



MAYO CLINIC
Cancer Center

Women's Cancers 2009

Merging Science and Care

Saturday, October 24, 2009

Phillips Hall, Siebens Building

Mayo Clinic, Rochester, Minnesota

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The Mayo Clinic Women's Cancer Program is pleased to announce *Women's Cancers 2009: Merging Science and Care*, to be held on Saturday, Oct. 24, 2009. This annual education event will focus on current topics in cancer care, promising research and ways to deal with cancer and its effects.

Purpose

- Provide up-to-date information on cancer care
- Explore promising research on new ways to prevent, diagnose and treat women's cancers
- Provide an opportunity to talk with others concerned about cancer issues

Location

Phillips Hall, First Floor
Siebens Medical Education Building
200 Second Avenue Southwest
Mayo Clinic
Rochester, Minnesota

The Women's Cancer Program was inaugurated in 1992 within Mayo Clinic Cancer Center. The Women's Cancer Program is committed to:

- Advancing the scientific understanding of breast and gynecologic cancers
- Educating patients, professionals and the public about breast and gynecologic cancers
- Optimizing the care of patients with these diseases

Program Schedule

Saturday, Oct. 24, 2009

Phillips Hall, Siebens Building

- 7:30 – 8 a.m. **Registration** — Phillips Hall, lobby area.
Beverages provided.
- 8 – 8:15 a.m. **Welcome and introduction**
- 8:15 – 8:45 a.m. **Benign breast disease – when is it a risk factor?**
Lynn C. Hartmann, MD, Professor of Oncology, Mayo College of Medicine
- Dr. Hartmann and colleagues have focused their research on the significance of benign breast disease and when it is a risk factor for subsequent development of breast cancer. She will also discuss breast involution, a natural process in aging, and its significance.
- 8:45 – 9:15 a.m. **What's new in the treatment of gynecologic cancers?**
Prema P. Peethambaram, MD, Assistant Professor of Oncology, Mayo College of Medicine
- Dr. Peethambaram will provide an overview of what we have learned about the use of intraperitoneal chemotherapy for ovarian cancer and will discuss promising new directions in the treatment of gynecologic cancers.
- 9:15 – 9:45 a.m. **Advances in treatment of liver and gastrointestinal cancers.**
Steven R. Alberts, MD, Professor of Oncology, Mayo College of Medicine
- Dr. Alberts will present advances in the understanding of liver and gastrointestinal cancers. He will highlight new treatments and their effectiveness.
- 9:45 – 10:30 a.m. **Exhibits and break** View research posters and exhibits, Hage Atrium, Subway Level, Siebens Building. Beverages and snack breads provided in the Patient and Visitor Cafeteria.
- 10:30 – 11:00 a.m. **Nutrition – Effects on health after a cancer diagnosis.**
Aminah Jatoi, MD, Professor of Oncology, Mayo College of Medicine
- Dr. Jatoi will provide an overview of recent research that provides support for nutritional changes after a diagnosis of cancer. Dr. Jatoi will discuss the implications of this research as it relates to improving one's health.
- 11:00 – 11:30 a.m. **Is "chemobrain" a myth?**
Sadhna Kohli, PhD, Assistant Professor of Oncology, Mayo College of Medicine
- Some women experience changes in memory and thought processes after chemotherapy. The cause of cognitive difficulties is unknown. It has been suggested that this is a direct result of chemotherapy or a result of stress. Dr. Kohli will describe "chemobrain" and give an overview of what is known.
- 11:30 – 12 Noon **Making lifestyle changes.**
Nancy M. Campbell, Wellness Coach
- Ms. Campbell will discuss approaches to successfully making healthy lifestyle changes. She will provide a tool that will get you on the way to reaching your goals.
- 12 Noon – 1:15 p.m. **Lunch and noon breakout sessions.** Box lunches will be provided in the Patient and Visitor Cafeteria, subway level, Siebens Building. During lunch, you may socialize, view exhibits or join a breakout session. A person with expertise in the designated topic will lead the session and be available to answer questions.

12 Noon – 1:15 p.m. **Breakout Sessions Available**

When is acupuncture a helpful addition to treatment?

Tony Y. Chon, MD, Instructor in Medicine, Mayo College of Medicine

Stretch, meditate and relax with yoga.

Stephanie J. Sutherland, Instructor, Dan Abraham Healthy Living Center

Music – inspiration, relaxation and self-expression!

Jane Belau, Composer and Performing Artist

Tour: Gonda 10 Women’s Cancer Program area

Tour: Mayo Clinic Heritage Hall: Service to the Nation (Mayo nurses from World War I through Iraq)

1:15 – 1:45 p.m.

What we know about differences in response to treatment.

Matthew P. Goetz, MD, Assistant Professor of Oncology and Pharmacology, Mayo College of Medicine

Dr. Goetz will offer insights into how genetic differences between people influence whether individuals benefit from specific treatments. Dr. Goetz will discuss the significance of genetic differences in the future treatment of cancer.

1:45 – 2:15p.m.

Genetics and quality of life.

Jeff A. Sloan, PhD, Professor of Biostatistics and Oncology, Mayo College of Medicine

Marlene H. Frost, RN, PhD, Assistant Professor of Oncology, Mayo College of Medicine

Researchers are exploring genetic factors that are associated with personality and responses to situations or life events. Drs. Sloan and Frost will provide an overview of these findings and the significance for persons with a diagnosis of cancer.

2:15 – 2:45 p.m.

Tai Chi can enhance well-being.

Bonnie Sokolov, Accredited Tai Chi Instructor

Tai Chi has existed in some form or another for hundreds of years. The underlying principles of natural movement and meditation of Tai Chi can be helpful for persons recovering from an injury or serious illness. Ms. Sokolov will demonstrate and have you participate in techniques that help you relax, experience calmness and improve focus and concentration.

A’Cadia

Designed by Eunice Hill

Presented to the Mayo Clinic Women’s Cancer Program, 2008



The name is from the Greek word, Arcadia, meaning a place of refuge, a sanctuary. The design is a peaceful setting: a garden with a backdrop of sunshine and shadows, reminding us that in life we face both. The squares represent a walkway that leads us through and past cancer, which may touch our lives or the lives of loved ones. The fine quilting in the border is symbolic of the strength gained through working together and finding support from others along the way.



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Saturday, Oct. 24, 2009
8 a.m. - 2:45 p.m.

Registration Fee (includes box lunch) **\$25** must be postmarked Oct. 10 or earlier. **\$30, after Oct. 10.** For more information about the event, call **507-266-4886**. For Registration questions, call Matrix Meetings 507-288-5620. This program has been designed to meet Minnesota State Board of Nursing guidelines for continuing nursing education. Attendees can earn up to 6.3 contact hours.

Please make checks payable to Matrix Meetings, Inc. No refunds will be given after Oct. 17 (postmark date).

Mail form and payment to:

Women's Cancers 2009: Merging Science and Care
 Matrix Meetings, Inc.
 P. O. Box 7169
 Rochester, MN 55903-7169

Please print or type all information below. You may duplicate this form for multiple registrations.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ (area code + number)

check here if you would like information about future events to be sent to your email address.

Lunchtime Breakout Sessions

Please indicate with an "X" below if you are interested in one of the following during lunch.

X

↓	Breakout Sessions Available (12 Noon - 1:15 p.m.)	Presenter
	When is acupuncture a helpful addition to treatment?	<i>Tony Y. Chon, MD</i>
	Stretch, meditate and relax with yoga.	<i>Stephanie J. Sutherland</i>
	Music - inspiration, relaxation and self-expression!	<i>Jane Belau</i>
	Tour: Gonda 10 Women's Cancer Program area	
	Tour: Mayo Clinic Heritage Hall: Service to the Nation (Mayo nurses from World War I through Iraq)	

Special Needs: Please indicate if ___ vegetarian or ___ gluten free diet is needed
 ___ Hearing or ___ vision impaired

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MC1604-17rev0409

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