



Through the Generations

APRIL 12, 2010

West Des Moines Marriott
 1250 Jordan Creek Parkway
 West Des Moines, Iowa

This one-day seminar is designed to explore current treatments and issues involving breast cancer.

8TH ANNUAL

BREAST CANCER Symposium

AN EDUCATIONAL CONFERENCE

Sponsored by:



Mercy

 CANCER CENTER AND

 FREDERICK & ANN KATZMANN

 BREAST CENTER

A service of Mercy Medical Center—Des Moines

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AGENDA

- 7 - 7:45 a.m. **Registration/Breakfast/Exhibits**
- 7:45 - 8 a.m. **Welcome**
 Kara Urlis, RN, BSN
 Clinic Manager, Katzmann
 Breast Center
- 8 - 9 a.m. **The Role of Prophylactic
 Mastectomy: Pros and Cons**
 Charles Goldman, MD, FACS
- 9 - 10 a.m. **Breast Screening/Imaging Options:
 What is Best for Me?**
 Thomas Malissee, MD
- 10 - 10:30 a.m. **Break/Exhibits**
- 10:30 - 11:30 a.m. **Breast Cancer and Nutrition:
 Applying Research to Everyday Life**
 Crystal Nord, RD, LD and
 Barb Wisnieski, RD, LD
- 11:30 a.m. - 12:30 p.m. **Testing Positive BRCA1 and 2:
 New Treatment Options**
 Dr. Angela Sandre, DO
- 12:30 - 1:15 p.m. **Lunch – Last Exhibit offering**
- 1:15 - 2:15 p.m. **Happiness in a Storm: Embracing
 Life as a Healthy Survivor**
 Wendy Harpham, MD
- 2:15 - 2:30 p.m. **Break**
- 2:30 - 3:30 p.m. **Survivor Panel**
- 3:30 p.m. **Closing Remarks and Evaluations**

INTENDED AUDIENCE

All health care professionals and individuals interested in the care and treatment of patients following a diagnosis of breast cancer. **Breast cancer survivors are encouraged to attend.**

OBJECTIVES

- Discuss the collaborative decision between patient and care provider of prophylactic mastectomy and the impact the decision has on the individual's treatment and long-term outcomes.
- Discuss current breast screening capabilities and how they compare and differ from screening abilities used historically.
- Describe lifestyle approach/behavior modification strategies that are effective in promoting long-term success in the area of weight management for breast cancer survivors.
- Discuss the genetic testing for BRCA 1 and 2, the impact on treatment and options for those who test positive.
- Define survivor, healthy survivor, happiness, cure, heal and hope. Discuss physical and emotional obstacles to happiness after a cancer diagnosis and methods for overcoming the obstacles to happiness.

CEU INFORMATION

Nursing: 0.72 CEUs approved by the Iowa Board of Nursing, provider # 17.

For Iowa Licensed Social Workers: It is up to the discretion of the licensee to choose relevant courses. Participants successfully completing this course will receive a course completion certificate for six contact hours.

Full attendance is required; no partial credit will be given.

Mammography Techs: Mammography authorization has been applied for.

FACULTY

Charles D. Goldman, MD, FACS

Dr. Goldman received his medical degree from Washington University in St. Louis, Missouri. He received surgical training, also at Washington University, and served a Surgical Oncology Fellowship at the University of Minnesota in Minneapolis from 1990 to 1992. He is a Diplomate, American Board of Surgery, as well as a Fellow in the American College of Surgeons. In addition, he is a member of the American Society of Clinical Oncology and the Society of Air Force Clinical Surgeons. Dr. Goldman has an extensive background in surgical oncology and currently works with Mercy's Surgical Affiliates.

Thomas A. Mallisee, MD

Dr. Mallisee received his medical degree from the University of Nebraska Medical Center, where he graduated with distinction in 1993. He then served his internship in Internal Medicine at the University of Nebraska Medical Center, a residency in diagnostic radiology at the Medical College of Wisconsin, and a fellowship in Body Imaging, also at the Medical College of Wisconsin. He is certified by the American Board of Radiology. He currently works in Medical Imaging at Mercy Medical Center – Des Moines.

Crystal Nord, RD, LD

Crystal has worked as an oncology dietitian with Mercy Cancer Center since January 2009. She received her bachelor of science degree in dietetics and Spanish from Iowa State University. She continued her education through an internship at University of Oklahoma Health Sciences Center. Crystal worked in health promotion before joining Mercy Cancer Center.

Barb Wisnieski, RD, LD

Barb is an oncology dietitian at Mercy Cancer Center, West Lakes Campus. A registered dietitian for 23 years, she has worked in the areas of cardiac rehab, diabetes management and cancer treatment. Within these positions, she has provided nutrition assessments, individualized nutrition counseling and group classes on numerous topics in the greater Des Moines area. Barb's special interests are in disease prevention and wellness, and she is a member of the Wellness Committee for the Diocese of Des Moines.

Angela Sandre, DO

Dr. Sandre received her medical degree at Des Moines University in 2000, and served her internship and residency at the University of Iowa – Des Moines Internal Medicine Residency at Iowa Methodist Medical Center. She then carried out her fellowship in Hematology/Oncology at the University of Utah, Hunstman Cancer Institute in Salt Lake City. Dr. Sandre is Board Certified in Internal Medicine and currently works at Medical Oncology & Hematology Associates in Des Moines, Iowa.

Wendy S. Harpham, MD

Wendy Harpham is a doctor of internal medicine, best-selling author, long-term cancer survivor and mother of three. Diagnosed with non-Hodgkins lymphoma in 1990 and forced to redefine her career, Dr. Harpham turned to writing as a way to continue to educate, comfort and inspire others. She has written seven books for patients and their families. Her bookset – “When a Parent has Cancer” with the children's book “Becky and the Worry Cup” – was awarded 2006 Consumer Book of the Year by the American Journal of Nursing.

Her work has been honored with numerous local and national awards. Dr. Harpham devotes her energy to helping survivors directly through her writing and speaking, and indirectly through her activities as a patient advocate. Limited stamina prevents her from returning to clinical medicine at this time.

SYMPOSIUM LOCATION

West Des Moines Marriott

1250 Jordan Creek Parkway

West Des Moines, Iowa 50266

Phone: 515-267-1500 • Fax: 515-223-1687

Discount rooms are available upon request if reservations are made before March 22, 2010 by calling 800-228-9290. The West Des Moines Marriott is a non-smoking facility with ample free on-site parking.

From I-235 from the east

Take I-235 west until it ends and merges into I-80. Take the first exit, Jordan Creek Parkway, and take a left. Turn right into the Marriott parking area.

From I-235 from the west

Exit I-80 at the Jordan Creek Parkway exit. Turn right onto Jordan Creek Parkway and turn right again into the Marriott parking area.

From the north and south

Take I-35 to the I-80/I-35 interchange and merge onto I-80 west. Take I-80 west to the Jordan Creek Parkway exit. Turn left onto Jordan Creek Parkway, then turn right into the Marriott parking area.

For more information, call the Mercy Cancer Center 515-643-8206 or 888-221-4849
Katzmann Breast Center 515-222-7830
or 888-925-6262.

Special thanks to Komen for the Cure® for their generous support of the Mercy's 8th Annual Breast Cancer Symposium.

REGISTRATION FORM

Name _____
Title _____
Address _____
City _____
State _____ Zip _____
Place of employment _____
Phone Business () _____
Home () _____
E-mail _____

We would like to recognize survivors with a special gift. Would you like to be recognized as a survivor?
(*Survivorship begins the day you are diagnosed.*)
Yes ____ No ____

Registration: Advance registration deadline is Friday, April 2, 2010. On-site registration is available.

Fee: \$75 for health care professionals with CEUs; \$45 for general public. This fee includes tuition, continental breakfast, materials, lunch, and refreshments. Scholarships are available. Refunds will be extended for cancellations before April 2, 2010.

Mail registration form to:

Katzmann Breast Center at Mercy
1601 NW 114th Street, Suite 151
Des Moines, IA 50325

515-222-7830
888-925-6262

Please make checks payable to
Breast Cancer Symposium at Mercy.