

# Break the Silence

## September 16, 2010

East Tower Auditorium  
Mercy Medical Center  
1111 6<sup>th</sup> Avenue  
Des Moines, Iowa

### 5<sup>th</sup> Annual OVARIAN CANCER CONFERENCE

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

Sponsored by:



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

## AGENDA

- |                  |   |                |   |
|------------------|---|----------------|---|
| 7–7:45 a.m.      | <b>Registration at the Door and Continental Breakfast</b>   | 2–2:20 p.m.    | <b>Break</b>  |
| 7:45–8 a.m.      | <b>Welcome and Opening Remarks</b><br>Lynne Kinseth, ARNP, MSN, AOCN<br><i>Director, Mercy Cancer Center</i><br>Deb Quinn<br><i>President of the local National Ovarian Cancer Coalition (NOCC)</i> | 2:20–2:30 p.m. | <b>YMCA Healthy Living Center: What's it all About?</b><br>Lynne Kinseth, ARNP, MSN, AOCN |
| 8–9 a.m.         | <b>Update on Managing Side Effects of Chemotherapy</b><br>Deborah Turner, MD, FACOG   | 2:30–3:30 p.m. | <b>Mothers, Daughters, Wives, Women</b><br>Pippa White                                    |
| 9–9:20 a.m.      | <b>Break and Exhibits</b>   | 3:30–3:45 p.m. | <b>Wrap-Up and Evaluations</b>  |
| 9:20–10:30 a.m.  | <b>Immune Therapy for Advanced Ovarian Cancer</b><br>Sarah Adams, MD  |                |   |
| 10–10:20 a.m.    | <b>Break and Exhibits</b>   |                |   |
| 10:30–11:30 a.m. | <b>Minimally Invasive Surgery for Gynecologic Oncology Patients</b><br>Jay Carlson, DO, MS, FACOG   |                |   |
| 11:30–12:30 p.m. | <b>Lunch and Fashion Show by Hall Tree</b>  |                |   |
| 12:30–1:00 p.m.  | <b>Survivor Panel</b>   |                |   |
| 1–2 p.m.         | <b>Update on Nutrition Research in Ovarian Cancer</b><br>Crystal Tallman, RD, LD<br>Barb Wisnieski, RD, LD  |                |   |

## Intended Audience

All health care professionals and individuals interested in the care and treatment of women following a diagnosis of ovarian cancer. Ovarian cancer survivors are encouraged to attend.

## CEU Information

**Nursing:** Nurses will be awarded 0.56 (5.6 contact hours) from Iowa Board of Nursing provider #17. Full attendance is required; no partial credit will be given.

**Social Workers:** Participants who successfully complete this course receive a certificate of completion which may be submitted to their governing board for credit. For Iowa Licensed Social Workers, it is up to the discretion of the licensee to choose relevant courses.

## Acknowledgements

Special thanks to the Kim Avenarius Ovarian Cancer Fund and Penny's Pieathlon for their generous support of this program.

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Permit No. 3283

## Objectives

### Myths Associated with Ovarian and Gynecological Cancers

#### Deborah Turner, MD, FACOG

- Participant will be able to define at least 3 myths associated with ovarian cancer.
- Participant will be able to discuss the impact these myths have on early diagnosis of ovarian and gynecological cancers.
- Participant will be able to list ways to dispel the myths associated with ovarian cancer and gynecological cancers.

### Immune Therapy for Advanced Ovarian Cancer

#### Sarah Adams, MD

- Participant will be able to define advanced ovarian cancer.
- Participant will be able to give examples of immune therapy.
- Participant will be able to discuss when immune therapy is appropriate in the treatment of advanced ovarian cancer.

### Minimally Invasive Surgery for Gynecologic Oncology Patients

#### Jay Carlson, DO, MS, FACOG

- Participant will be able to discuss the minimally invasive techniques available in the management of gynecological cancer.
- Participant will be able to discuss the criteria for being a surgical candidate for minimally invasive surgery.
- Participant will be able to contrast standard laparoscopic techniques to robotically assisted technique for staging of a gynecological cancer.

### Update on Nutrition Research in Ovarian Cancer

#### Crystal Tallman, RD, LD and Barb Wisnieski, RD, LD

- Participant will be able to discuss the role of nutrition in the treatment of ovarian cancer.
- Participant will be able to list foods to help the immune system when being treated for ovarian cancer.
- Participant will be able to discuss amounts of nutrient rich food needed to help the body when taking chemotherapy.

### One Man Company Performing “Mothers, Daughters, Wives, Women”

#### Pippa White

- Participant will be able to define the roles of women throughout history.
- Participant will be able to identify their own roles in life and contributions to history.

## Faculty

### Deborah Turner, MD, FACOG

Dr. Turner received her medical degree from the University of Iowa, completed her residency in obstetrics and gynecology at the University of Iowa and her gynecologic oncology fellowship at M.D. Anderson Cancer Institute in Houston, Texas. She is board certified in obstetrics and gynecology and as a gynecologic oncologist. She currently is a surgeon at Mercy Surgical Affiliates in Des Moines, Iowa, and is a member of the Board of Regents, State of Iowa. She has numerous publications and distinguished awards.

### Sarah Adams, MD

Dr. Sarah Adams received her bachelor's degree in biochemistry from Harvard, her medical degree from University of Chicago and performed her Fellowship with the Division of Gynecologic Oncology at the University of Pennsylvania Hospitals in Philadelphia. She is currently an assistant professor in the Department of Obstetrics and Gynecology at Pennsylvania Hospital in the Ovarian Cancer Research Center, University of Pennsylvania.

### Jay Carlson, MD, FACOG

Dr. Carlson received his bachelor's degree from Winona State University and his medical degree from Texas College of Osteopathic Medicine, Fort Worth, Texas. He earned a master's degree in Obstetrics and Gynecology from the University of Minnesota and carried out his fellowship at the University of Minnesota in Minneapolis. He is currently practicing medicine at Mercy Cancer Center Gynecologic Oncology in Des Moines, Iowa.

### Crystal Tallman, RD, LD

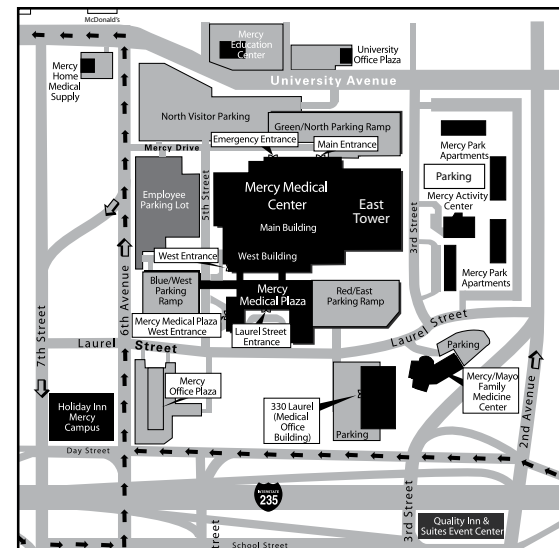
Crystal has worked as an oncology dietitian with Mercy Cancer Center since January 2009. She received her bachelor's degree in dietetics and Spanish from Iowa State University. She continued her education through an internship at University of Oklahoma Health Sciences Center. Crystal worked in health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

### Pippa White

Pippa received her bachelor's degree from the University of Nebraska. She has studied acting at the American Conservatory Theatre, voice with Judy Davis of Oakland, California and has done numerous TV commercials and videos. She is a solo touring artist touring 28 states and performing for universities, conferences, art centers, museums, festivals and schools including the Civic Center of Greater Des Moines, Iowa State University, Creighton University, and many others.



### DIRECTIONS:

East Tower Auditorium  
Mercy Medical Center – Des Moines  
1111 6th Avenue, Des Moines

Follow arrows on the map if you are traveling either east or west on I-235.

Limited parking is available across the street from the East Tower on 3rd street and also off of University Avenue on the north side of the medical center.

For detailed maps, please see our website at [www.mercydesmoines.org](http://www.mercydesmoines.org)

If you have questions, please contact us at (515) 643-8206.

## REGISTRATION FORM

Name \_\_\_\_\_

Title \_\_\_\_\_

Nursing CEUs  Yes  No

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Place of Employment \_\_\_\_\_

Phone Business ( ) \_\_\_\_\_

Home ( ) \_\_\_\_\_

E-mail \_\_\_\_\_

Would you like to be recognized as a survivor?

Yes  No

Registration Deadline:

Encouraged by September 8, 2010

Fee:

\$65 for health care professionals with CEUs;  
\$35 for the general public. The fee includes tuition, materials, lunch and refreshments.  
Scholarships are available.

Mail registration form to:

Mercy Cancer Center  
411 Laurel Street, Suite 1380  
Des Moines, Iowa 50314  
(515) 643-8206

Please make checks payable to  
Mercy Cancer Center.