www.FletcherAllen.org/chrc](http://www.FletcherAllen.org/chrc)
- Fletcher Allen Hematology/Oncology**  
[www.FletcherAllen.org/HemOnc](http://www.FletcherAllen.org/HemOnc)
- Fletcher Allen Osteoporosis Center**  
[www.FletcherAllen.org/Medicine/Osteoporosis](http://www.FletcherAllen.org/Medicine/Osteoporosis)
- Fletcher Allen Rehabilitation Outpatient Center**  
[www.FletcherAllen.org/Rehab\\_Therapies](http://www.FletcherAllen.org/Rehab_Therapies)
- Fletcher Allen Surgical Services /da Vinci Robotic Surgery**  
[www.FletcherAllen.org/robot](http://www.FletcherAllen.org/robot)
- Knitting Comfort Shawls**
- University of Vermont College of Medicine Dana Medical Library**  
[www.library.uvm.edu/dana](http://www.library.uvm.edu/dana)
- Vermont Cancer Center High-Risk Breast Program**  
<http://hrbp.vermontcancer.org>

For more information on exhibiting, please contact Linda Norton at (802) 656-5465 or [Linda.Norton@vtmednet.org](mailto:Linda.Norton@vtmednet.org). Registration deadline is October 20, 2008.

## Survive & Thrive Profile

### Patient Navigators



Sue Bouffard, RN, Maggie Macleay, RN, Brent Devenney, RN, OCN, and Nicole Messier, RN (Not Pictured: Kerry Stanley, MSW)

"We're an organizing force at a very, very disruptive time in a patient's life," says Nicole Messier, RN, who with colleagues Maggie MacLeay, RN, Sue Bouffard, RN, Kerry Stanley, MSW, and Brent Devenney, RN, OCN, form the Vermont Cancer Center's patient navigator team at Fletcher Allen Health Care. Together, they are helping hundreds of cancer patients each year find their way along the complex path to diagnosis and treatment.

Broadly put, navigators are trained professionals who help patients through the health care system. They act as clinicians, care coordinators, educators, and counselors for patients and their families. They often begin this process by helping the referring provider - frequently a primary care physician who suspects his or her patient may have a malignancy.

The navigators each handle certain kinds of cancer and, depending on the preliminary diagnosis, they offer help to both the referring physician and the patient to start navigating the cancer diagnosis and treatment process. They collaborate with all members of the medical team, scheduling visits, tests, explaining treatment options, and helping to arrange transportation.

"Through the whole process, we're the one person who's the continuing presence for the patient," says Messier. "So that, hopefully, they just won't have to worry as much, and can focus on getting better."

This special service is particularly helpful to patients who live a distance from Burlington, says Bouffard. "They travel great distances to come here for diagnosis and treatment. We can help coordinate everything to make their schedule as smooth as possible, and ease the burden on them and their family members."

## vcc Vermont Cancer Center Member

**Kathleen Attfield** is a staff scientist with the Silent Spring Institute in Newton, MA. She is responsible for managing the Institute's GIS database and providing data collection and management for an ongoing study of groundwater contamination. **Session 6.4**

**Sue Aldous** has been a medical transcriptionist for Fletcher Allen Health Care for over a decade. As a volunteer for the Volunteer Services Department at Fletcher Allen for six years, she has knitted or crocheted and donated items from caps and blankets for preemies, to lap robes for patients in the rehab center, to comfort shawls for Breast Care Center patients. **Sessions 2.11, 5.14**

**Elaine Belanger PT, CLT**, received her lymphedema training through Klose-Norton Consultants in 2003. She has specialized in lymphedema treatment for the past 3 years. She is employed by Fletcher Allen Health Care, Rehab Outpatient Center, treating both in- and outpatient cases. **Sessions 2.8, 4.9**

**Edie Bernhardt, PT, ATRIC**, is the director of Aquatic Rehabilitation Services at the Physical Therapy Center of Vermont and is a visiting instructor in aquatic therapy at UVM. **Session 6.7**

**Zail S. Berry, MD, MPH**, is an internist, geriatrician, and palliative medicine specialist providing home medical care to persons with serious illness in Chittenden County. She serves as Co-Medical Director of the Hospice of the Champlain Valley and is clinical associate professor of medicine at the University of Vermont College of Medicine. **Session 6.6**

**Nancy Bianchi, MSLIS**, is a library associate professor and a reference librarian at the Dana Medical Library at the University of Vermont. **Session 2.6**

**Jane Birn, RN, MS, MEd**, is a part time clinical assistant professor in the UVM Department of Nursing. She is certified as an advanced practice holistic nurse, a Healing Touch practitioner, and in integrative guided imagery. **Session 3.3**

**Betty Blouin, RN**, currently works as a nurse for Project Independence and co-founder of the Central Vermont Cancer Support Group, the Christian Mediation Center and the Foundation for Compassionate Care. **Sessions 4.10, 5.10**

**Susan M. Bouffard, RN**, received her BA from Trinity College and her BSN from the University of Vermont in 1988. She works at the Fletcher Allen Health Care Breast Care Center as a clinical program coordinator. **Session 2.5**

**Susan Burdette-Radoux, MD**, is an associate professor of medicine at Fletcher Allen and joined the Hematology/Oncology division in 2002. She has a primary interest in clinical trials of immunotherapy and agents with novel mechanisms of action in the areas of breast cancer, melanoma and brain tumors. **vcc Sessions 2.2, 11**



**Paul Burns** is the executive director of VPIRG. Paul has been working as an organizer, advocate and attorney on toxics issues for over 20 years. **Sessions 2.12, 5.13**



**Julia A. Child, PT, CLT-LANA**, is a certified lymphedema therapist trained in the Casley-Smith, Dorit Tidar, and Vodder methods of lymphedema management practicing at Middlebury Physical Therapy in Middlebury, Vermont. **Sessions 3.7, 5.11**



**Margaret Cole, MSW**, is a member of the board of the VT-NH affiliate of Susan G. Komen for the Cure and is a Breast Care Center social worker employed at Dartmouth Hitchcock Medical Center. **Session 1.9, 2.9**



**Rose Colletti, PhD**, is a staff psychologist with the Cancer Patient Support Program. She is a clinical assistant professor in the Department of Surgery, section of Surgical Oncology at the University of Vermont. **Session 2.4**



**Angel Collins, MS, RN**, is the director of End-of-Life Care Services at the Visiting Nurse Association of Chittenden and Grand Isle counties and is an adjunct faculty member of the School of Nursing at the University of Vermont. **Session 5.4**

**Ann Cooper** is a breast cancer survivor and a member of the Spiritual Care staff at Fletcher Allen Health Care. **Session 1.12**



**Dave & Karen Crawford** have been married for 16 years and have two children. Karen was diagnosed with stage III breast cancer in the spring of 2004. Dave is a construction project manager at IBM. Both are members of Christ Memorial Church where Dave serves as an elder and coordinates the men's group. **Sessions 4.4, 5.5, 6.5**



**Rev. Mr. Regis Cummings** is a Permanent Deacon in the Roman Catholic Church, assigned to Saint Augustine Church in Montpelier. He is co-founder of the Central Vermont Cancer Support Group (1984) and the Christian Mediation Center in Montpelier (1989). **Sessions 4.10, 5.10**



**Justine McCuen Dee, PT, MS, CLT-LANA**, is a physical therapist, certified lymphedema therapist, and works at Dee Physical Therapy in South Burlington, VT. She is a clinical assistant professor at the University of Vermont in the Department of Movement Science and Rehabilitation. **Session 1.8**



**Brent C. Devenney, RN, OCN, MDiv**, is a clinical program coordinator at the Vermont Cancer Center at Fletcher Allen Health Care. He has been an oncology nurse for most of his 15-year career in nursing. He also serves as pastor at Daybreak Community Church in Colchester, VT. **Session 3.8**



**Kim Dittus, MD, PhD**, is an attending physician at Fletcher Allen Health Care and an assistant professor in the University of Vermont College of Medicine. She holds a PhD in nutrition. She is pursuing an academic medical career with a research focus on mechanisms by which exercise may prevent cancer recurrence and improve survival. **vcc Session 5.2**



**Linda Dyer** is a 15-year breast cancer survivor. She is the founder and director of Dragonheart Vermont, a support group here in Vermont where the focus is on living rather than the disease. She is also the executive director of the Lake Champlain Dragon Boat Festival, which has raised over \$175,000 in the last 3 years for cancer-related causes in Vermont. **Session 1.5**



**Ellen Fein, LCSW, RYT**, is a licensed clinical social worker and a certified yoga teacher. She teaches yoga to those with serious illness and also runs workshops and groups about healing and mind-body techniques. **Sessions 3.9, 4.8**



**Barry Finette, PhD, MD**, is a professor of Pediatrics at UVM/Fletcher Allen, studying the association between genetic changes, environmental genotoxic exposures and the development of cancer in children. Since 2000, he has been on the President's Task Force on Environmental and Safety Risks to Children. He earned his PhD in microbiology and his MD at the University of Texas. **vcc Session 5.3**



**Mary Flemming, RN, CLT**, has been teaching yoga for 15 years in the Central Vermont area. She has worked in nursing for over 30 years and holds certifications in both oncology and lymphedema. **8am Pre session yoga for lymphedema**



**Pat Fontaine, MACP**, is a published poet, a University of Vermont adjunct faculty member and a breast cancer survivor. **Session 1.7**



**Felicia Foster, RN, BS, Day**, is a nurse with a special interest in providing available information on the safe integration of vitamins, herbal supplements and pharmaceuticals. She works at Healthy Living Market and in collaboration with health care professionals at Fletcher Allen. **Session 1.11**



**Stephanie Frasier, MSW**, is a hematology/oncology social worker at Fletcher Allen. She also helps manage and administer the Cancer Patient Support Program's Emergency Fund. She is an ovarian cancer survivor. **Session 2.16**



**Berta Geller, EdD**, is a researcher at the Office of Health Promotion Research at the University of Vermont, the principal investigator of the Vermont Mammography Registry, and a member of the National Cancer Institute's Breast Cancer Surveillance Consortium. This past April, a group of cancer survivors and Dr. Geller started the Cancer Survivor Community Study with funding from the National Cancer Institute. **vcc Session 5.15**



**Rebecca Gray** is a writer working for Dartmouth College. She has published in many magazines and is an editor for the 75th Anniversary edition of "Joy of Cooking." A nine-year breast cancer survivor, she also served on the Board of Directors of the VT-NH Affiliate of the Susan G. Komen for the Cure. **Session 3.6**

**Deborah Harris, PT, RD, CLT-LANA**, has worked in health care for over 13 years, with her primary focus in outpatient orthopaedics and women's health. A certified Lymphedema Therapist in Casley-Smith Technique and a member of the Lymphedema Association of North America, she holds bachelor's degrees in General Dietetics and Physical Therapy from the University of Vermont. **Session 6.7**



**Seth Harlow, MD**, is an associate professor at the University of Vermont. He is also the division chief of Surgical Oncology and the director of the Breast Care Center at Fletcher Allen Health Care. **vcc Session 11**

**Jean Harvey-Berino, PhD, RD**, is a nationally recognized researcher and expert on the subjects of weight loss, obesity and nutrition, particularly Internet-based interventions for weight loss and weight maintenance. She is co-author of the award-winning book, *The EatingWell Diet: Introducing the Vtrim™ Weight-loss Program*. She is currently professor and chair of the Department of Nutrition and Food Sciences at the University of Vermont. **Session 1.1**



**Robin Hayden, NP**, is an adult nurse practitioner working in the Breast Care Center/Surgical Oncology Service at Fletcher Allen Health Care. She spent many years as a primary care/women's health care provider and has been working at Fletcher Allen since 2000. **Session 1.6**



**Sally Herschorn, MD**, is the medical director of the Breast Imaging division at Fletcher Allen Health Care and an associate professor of radiology at the University of Vermont College of Medicine. **Session 1.3**



**Ted James, MD**, is a surgical oncologist at the Fletcher Allen Health Care Breast Care Center, and assistant professor of surgery at the University of Vermont. His research interests include cancer prevention, tumor biology, and cancer health disparities. **vcc Session 3.5**



**Kristi C. Johnson, PT, CLT-LANA**, practices physical therapy at Timberlane Physical Therapy, and has been a certified lymphedema therapist since 1999. Kristi specializes in lymphedema treatment and post mastectomy/lumpectomy surgery. **Sessions 1.14, 4.11, 5.16, 6.14**



**Catherine King, MA, LCMHC**, is an activities therapist on inpatient psychiatry at Fletcher Allen. She holds a master's degree in Art Therapy and is a licensed clinical mental health counselor. **Session 6.11**



**David Krag, MD**, is S. D. Ireland Professor of Surgical Oncology at UVM. He pioneered the development of radiotracer-guided surgery of sentinel lymph nodes in cancer, and is now working to achieve targeted delivery of cancer therapeutics to tumors. He is also an entrepreneur, with a new venture, Plomics, built around a new method for organizing and delivering biomedical information. **vcc Session 3.4**



**David Leitner, MD**, is professor of surgery at the University of Vermont College of Medicine and is a member of the Division of Plastic Surgery at Fletcher Allen. His areas of clinical subspecialty expertise are plastic and reconstructive surgery, breast reconstruction, cosmetic, skin cancer, hand, cleft lip and palate surgery, and microvascular reconstructive surgery. **Session 2.3**



**Richard Lovett, MD**, graduated from the University of Vermont College of Medicine and completed his residency at Framingham (MA) Union Hospital, and Washington University in St. Louis. He is an associate professor at the University of Vermont College of Medicine, and sees patients at Radiation Medicine Affiliates, Community Cancer Center at the Rutland Regional Medical Center. **Session 1.4**



**Robert Macauley, MD**, is a palliative care physician and director of Clinical Ethics at Fletcher Allen Health Care and a clinical assistant professor in the University of Vermont College of Medicine. **Session 2.7**



**Margaret MacLeay, RN**, works as a nurse navigator at the Breast Care Center at Fletcher Allen Health Care. She has been a nurse at Fletcher Allen for 34 years. **Session 2.5**



**Sally Mattson, MA**, is a licensed psychologist practicing in Brattleboro, Vermont. She has been in practice for 26 years and is a breast cancer survivor. **Sessions 1.9, 2.9, 5.9, 6.8**



**Jennifer May, RD, CD**, is a registered dietitian with the Cancer Patient Support Program. She provides nutrition counseling to patients at the Vermont Cancer Center at Fletcher Allen and offers workshops and lectures to the community on various cancer and cancer prevention topics. **Session 3.1**



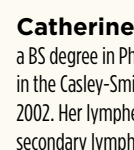
**Kathleen McBeth, MA**, is a coordinator with the Cancer Patient Support Program in the Hematology/Oncology Clinic at Fletcher Allen Health Care. She is a licensed psychologist, with a focus on health psychology and adjustment to illness, and is a seven-year lymphoma survivor. **Sessions 1.13, 1.3, 5.9, 6.8**



**Wendy McKinnon, MS**, is a certified genetic counselor who specializes in genetic counseling and testing for familial cancer. She is the genetic counselor for the Familial Cancer Program of the Vermont Cancer Center at Fletcher Allen Health Care, which is a multidisciplinary program for individuals and families at-risk for hereditary cancer. **Sessions 3.2, 1.2**



**Sister Pat McKittrick, RN**, is a registered nurse currently employed at Fletcher Allen Health Care. She coordinates the Health Ministries program and recognizes the importance of healing body, mind and spirit. **Session 4.3**



**Catherine Munteanu, PT, CLT-LANA**, holds a BS degree in Physical Therapy from Quinnipiac College and is trained in the Casley-Smith method. She received her LANA certification in 2002. Her lymphedema therapy focus has been on the treatment of secondary lymphedema, as well as other types of edema. **Session 5.11**



**Nicole Messier, RN**, graduated from the University of Vermont with a bachelor's degree in nursing and now works as the nurse navigator for the Upper Gastrointestinal Multidisciplinary Clinic in the Vermont Cancer Center at Fletcher Allen. **Session 2.5**



**Andrea Miller, NP**, is a certified nurse practitioner in the Breast Care Center at Fletcher Allen Health Care where she provides care for women in all stages of their breast cancer diagnosis and treatment. **Session 5.12**



**Jennifer Moore, PT, CLT-LANA**, received her lymphedema training through Klose-Norton Consultants in 2002, and has been specializing in lymphedema treatment for the past 4 years. She is employed by Fletcher Allen Health Care's Rehab Outpatient Center, treating both inpatient and outpatient cases. **Sessions 2.8, 4.9**



**Hyman B. Muss, MD**, practices medical oncology at Fletcher Allen Health Care where he is also active in research. He is a professor of medicine at the University of Vermont College of Medicine and also participates on several national boards for the Cancer and Leukemia Group B and the American Board of Internal Medicine. **vcc Session 4.1**

**Lee Nelson, DPT, MS**, has been a clinical faculty member at UVM since 1974, and is currently the director of Clinical Education in the Department of Rehabilitation and Movement Science. Her clinical work has primarily been in the area of swelling management, particularly for individuals with lymphedema. **Sessions 1.8**



**Johannes "Chris" Nunnink, MD**, is a clinical associate professor of medicine at the University of Vermont College of Medicine and an attending physician at Fletcher Allen. He sees patients at the Vermont Center for Cancer Medicine. **vcc Session 6.3**



**Patricia O'Brien, MD**, trained at the University of Vermont College of Medicine specializing in internal medicine. She currently provides lymphedema consultations at Fletcher Allen Health Care. She serves as Co-Chair of the Annual Breast Cancer Conference and is the Chair of the grant committee for the VT-NH affiliate of Susan G. Komen for the Cure. Dr. O'Brien is an eleven-year breast cancer survivor. **vcc Sessions 2.1, 1.4, 6.2**



**John Olson, MEd**, coordinates Vermonters Taking Action Against Cancer (VTAAC), a statewide partnership of 140+ individuals, organizations and professionals that created Vermont's second strategic plan for cancer prevention and control. **Sessions 4.5, 5.8**



**Valerie Pallotta, RA**, is a registered aromatherapist and has been studying aromatherapy since 1994. She holds certificates from several institutions including the Pacific Institute of Aromatherapy. **Session 6.9**

**Elizabeth Peterson, MPH**, is currently an epidemiologist with the Vermont Department of Health, where she is responsible for surveillance and evaluation of chronic disease prevention efforts throughout the state. She is also a member of the steering committee - Vermonters Taking Action Against Cancer (VTAAC). **Session 2.10**

**Janis Peyser, PhD**, is a clinical associate professor of psychiatry and neurology at the UVM College of Medicine. She was director of Medical Psychology at the Medical Center Hospital/Fletcher Allen from 1980 to 2001. She is now in independent practice. **Session 5.7**



**Allan Ramsay, MD**, is professor and associate chair of family medicine at the University of Vermont and director of Inpatient Family Medicine Services and Palliative Care Services at Fletcher Allen Health Care. He practices at Colchester Family Practice and is Medical Director of Green Mountain Nursing Home in Colchester, Vermont. **Session 3.3**



**Deborah Rubin, MD**, is associate professor of radiology at the University of Vermont College of Medicine and an attending physician in the department of Radiation Oncology at Fletcher Allen. Her primary practice interests are in the care of women with breast cancer, and end-of-life care. **vcc Session 1.1**



**Leigh Sampson** has been part of the Health Initiatives staff at the American Cancer Society for nearly five years, focusing on providing support services to cancer patients. **Session 4.7**

**Cindy Schafer** was certified in therapeutic massage by the Finger Lakes School of Massage in 1996 and earned a New York state license in 1997. She trained in cancer-specific massage with nationally renowned Tracy Walton prior to beginning work at Fletcher Allen Health Care in the "Helping Hands" massage therapy program, which serves Hematology/Oncology inpatients and outpatients. **Session 6.12**



**Emmanuel Soultanakis, MD**, received his medical degree from the University of Vermont, completed his Residency in Obstetrics and Gynecology at UVM/Fletcher Allen, and his Fellowship in Gynecologic Oncology at Brown University/Women & Infants Hospital. He joined the Division of Gynecologic Oncology at Fletcher Allen in 2003 and is an assistant professor of obstetrics and gynecology at the University of Vermont. **vcc Session 5.6**



**Kerry Stanley, MSW**, is a patient navigator in the Hematology Oncology Clinic at Fletcher Allen Health Care. She holds a master's degree in social work from the University of Vermont. **Session 2.5**



**Mary Stanley, MD**, has been a breast surgeon in the community since 1998. She specializes in both benign and malignant breast problems. She is the chairperson of the Breast Care Center Steering Committee and practices in Williston in a center dedicated to women's health care. **vcc Session 4.6**



**Christian Thomas, MD**, is a clinical assistant professor of medicine at the University of Vermont College of Medicine. He is in clinical practice in Burlington, Vermont, at the Vermont Center for Cancer Medicine and Blood Disorders. **Session 1.2**



**Paul Unger, MD**, is a clinical associate professor of medicine at the University of Vermont College of Medicine, a hematologist and medical oncologist on Fletcher Allen's medical staff and a member of the Vermont Cancer Center. He cares for patients at the Vermont Center for Cancer Medicine. **vcc Session 4.4**



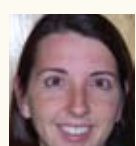
**Carol Vallett** is the dean of Continuing Education at the University of Vermont, a breast cancer survivor and advocate, and a Consumer Reviewer for the Congressionally Directed Medical Research Programs in 2008. **Session 6.13**



**Kathy Weatherly** is an occupational therapist in private practice in Wisconsin. She has been specializing in lymphedema since 1994. She holds a BA in Art and Occupational Therapy and a BS in Business from Mount Mary College. **Session 6.10**



**Donald Weaver, MD**, received his MD from the University of Vermont followed by a general surgery internship, pathology residency, and analytical cytology fellowship. He joined the faculty of the UVM College of Medicine in 1990 and is also an attending physician at Fletcher Allen Health Care. **vcc Session 1.1**



**Augusta Wilson, RN**, has been a research coordinator for the Osteoporosis Center and for Rheumatology at Fletcher Allen Health Care since 2004. She works as a clinical staff nurse for these two specialties and is the nurse educator for the Osteoporosis Center. **Session 1.10**



**Cheung Wong, MD**, is the director of Gynecologic Oncology at Fletcher Allen and an assistant professor at the University of Vermont College of Medicine. His clinical practice includes screening women for gynecologic cancers and treating women with gynecologic cancers. **vcc Session 1.4**



**Marie Wood, MD**, is professor of medicine at the University of Vermont College of Medicine. She is a medical oncologist in the Fletcher Allen Health Care Hematology/Oncology Clinic and director of the Familial Cancer Program at the University of Vermont. **vcc Session 4.2**

**Hotel & Travel Information**

Sheraton Burlington Hotel & Conference Center  
870 Williston Road  
Burlington Vermont, 05403

A limited number of rooms are available at a conference rate of \$95/per night.

**To receive this special rate, reservations must be made by October 10.** For more information about staying at the Sheraton, or to make a room reservation, call (802) 865-6600.

**Directions to the Hotel**

Take I-89 in Vermont to Exit 14W. The hotel will be immediately on your right.

**Accessibility for People with Disabilities**

While the Breast Cancer Conference is accessible to people with disabilities, please note that there are significant distances between some of the sessions at the event. We regret that we are unable to provide assistants to help individuals travel throughout the premises. You are welcome, however, to have someone of your choosing accompany you in this capacity to the conference and ask only that your assistant register for the event as well.

**Conference Disclaimer**

Regarding written materials and information received, written or otherwise, during the Vermont Cancer Center Breast Cancer Conference, and regarding information that may be displayed or distributed from conference exhibitors: The scientific views, statements and recommendations expressed during the program represent those of the speakers and exhibitors, and do not necessarily represent the views of the Vermont Cancer Center, the University of Vermont, or Fletcher Allen Health Care.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

**SPECIAL PROGRAM**

*Thursday, October 30, 2008 | 'Like Fish Out of Water' An Evening for Couples Coping with Cancer*

Please check:

- \_\_\_\_\_ I will be attending the "Fish Out of Water" Evening. **\$15.00**
  - \_\_\_\_\_ My spouse/partner/caregiver will be attending. **\$15.00**
- Dinner choices; choose one per person.*
- Chicken Carrazella
  - Ravioli with Pesto (vegetarian)

**Friday, October 31, 2008  
11th Annual Breast Cancer Conference**

I am attending as a (check all that apply):

- Attendee
- Survivor
- Nurse (Contact Hours available)
- Exhibitor
- Social Worker (Contact Hours available)

- \_\_\_\_\_ Nursing Contact Hours **\$20.00**
- \_\_\_\_\_ Social Worker Contact Hours **\$20.00**

**Lunch**

- \_\_\_\_\_ I would like a plated lunch. **\$15.00** Choose one:
  - Chicken Jardiniere
  - Tomato and Zucchini Gratin (vegetarian)
- \_\_\_\_\_ I would like a boxed lunch (includes soda, chips, fruit). **\$10.00** Choose one:
  - Turkey and cheese sandwich
  - Vegetarian Hummus wrap
- \_\_\_\_\_ I will attend the lectures and exhibits, but do not need a lunch. **No charge**

A limited number of lunch scholarships are available. Please call (802) 656-2292.

\_\_\_\_\_ I want to help patients in Vermont "Survive & Thrive" and donate \$11 to celebrate 11 years of breast cancer advances to benefit the Vermont Cancer Center. **\*\$11.00\*** or the amount of your choosing

**TOTAL DUE**

**3 Ways to Register!**

**1 ONLINE:**  
[www.vtbreastcancerconference.org](http://www.vtbreastcancerconference.org)

**2 BY MAIL:**  
University of Vermont Continuing Medical Education  
128 Lakeside Avenue, Suite 100, Burlington, VT 05401  
Make check payable to: University of Vermont

**3 BY PHONE: (802) 656-2292**

**Sessions**

\_\_\_\_\_ **Pre-Session Yoga for Lymphedema: 8:00 - 9:00 AM**

**Session 1 : 9:00 - 9:45 AM** Select one per session:

- \_\_\_1.1 \_\_\_1.2 \_\_\_1.3 \_\_\_1.4 \_\_\_1.5 \_\_\_1.6 \_\_\_1.7 \_\_\_1.8 \_\_\_1.9
- \_\_\_1.10 \_\_\_1.11 \_\_\_1.12 \_\_\_1.13 \_\_\_1.14 \_\_\_1.15

**Session 2 : 10:00 - 10:45 AM** Select one per session:

- \_\_\_2.1 \_\_\_2.2 \_\_\_2.3 \_\_\_2.4 \_\_\_2.5 \_\_\_2.6 \_\_\_2.7 \_\_\_2.8
- \_\_\_2.9 \_\_\_2.10 \_\_\_2.11 \_\_\_2.12 \_\_\_2.13 \_\_\_2.14 \_\_\_2.15 \_\_\_2.16

**Session 3 : 11:00 - 11:45 AM** Select one per session:

- \_\_\_3.1 \_\_\_3.2 \_\_\_3.3 \_\_\_3.4 \_\_\_3.5 \_\_\_3.6 \_\_\_3.7 \_\_\_3.8
- \_\_\_3.9 \_\_\_3.10 \_\_\_3.11 \_\_\_3.12

**Session Lunch: 12:00 - 1:00 PM** Select one per session:  
**Please order a boxed lunch.**

- \_\_\_ L.1 \_\_\_ L.2 \_\_\_ L.3 \_\_\_ L.4 \_\_\_ L.5

**Session 4 : 1:15 - 2:00 PM** Select one per session:

- \_\_\_4.1 \_\_\_4.2 \_\_\_4.3 \_\_\_4.4 \_\_\_4.5 \_\_\_4.6 \_\_\_4.7 \_\_\_4.8
- \_\_\_4.9 \_\_\_4.10 \_\_\_4.11 \_\_\_4.12

**Session 5 : 2:15 - 3:00 PM** Select one per session:

- \_\_\_5.1 \_\_\_5.2 \_\_\_5.3 \_\_\_5.4 \_\_\_5.5 \_\_\_5.6 \_\_\_5.7 \_\_\_5.8
- \_\_\_5.9 \_\_\_5.10 \_\_\_5.11 \_\_\_5.12 \_\_\_5.13 \_\_\_5.14 \_\_\_5.15 \_\_\_5.16

**Session 6 : 3:15 - 4:00 PM** Select one per session:

- \_\_\_6.1 \_\_\_6.2 \_\_\_6.3 \_\_\_6.4 \_\_\_6.5 \_\_\_6.6 \_\_\_6.7 \_\_\_6.8
- \_\_\_6.9 \_\_\_6.10 \_\_\_6.11 \_\_\_6.12 \_\_\_6.13 \_\_\_6.14

Vermont Cancer Center presents  
**Breast Cancer**  
11th ANNUAL **C**onference

**Presented by:**



Since its founding in 1974, the Vermont Cancer Center (VCC) has been committed to state-of-the-art cancer research, treatment, and education. In 1991, the VCC was designated by the National Cancer Institute as a Comprehensive Cancer Center, one of just 39 in the nation.

The VCC plays an important role in Vermont and northern New York, serving to influence standards of cancer prevention and treatment across the region. Exceptional patient care is provided through VCC clinics located at Fletcher Allen Health Care.

VCC physicians and scientists have also made significant contributions to advances in cancer research that are keys to understanding, preventing and treating this disease.

**[www.VermontCancer.org](http://www.VermontCancer.org) • (877) 540-HOPE**

**with support from:**



The University of Vermont and Fletcher Allen Health Care serve as Vermont's academic medical center, helping to improve our region's quality of life by providing patients with the latest innovations in medicine and health care, by generating new knowledge about disease and wellness, and by educating the next generation of health care professionals and scientists.

**[www.med.uvm.edu](http://www.med.uvm.edu) • [www.FletcherAllen.org](http://www.FletcherAllen.org)**



Komen for the Cure, and the Vermont-New Hampshire Affiliate, are committed to saving lives and ending breast cancer forever by empowering people, ensuring quality care for all, and energizing science to find the cures. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists. Komen for the Cure has invested nearly \$1 billion to fulfill its mission, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world.

**[www.vtnhcure.org](http://www.vtnhcure.org) • [www.komen.org](http://www.komen.org)**

**FRIDAY, OCTOBER 31, 2008**  
**8 AM - 4 PM**

**SOUTH BURLINGTON, VERMONT**  
**SHERATON BURLINGTON HOTEL & CONFERENCE CENTER**  
**SOUTH BURLINGTON, VERMONT**

**[WWW.VTBREASTCANCERCONFERENCE.ORG](http://WWW.VTBREASTCANCERCONFERENCE.ORG)**

