12th Annual Cancer Survivor Conference

Mind and Body Wellness for the Cancer Survivor

McNamara Alumni Center
200 Oak Street SE
Minneapolis, MN 55455

May 6, 2017

AGENDA

8:00 AM  Registration and Continental Breakfast

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

“Cancer Survivors and the Importance of Primary Care”  ...................................... Memorial Hall
Kristen Kopski, MD, PhD
Park Nicollet
Anne Blaes, MD, MS
Assistant Professor of Medicine
Director, Cancer Survivor Program
University of Minnesota

9:30 AM  Break

9:45 AM  Breakout Session 1  ...........................................................see other side

10:30 AM  Breakout Session 2  ...........................................................see other side

11:15 AM  Lunch

11:30 PM  “Past, Present & Future of Cancer Immunotherapy”  ..................................... Memorial Hall
Haidong Dong, MD, PhD, Associate Professor of Immunology, Mayo Clinic

Immunotherapy represents a promising new approach to the treatment of cancer, providing enhanced specificity and allowing for a more personalized approach to treatment. In this session, Dr. Dong will discuss advances that have been made in the field, challenges that still exist, and long-term follow-up care for survivors after immunotherapy.

12:15 PM  Scott Burton  ................................................................. Memorial Hall
Looking for Laughter in All the Wrong Places
Scott Burton is a cancer survivor, comedian and juggler who uses his cancer story as a tool to bring humor, humanity and laughter through adversity. Scott's talk is not a motivational speech. It is a story about finding perspective, finding our hearts, our laughter and humanity - within the cancer battle and beyond.
BREAKOUT SESSIONS

Session 1

“Facts and Myths: How your Eating Habits Influence your Risk for Cancer”
Robert Turesky, PhD, Professor, Department of Medicinal Chemistry, University of Minnesota
There is growing scientific evidence linking the intake of red meat and processed meats to cancer risk. In this session, learn how certain chemicals in foods and beverages can damage DNA in cells, causing mutations that lead to cancer.

“Guided Imagery for Healing and Well-Being”
Annie Heiderscheit, PhD, MT-BC, LMFT, Director of Music Therapy, Assistant Professor of Music, Augsburg College
Guided imagery is an integrative method that can be self-administered. Discover how to harness the power of your imagination to foster your own well-being and healing. Learn how to utilize imagery and music to foster relaxation and support physical healing. This workshop will provide survivors with information and experiential exercises to learn the practice of guided imagery.

“Sun Protection for the Cancer Survivor”
Christina Boull, MD, Assistant Professor, Department of Dermatology, University of Minnesota
In this session, learn about the specific risk factors that exist for cancer survivors surrounding the possibility of developing secondary skin cancer. Dr. Boull will provide practical tips for sun protection and skin checks unique to cancer survivors.

Session 2

“Why Food Matters in Cancer”
Kate Shafto, MD, CTropMed, Assistant Professor of Internal Medicine & Pediatrics, University of Minnesota
Our diets can have a profound effect on our risk for developing cancer. Learn what we know and what we are still hoping to learn about the relationship between food and cancer prevention, and discuss why Michael Pollan’s statement, “Eat food, not too much, mostly plants,” is a helpful approach to a healthful diet.

“The New Normal: Resilience & Hope in Cancer Survivors and Caregivers”
Jeffrey Kendall, Psy.D, LP, Director, Oncology Support Services, University of Minnesota Cancer Care
It is well known that the diagnosis and treatment of cancer profoundly affects the lives of both cancer patients and their families. Much of the conversation about cancer focuses on negative consequences; however, the concept of resilience enables a focus on personal growth and using the cancer experience to develop goals to improve your life. In this session, learn about resilience and how it can benefit both people with cancer and their caregivers.

“Life After Childhood Cancer - Can It Be Pain Free?”
Karim Sadak, MD, MPH, MSE, Assistant Professor, Division of Pediatric Hematology and Oncology, University of Minnesota
Naomi Goloff, MD, FAAP, Assistant Professor, Department of Pediatrics, University of Minnesota
Many cancer patients deal with pain before and during their treatments. Unfortunately, many survivors of cancer face the same challenging predicament. Pain can manifest itself in a number of ways and can be associated with many other symptoms and health conditions. This session will summarize the type of pain issues faced by many cancer survivors, highlighted by survivors of childhood cancer, and describe various approaches to best prevent, diagnose, treat and manage survivor-related pain.