The McNamara Alumni Center is located on the East Bank of the University of Minnesota campus. The University Avenue Parking Ramp and Washington Avenue Parking Ramp are nearest to the Center and connected by tunnel. Parking rate is $8 (cash only).

The 2016 Cancer Survivorship Conference is presented by:

Cancer Survivorship Conference
Life-long health and wellness

Saturday, April 23, 2016
8 a.m. – 1:30 p.m.
McNamara Alumni Center
University of Minnesota
200 Oak St SE
Minneapolis, MN 55455

Register by calling 612-624-2620
or online at mhealth.org/survivorship

There is no fee to attend, but reservations are required. Space is limited, so please register early.

A collaboration between University of Minnesota Physicians and University of Minnesota Medical Center.
AGENDA

8:00 a.m. Registration and Continental Breakfast

8:30 a.m. Welcome
Anne Blaes, MD, MS, Assistant Professor of Medicine, Director, Cancer Survivor Program, University of Minnesota

8:40 a.m. Life-long risk-based care for cancer survivors
Tara Henderson, MD, MPH, Associate Professor of Pediatrics, Director, Childhood, Adolescent and Young Adult Cancer Survivor Center, The University of Chicago Medicine Comer Children’s Hospital

9:45 a.m. BREAK

10:00 a.m. BREAKOUT SESSION 1

10:45 a.m. Switch rooms

11:00 a.m. BREAKOUT SESSION 2

11:45 a.m. Lunch

Noon Survivor on a Mission to Fund a Cure
Jennifer Swanton, Founder, JSwan Concepts, LLC
Jennifer Swanton is a 25 year survivor of leukemia. As the founder of JSwan Concepts, she is an entrepreneur whose mission is to fulfill her purpose and make a difference in the lives of others. Her passion for health and fitness, giving back, and supporting the community has led her on a mission to raise funds for Leukemia Lymphoma Society to find a cure. Swan Sleeves is her first product that is a reflection of her desire to make an impact.

BREAKOUT SESSION 1

Optimizing Your Lifestyle to Promote Health
Courtney Baechler, MD, MSCE, Penny George Institute for Health and Healing
Learn the latest facts about how to best nourish you – mind, body, and soul – to decrease your risk of cancer recurrence.

A Look in the Mirror: Reflections on Identity after a Cancer Diagnosis and the Use of Creativity to Reconnect to Self and Others
Allison DeCamillis, MS, ATR, LPC, Program Director, Gilda’s Club Twin Cities
Cancer changes everything, not just health status. When cancer enters the picture it can quickly shift a person’s interests, roles, body image, priorities, perspectives, and engagement in work and leisure activities. For many, these elements form the basis of identity and leave individuals asking the questions “Who am I now?” In this breakout session, Ali DeCamillis, Gilda’s Club Twin Cities program director, will explore the concept of identity and the potential life-altering shifts that can occur after a cancer diagnosis. We will also explore creative approaches to help you reconnect with your sense of self and others.

Infectious disease aspects of cancer survivorship
Karam Obeid, MD, Assistant Professor, Infectious Diseases and International Medicine

In this session, Dr. Obeid will discuss common concerns cancer and BMT survivors have about infectious disease including vaccination (or re-vaccination) recommendations.

Integrative Therapies and Cancer Care
Megan Voss, DNP, RN, Assistant Professor, Center for Spirituality and Healing, University of Minnesota
In this session, Megan Voss will discuss how integrative therapies can help survivors achieve health and wellness.

BREAKOUT SESSION 2

What Tests Should Be Done After Cancer Treatment?
Carrie Thompson, MD, Assistant Professor of Medicine, Mayo Clinic
Cancer survivorship care includes surveillance for relapsed disease. The role of testing has been evolving in recent years. Recommendations for testing after common cancers will be discussed.

Optimizing Your Lifestyle to Promote Health
Courtney Baechler, MD, MSCE, Penny George Institute for Health and Healing
Learn the latest facts about how to best nourish you – mind, body, and soul – to decrease your risk of cancer recurrence.

Returning to Work After Cancer
Sarah Goodell, Manager of Programs, Cancer and Careers
Returning to work or job searching after cancer? This session will cover what you need to know about getting back into the workplace after treatment, with a special focus on the job-hunt including resumes, cover letters and interviews. We will also provide helpful resources and referrals.

Cognitive and Emotional Changes after Cancer Treatment
Alicia Kunin-Batson, PhD, LP, Research Associate, HealthPartners Institute
Erin Holker, PhD, LP, Assistant Professor, Department of Physical Medicine and Rehabilitation, University of Minnesota
Changes in cognitive functioning (e.g., difficulties with learning, memory, or paying attention) and mood (e.g., worry, sadness) are common concerns for cancer survivors. Dr. Alicia Kunin-Batson and Dr. Erin Holker will describe ways to identify and treat these concerns.