

Living with *and* Overcoming My Cancer

A Mayo Clinic Symposium for
Patients and Their Loved Ones



January 16 and 17, 2016

JW Marriott Desert Ridge Resort
5350 East Marriott Drive
Phoenix, Arizona 85054

Course Directors:
Ruben A. Mesa, M.D.
Joseph R. Mikhael, M.D.
Donald W. Northfelt, M.D.



mcaevents@mayo.edu
REGISTER NOW

General Information

Living with and Overcoming My Cancer: A Mayo Clinic Symposium for Patients and Their Loved Ones is for patients who are currently fighting cancer or that have been cured, as well as family members. An internationally renowned group of speakers have been organized to accomplish two main goals.

The first goal is to provide comprehensive patient friendly information on the diagnosis and treatment of cancer. On Saturday we will have the following disease specific breakout sessions:

- Leukemia
- Myeloproliferative Neoplasms (MPNs)
- Myelodysplastic Syndrome (MDS)
- Chronic Lymphocytic Leukemia (CLL)
- Lymphoma
- Amyloidosis
- Myeloma
- Melanoma
- Breast Cancer
- Lung Cancers
- Prostate, Kidney and Bladder Cancer
- Colorectal Cancer
- Ovarian and Uterine Cancers
- Pancreatic Cancer

On Sunday we are offering optional supportive care breakout sessions:

- Caring for the Caregiver: A Tool Box for Families
- Exercise to Enhance Recovery
- Mindfulness Based Resilience Training

The second goal is to provide attendees with information on some shared issues facing cancer patients and family members. This conference will address many unmet needs that patients and their loved ones have but are rarely discussed in the exam room. This information is crucial for individuals who are in active treatment, recovering, or have been cured. Topics include:

- Making Sense of your Bloodwork
- Clinical Trials
- Overcoming Financial and Legal Challenges
- Nutrition for Cancer Survivors
- Resiliency Strategies
- Exercise During and After Cancer
- Survivorship

The conference is fortunate to have a variety of well-respected speakers who will discuss strategies to overcome illness such as: physical activity, complementary and integrative therapies and techniques to deal with the stress of these diseases. This broad based symposium is the first of its kind and provides a unique opportunity for supportive and beneficial dialog between patients, their family members and a range of thought leaders from across the nation.

General Information

Intended Audience

This conference is designed for current patients with cancer including:

Leukemias, Myeloproliferative Neoplasms (MPNs), Myelodysplastic Syndrome (MDS), Chronic Lymphocytic Leukemia (CLL), Lymphoma, Amyloid, Myeloma, Melanoma, Breast Cancer, Lung Cancers, Prostate, Kidney and Bladder Cancers, Colorectal Cancer, Ovarian and Uterine Cancers, and Pancreatic Cancer.

Family members are welcome to register and attend the sessions, as well.

Registration

To register please complete the attached registration form and return by mail or fax. There is no fee to participate in this symposium. Enrollment will close once registration exceeds the capacity of the reserved meeting space. A letter of confirmation will be mailed upon completion of the registration process.

Symposium Location and Date

Living with and Overcoming My Cancer: A Mayo Clinic Symposium for Patients and Their Loved Ones will be held on January 16 and 17, 2016, at the JW Marriott Desert Ridge Resort in Phoenix, Arizona.

Hotel Accommodations

A limited number of guest rooms have been reserved at JW Marriott Desert Ridge Hotel and Spa. Rooms are available on a first come, first served basis. Please make hotel reservations early to ensure availability and special rates of \$299 plus tax per night.

To make reservations, call 480-239-5000 before December 15, 2015.



Faculty

Mayo Clinic in Arizona

Breast Clinic

Maryann Forreth, C.N.P., R.N.

Colon & Rectal Surgery

Nitin Mishra, M.D.

Contracting and Payer Relations

Robert Kelly

Dermatology

Aaron R. Mangold, M.D.

Aleksandar Sekulic, M.D., Ph.D.

General Surgery

Nabil Wasif, M.D.

Hematology/Oncology

Alan Bryce, M.D.

John Camoriano, M.D.

Kristina Gowin, D.O.

Sharene Hollenbach, R.N., O.C.N.

Kimberly D. Iverson, R.N.

Nina Karlin, M.D.

Nandita Khera, M.D., M.P.H.

Jose Leis, M.D.

Angela A. Mayo, P.A.-C., M.S.

Ruben Mesa, M.D.

Joseph Mikhael, M.D.

Donald Northfelt, M.D.

Jeanne Palmer, M.D.

Harshita Paripati, M.D.

Ramesh Ramanathan, M.D.

Craig Reeder, M.D.

Allison Rosenthal, D.O.

Helen Ross, M.D.

Lisa Sproat, M.D.

Internal Medicine

Holly Geyer, M.D.

Laboratory Medicine and Pathology

Ryan S. Robetorye, M.D., Ph.D.

Legal

Nancy Cummings, J.D.

Page Underwood, J.D.

Medical & Surgical Gynecology

Kristina Butler, M.D.

Javier F. Magrina, M.D.

Paul Magtibay, M.D.

Nursing Research

Noel Arring, D.N.P., R.N., O.C.N.

Physical Therapy

Pauline Lucas, P.T., D.P.T., WCS

Psychiatry

Cynthia Stonnington, M.D.

Pulmonary Medicine

Karen Swanson, D.O.

Radiation Oncology

Jonathan Ashman, M.D., Ph.D.

William Rule, M.D.

Sujay A. Vora, M.D.

William Wong, M.D.

Urology

Erik Castle, M.D.

Mayo Clinic in Florida

Hematology/Oncology

Winston Tan, M.D.

Mayo Clinic in Rochester

Hematology

Deborah A. Bowen, APRN, C.N.P.

Timothy Call, M.D.

Medical Oncology

Ed Creagan, M.D.

Katharine Price, M.D.

Psychology

Matthew Clark, Ph.D., L.P.

Arizona State University

David W. Coon, Ph.D.

Jennifer Huberty, Ph.D.

Health South

Andrea Brennan, OTD, OTR/L, CLT-LANA, WCC

Medical Office of Dr. Betty Darby

Betty Darby, Ph.D.

Honor Health

Terri Taylor, R.D.

Patient Advocate

Kay Kays

Strong Cancer Recovery

Nancy Howe, M.S., C.E.S.

Therapeutic Massage by Trish Romano

Trish Romano, LMT, CPT, Certified Aromatherapist

Schedule

Saturday, January 16, 2016

- 8:00 a.m. **Welcome & Cancer Overview**
Ruben Mesa, M.D.
- 8:30 a.m. **Blood 101 – Making Sense of Your Bloodwork**
Joseph Mikhael, M.D.
- 9:00 a.m. **Clinical Trials – What You Need to Know**
Winston Tan, M.D.
- 9:30 a.m. **Resiliency Strategies for Cancer Survivors and Caregivers**
Matthew Clark, Ph.D., L.P.
- 10:00 a.m. **BREAK**
- 10:30 a.m. **What if.....My Cancer Relapse Risk**
Donald Northfelt, M.D.
- 11:00 a.m. **Practical Nutrition for the Cancer Survivor: Fact or Fiction?**
Katharine Price, M.D.
- 11:45 a.m. **Strong Mind, Strong Body: A Fit Minded Approach to Exercise During and After Cancer**
Jennifer Huberty, Ph.D.
- 12:30 p.m. **LUNCH**
- 1:30 p.m. **Disease Specific Breakout Sessions**
- 5:00 p.m. **ADJOURN**

Sunday, January 17, 2016

- 8:00 a.m. **Welcome Day 2**
Ruben Mesa, M.D.
- 8:05 a.m. **Communicating in a Rapidly Changing Medical Environment**
Timothy Call, M.D.
- 8:35 a.m. **Anyone Got a Map? Navigating the Many Environments of Healthcare**
Holly Geyer, M.D.
- 9:05 a.m. **Insurance, Legal and Employment Challenges**
Nancy Cummings, J.D., Robert Kelly, Page Underwood, J.D.
- 9:30 a.m. **The Long Term Cancer Survivor Who Goes The Distance**
Edward Creagan, M.D.
- 10:00 a.m. **BREAK**
- 10:30 a.m. **Optional Supportive Care Breakout Sessions**
- Session #1 – Caring for the Caregiver: A Tool Box for Families**
Noel Arring, D.N.P., R.N., O.N.C. and David Coon, Ph.D.
- Session #2 – Exercise with Bands to Enhance Your Recovery**
Nancy Howe, M.S., C.E.S
- Session #3 – Mindfulness Based Resilience Training**
Cynthia M. Stonnington, M.D. and Betty Darby, Ph.D.

Breakout Sessions

Saturday, January 16, 2016 Disease Specific Breakout Sessions

A Breast Cancer

*Donald Northfelt, M.D., Andrea Brennan, OTD, OTR/L, CLT-LANA, WCC,
Maryann Forrett, C.N.P., R.N., Nancy Howe, M.S., C.E.S., Patricia Romano, Terri Taylor, R.D.*

B Lung Cancers

*Helen Ross, M.D., Sharene Hollenbach, R.N. O.N.C., Pauline Lucas, P.T., D.P.T., W.C.S.,
Harshita Paripati, M.D., Karen Swanson, M.D.*

C Prostate, Kidney and Bladder Cancers

Alan Bryce, M.D., Erik Castle, M.D.

D Colorectal Cancer

Nitin Mishra, M.D., Jonathan Ashman, M.D., Ph.D., Nina Karlin, M.D.

E Melanoma and Other Skin Cancers

Aleksandar Sekulic, M.D., Ph.D., Alan Bryce, M.D., Arron Mangold, M.D., Nabil Wasif, M.D.

F Ovarian and Uterine Cancers

*Paul Magtibay, M.D., Kristina Butler, M.D., John Camoriano, M.D., Nina Karlin, M.D.,
Javier Magrina, M.D., Sujay Vora, M.D.*

G Chronic Lymphocytic Leukemia

Jose Leis, M.D., Deborah Bowen, A.P.R.N., C.N.P., Timothy Call, M.D.

H Lymphoma

Craig Reeder, M.D., Ryan Robetorye, M.D., Ph.D., Allison Rosenthal, D.O., William Wong, M.D.

I Myeloma and Amyloidosis

Joseph Mikhael, M.D., Kimberly Iverson, R.N., Angela Mayo, P.A.-C., M.S.

J Acute Leukemia, Myelodysplastic Syndromes and Myeloproliferative Neoplasms

*Lisa Sproat, M.D., Krisstina Gowin, D.O., Nandita Khera, M.D., M.P.H., Ruben Mesa, M.D.,
Jeanne Palmer, M.D.*

K Pancreatic Cancer

*Ramesh Ramanathan, M.D., Mitesh J. Borad, M.D., Douglas Faigel, M.D., Nitin Katariya, M.D.,
Kay Kays, William Rule, M.D.*

Sunday, January 17, 2016 Breakout Sessions

A Caring for the Caregivers: A Tool Box for Families

Noel M. Arring, D.N.P., R.N., O.C.N and David Coon, Ph.D.

B Exercise with Bands to Enhance Your Recovery

Nancy Howe, M.S., C.E.S

C Mindfulness Based Resilience Training

Cynthia M. Stonnington, M.D. and Betty Darby, Ph.D.

Register

Living with and Overcoming My Cancer: A Mayo Clinic Symposium for Patients and Their Loved Ones

January 16 and 17, 2016 | JW Marriott Desert Ridge Resort & Spa

Mail form to:

Living with Cancer Patient Symposium
c/o Mayo Clinic Hospital, Events Department
5777 East Mayo Boulevard
Phoenix, AZ 85054

Phone: 480-342-3490
E-mail: mcaevents@mayo.edu
Fax: 480-342-3523

REGISTRATION DEADLINE: FRIDAY, DECEMBER 4, 2015

Enrollment will close once registration exceeds the capacity of the reserved meeting space

Contact Information

.....
Name of Registrant (first name middle name or initial and last name)

.....
Street Address

.....
City

State or Province

Zip or Postal Code

Country

.....
Email Address

Phone

.....
SPECIAL NEEDS If you have special assistance needs or dietary restrictions, describe here:

.....
Guest Name

Breakout Session Registration

Saturday, January 16, 2016 *(Please select one session to attend)*

- | | |
|---|---|
| <input type="checkbox"/> A - Breast Cancer | <input type="checkbox"/> G - Chronic Lymphocytic Leukemia |
| <input type="checkbox"/> B - Lung Cancer | <input type="checkbox"/> H - Lymphoma |
| <input type="checkbox"/> C - Prostate, Kidney and Bladder Cancers | <input type="checkbox"/> I - Myeloma and Amyloidosis |
| <input type="checkbox"/> D - Colorectal Cancer | <input type="checkbox"/> J - Leukemias/MPN/MDS |
| <input type="checkbox"/> E - Melanoma and other Skin Cancers | <input type="checkbox"/> K - Pancreatic Cancer |
| <input type="checkbox"/> F - Ovarian and Uterine Cancers | |

Sunday, January 17, 2016 *(Please select one session to attend)*

- A - Caring for the Caregiver: A Tool Box for Families
- B - Exercise with Bands to Enhance Recovery
- C - Mindfulness Based Resilience Training

MAYO CLINIC CANCER CENTER

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Scottsdale, Arizona 85259

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