2018 Cancer Survivor Conference
LIFE-LONG HEALTH AND WELLNESS

Saturday, May 5 | 8 a.m. – 1 p.m.
McNamara Alumni Center
University of Minnesota
200 Oak St SE, Minneapolis, MN 55455

Register today!
Register online at
z.umn.edu/18survconf
We invite you to join us for the 2018 Cancer Survivorship Conference. This conference will focus on maintaining wellness, while exploring the issues survivors and their families often face after cancer treatment or following blood and marrow transplantation. Survivors and their support system will learn how to better advocate for themselves and lead full and productive lives.

Who Should Attend
Cancer survivors ages 16 and older, parents, spouses, significant others of cancer survivors, healthcare professionals, school administrators, and social workers can benefit from this educational conference.

Registration
There is no fee to attend, but reservations are required. A free continental breakfast and lunch will be served. Space is limited, so please register early online at z.umn.edu/18survconf or call: 612-624-2620

Implied Consent
By registering for this event, I give permission to University of Minnesota Health, Masonic Cancer Center, University of Minnesota and its affiliates and event sponsors to use photographs, videotapes, or other recordings of me or my child made during the conference.

Getting There
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 is $3.00 per hour with a daily maximum of $12.00.

Agenda

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>8:00 a.m.</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>8:30 a.m.</td>
<td>Welcome&lt;br&gt;Claudio Brunstein, MD, PhD Hematologist/Oncologist and Professor, Division of Hematology, Oncology and Transplantation, University of Minnesota</td>
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<td>8:40 a.m.</td>
<td>Exercise Guidance after a Cancer Diagnosis: Evidence and Logistics&lt;br&gt;Katie Schmitz, PhD, MPH, MSED Professor of Epidemiology, Department of Public Health Sciences, Penn State University and Associate Director of Population Sciences, Penn State Cancer Institute</td>
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<td>9:30 a.m.</td>
<td>Break</td>
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<td>9:45 a.m.</td>
<td>Breakout Session 1</td>
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<tr>
<td>10:30 a.m.</td>
<td>Breakout Session 2</td>
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<tr>
<td>11:15 a.m.</td>
<td>Lunch pick-up&lt;br&gt;Pick up your lunch to enjoy during the panels</td>
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<tr>
<td>11:30 a.m.</td>
<td>Cancer Survivor Panels</td>
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<td>12:15 p.m.</td>
<td>Stevie Ray Presentation&lt;br&gt;Stevie Ray has been a nationally recognized speaker and trainer for over 25 years, helping Fortune 500 companies and small organizations alike improve communication skills, teamwork, innovative thinking, leadership, and customer service. He is the Executive Director of Stevie Ray’s Improv Company in Minneapolis, a company that has provided training and entertainment since 1989. He lives in Minneapolis with his wife, Kanitta and stepdaughter Ondine who is thirteen years old... going on thirty.</td>
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**Breakout Session 1**

"Healing by the Hour: Using the Chinese Organ Clock to Guide Self Care"
Lynn Gershan, MD, CM
Pediatrician and Medical Director of Integrative Health and Wellbeing, University of Minnesota Masonic Children’s Hospital
A discussion of traditional Chinese Medicine with hands on opportunities.

"Fatigue During and After Treatment for Childhood Cancer; What Do We Know and What Can Help"
Casey Hooke, PhD, APRN, PCNS, CPON
Associate Professor for the School of Nursing, University of Minnesota
Learn the latest on combating fatigue for childhood cancers.

"Beyond the Clinical Setting: The Role of Technology in Managing Cancer Side Effects Through Exercise, Nutrition, and Mindfulness"
Cathy Skinner
CEO and Founder of Thrivors, The Art of Well
This session will look into utilizing technology as a means of combating side effects of cancer.

"Chemobrain’ - What we Know and What We Need to Learn"
Rachel Isaksson Vogel, PhD
Assistant Professor, Department of Obstetrics, Gynecology, and Women’s Health, University of Minnesota
Learn about Rachel’s extensive research on “chemobrain” and where it is going.

**Breakout Session 2**

"Healing by the Hour: Using the Chinese Organ Clock to Guide Self Care"
Lynn Gershan, MD, CM
Pediatrician and Medical Director of Integrative Health and Wellbeing, University of Minnesota Masonic Children’s Hospital
A discussion of traditional Chinese Medicine with hands on opportunities.

"Cured of Cancer but now Let’s Heal the Heart"
Suma Konety, MD, MS
Cardiologist and Associate Professor of Medicine, Cardiovascular Division, University of Minnesota
An exploration into the effects of cancer on the heart.

"Creating Health through Food"
Carolyn Denton, MA, LN
Lecturer at the Center of Spirituality and Healing, University of Minnesota
Exploring the benefits of nutrition for living a healthy life post-cancer.

"Your Personal Post-BMT Survivorship Plan: What, Why, and How!"
Linda Burns, MD
Vice President and Medical Director of Health Services Research, National Marrow Donor Program/Be The Match
Learn how to take charge of your health with a BMT survivorship care plan.
Why Is Survivorship Care So Important?
Cancer survivors and survivors of blood and marrow transplantation often face special life-long health and wellness needs that differ from the general population. Long-term follow-up is a specialized form of ongoing healthcare. It includes screening for delayed complications of therapy and provides education for patients and families regarding risk factors associated with prior cancer treatment.

Making An Appointment
The Cancer Survivor Program through University of Minnesota Health Cancer Care and University of Minnesota Masonic Children’s Hospital is available to survivors of cancer, no matter what age, diagnosis, or where they received their past treatment. To schedule an appointment or to make an inquiry for cancer survivors age 21 years and younger, please call the Journey Clinic at 612-365-8100. To schedule an appointment or to make an inquiry for cancer survivors age 22 and older, please call 855-486-7226.

Cancer Survivor Program Leadership

Anne Blaes, MD, MS
Program Director
Adult Cancer Survivorship

Karim Thomas Sadak, MD, MPH, MSE
Program Director
Childhood Cancer Survivorship

Shernan Holtan, MD
Program Director
Blood and Marrow Transplant Survivorship

The 2018 Cancer Survivor Conference is presented by

Masonic Cancer Center
University of Minnesota

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