

The second

# Living with a Blood Disease Symposium

*A Comprehensive Workshop for Patients, their Family and Friends*



## May 8-9, 2010

Mayo Clinic, Rochester, Minnesota



**Symposium Director:**  
*Ruben Mesa, MD*

**Symposium Co-Directors:**  
*Timothy Call, MD*  
*Phillip Greipp, MD*  
*Thomas Habermann, MD*  
*Joseph Mikhael, MD*  
*Tait Shanafelt, MD*  
*David Steensma, MD*

# General Information

## Symposium Overview

This symposium is for family members, friends and patients who have been cured or are currently fighting a disease of the blood. An internationally renowned group of speakers have been organized to accomplish two main goals. The first goal is to provide comprehensive, state of the art, specific breakout sessions regarding:

- Myeloma & protein disorders
- Myeloproliferative diseases (MPD)
- Myelodysplastic syndrome (MDS)
- Acute leukemia
- Anemia
- Low Platelet Diseases (ITP)
- Disease of bleeding & clotting
- PNH (Paroxysmal Nocturnal Hemoglobinuria)
- Aplastic Anemia
- Chronic lymphocytic leukemia (CLL)
- Lymphoma
- Hodgkin's disease

In addition, this symposium will provide attendees information on many shared issues between patients and family members with a blood disease, and will address many unmet needs that are rarely discussed in the exam room. This information is crucial for people who are suffering from these diseases or who have been cured.

- Overcoming fatigue
- Nutrition
- Advocacy
- Dealing with Medicare & Insurance
- Financial & legal challenges
- Alternative Medicine
- Relaxation Techniques
- Intimacy Issues

This symposium is extremely fortunate to have a variety of well respected speakers regarding survivorship, overcoming your illness, physical activity, complementary and alternative therapies, and dealing with the stress of these diseases. This broad based symposium will provide a unique opportunity for beneficial dialog between patients, their family members, and a range of thought leaders across the nation.

## Disease Specific Mini Symposiums

In these sessions, each attendee will have the opportunity to focus on his/her disease of interest. The six disease specific symposia include:

- Myeloid Disease
  - Acute & Chronic Leukemias
  - Myelodysplastic Syndrome
  - Myeloproliferative Disorders
- Myeloma & Protein Disorders
  - Waldenstrom's Macroglobulinemia
  - Amyloidosis
- Chronic Lymphocytic Leukemia
- Lymphoma & Hodgkins Disease
- Anemia & Platelet Disorders
- Hemophilia & Thrombosis

These sessions will provide brief discussions from world experts regarding the most current status of both research and new therapies, as well as ample opportunity for Q & A and panel discussions. Attendees will feel that they have a new understanding of the most current treatments for their disease.

## Who should attend?

This conference is designed for persons who are battling or have been cured of any of the following blood diseases: acute leukemia, chronic leukemia, myelodysplastic syndrome, myeloproliferative disorder, myeloma, lymphoma, Hodgkin's disease, and CLL or patients who have been cured in the past. Also, patients with the spectrum of disorders of anemia, platelets, blood clotting and bleeding disorders are invited and welcome. And, family members are also strongly encouraged to register and attend the sessions.

Visit the course web site at [www.mayoclinic.org/blood-patient-workshop](http://www.mayoclinic.org/blood-patient-workshop)

# General Information

## Registration

To register online, visit [www.mayoclinic.org/blood-patient-workshop](http://www.mayoclinic.org/blood-patient-workshop). You may also complete the attached registration form and return by mail or fax. The registration fee includes tuition, comprehensive course syllabus, continental breakfast, refreshment breaks, lunch, and welcome reception. A letter of confirmation will be sent upon receipt of payment and the completed registration form.

**Please note that all participants planning to attend any portion of the meeting must register as an attendee.** If you have guest(s) that will be attending the Welcome Reception only, then a fee of \$25 per guest will be charged.

## Cancellations

*If you need to cancel your participation in this course*, your registration fee, less a \$50 administrative fee, will be refunded when written notification (fax# 507-288-0014) is received by Matrix Meetings before **April 9, 2010**. **Unfortunately, no refunds will be made after April 9, 2010.** Contact Information: Matrix Meetings, Inc., P.O. Box 7169, Rochester, MN, 55903, [admin@matrixmeetings.com](mailto:admin@matrixmeetings.com), 507-288-5620. Fax 507-288-0014.

## Symposium Location and Date

The second *Living with a Blood Disease: A Comprehensive Workshop for Patients, Family & Friends* will be held on May 8-9, 2010 at Mayo Clinic in Rochester, Minnesota.

## Hotel Accommodations

Lodging arrangements are the sole responsibility of the individual registrant.

A limited number of guest rooms with special rates have been reserved for attendees and their guests with special course rates at each of the following downtown Rochester hotels. In order to receive the special rate, reservations must be made before the room block is filled or before the expiration date of **April 17, 2010**, whichever comes first. Reservations will be taken following this date based on space and rate availability. Please identify yourself as a participant of *Living with a Blood Disease* when making your reservation.

### Kahler Grand Hotel

20 Second Avenue SW  
800-533-1655 (phone) 507-282-2775 (fax)  
\$93.00 single/double

### Rochester Marriott Hotel

101 First Avenue SW  
800-533-1655 (phone) 507-282-2775 (fax)  
\$129.00 single/double

The hotels listed above are connected by skyway and pedestrian subway to conference facilities, downtown shops, and restaurants. Saturday's luncheon and welcome reception will be held at the Rochester Marriott Hotel.

## Parking

If you are a guest of The Kahler Grand or Rochester Marriott hotels, guest parking is available at a rate of \$13.00 per day (subject to change). Free parking is provided at all meters and municipal parking ramps after 5:00 p.m. and on weekends from 6:30 a.m. until 2:30 a.m. There is a charge of \$10.00 - \$15.00 for overnight parking in the city parking ramps. Prices are subject to change.

## Educational Grants

This course is partially funded by educational grants and marketing support from several companies and foundations. At the time of this printing, a complete listing of supporters is not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting.

# Faculty

## **Mayo Clinic Hematology/Oncology**

*Aneel Ashrani, MD*

*Deb Bowen, RN*

*Timothy Call, MD\**

*John Camoriano, MD*

*Maria Collazo-Clavell, MD*

*Kristen Detweiler-Short, NP*

*Rafael Fonseca, MD*

*Dennis Gastineau, MD*

*Morie Gertz, MD*

*Philip Greipp, MD\**

*Thomas Habermann, MD\**

*C. Christopher Hook, MD*

*David Inwards, MD*

*Jose Leis, MD*

*Mark Litzow, MD*

*Ruben Mesa, MD \*\**

*Joseph Mikhael, MD\**

*Mrinal Patnaik, MBBS*

*Rajiv Pruthi, MD*

*Craig Reeder, MD*

*Tait Shanafelt, MD\**

*David Steensma, MD\**

*Alexandra Wolanskyj, MD*

*Clive Zent, MD*

*\*\* Symposium Director*

*\* Symposium Co-Directors*

## **Complementary and Alternative Medicine**

*Brent Bauer, MD*

## **Dan Abraham Healthy Living Center**

*Brooke Werneburg*

## **Chaplaincy**

*Mary Feeley*

## **Human Resources**

*Catherine Johnson*

## **Legal Services**

*Kimberly Otte, JD*

## **Medical Social Services**

*Katia Grenell, LGSW*

*Brent Moos, LICSW*

## **Pharmacy**

*Robert Wolf, RPh, PharmD*

## **Medical Oncology**

*Edward Creagan, MD*

*Charles Loprinzi, MD*

## **Staff Services**

*Brent Neel, IV*

## **Women's Health**

*Janice Swanson, PsyD, LP*

## **Guest Faculty**

### **Guy's and St. Thomas' Hospital London, UK**

*Claire Harrison, MD*

### **Northwestern University Chicago, Illinois**

*Leo Gordon, MD*

*Seema Singhal, MD*

*Martin Tallman, MD*

# Schedule

## Friday, May 7, 2010

3:00 p.m. –  
6:00 p.m. Registration

## Saturday, May 8, 2010

7:00 a.m. Registration and Breakfast

8:00 a.m. Welcoming Comments  
*Ruben Mesa, MD*

8:05 a.m. **Blood Diseases**  
*Ruben Mesa, MD*

8:25 a.m. **Anemia**  
*David Steensma, MD*

8:45 a.m. **Transfusions**  
*Dennis Gastineau, MD*

9:05 a.m. **Making Sense of My Drugs**  
*Robert Wolf, RPh, PharmD*

9:25 a.m. **Challenges to Taking my Medicines**  
*Claire Harrison, MD*

9:45 a.m. Q & A

10:00 a.m. Morning Break

10:20 a.m. **Alternative Medicine 2010**  
*Brent Bauer, MD*

10:40 a.m. **What Should I be Eating?**  
*Maria Collazo-Clavell, MD*

11:00 a.m. **Overcoming Treatment Side Effects**  
*Charles Loprinzi, MD*

11:20 a.m. **Being a Survivor**  
*Ruben Mesa, MD*

11:40 a.m. **Relaxation 1**  
*Brooke Werneburg*

12:00 noon Q & A

12:15 p.m. – 1:15 p.m.  
Lunch

## Disease Specific Mini Symposiums

1:30 p.m. – 5:00 p.m.

(Each session will be held in a separate breakout room with talks on state of the art care for your disease. There will ample time for Questions & Answers).

### Myeloid Disease

*John Camoriano, MD*  
*Claire Harrison, MD*  
*Mark Litzow, MD*  
*Ruben Mesa, MD*  
*David Steensma, MD*  
*Martin Tallman, MD*

### Myeloma & Protein Disorders

*Kristen Detweiler-Short, NP*  
*Rafael Fonseca, MD*  
*Morie Gertz, MD*  
*Philip Greipp, MD*  
*Joseph Mikhael, MD*  
*Seema Singhal, MD*

### Chronic Lymphocytic Leukemia

*Deb Bowen, RN*  
*Timothy Call, MD*  
*Jose Leis, MD*  
*Tait Shanafelt, MD*  
*Clive Zent, MD*

### Lymphoma & Hodgkins Disease

*Leo Gordon, MD*  
*Thomas Habermann, MD*  
*David Inwards, MD*  
*Craig Reeder, MD*

### Anemia & Platelet Disorders

*Dennis Gastineau, MD*  
*C. Christopher Hook, MD*  
*Mrinal Patnaik, MBBS*  
*Alexandra Wolanskyj, MD*

### Hemophilia & Thrombosis

*Aneel Ashrani, MD*  
*Dennis Gastineau, MD*  
*Rajiv Pruthi, MD*

3:15 p.m. – 3:30 p.m.  
Afternoon Break

5:30 p.m. - 7:00 p.m.  
Welcome Reception  
(cash bar)

## Sunday, May 9, 2010

- |            |   |            |  |
|------------|---|------------|--|
| 7:00 a.m.  | Breakfast   | 10:20 a.m. | <b>Spirituality</b><br><i>Mary Feeley</i>                |
| 7:00 a.m.  | Caregiver Breakfast   | 10:40 a.m. | <b>Intimacy</b><br><i>Janice Swanson, PsyD, LP</i>       |
| 8:00 a.m.  | <b>Employment Issues</b><br><i>Catherine Johnson</i>                              | 11:00 a.m. | <b>Communication</b><br><i>Timothy Call, MD</i>          |
| 8:20 a.m.  | <b>Insurance Issues</b><br><i>Katia Grenell, LGSW</i><br><i>Brent Moos, LICSW</i> | 11:20 a.m. | <b>Relaxation 2</b><br><i>Brooke Werneburg</i>           |
| 8:40 a.m.  | <b>Financial Planning When Ill</b><br><i>Bryan Neel, IV</i>                       | 11:40 a.m. | <b>How Not to be My Patient</b><br><i>Ed Creagan, MD</i> |
| 9:00 a.m.  | <b>Legal Issues 2010</b><br><i>Kimberly Otte, JD</i>                              | 12:20 p.m. | Closing Remarks<br><i>Ruben Mesa, MD</i>                 |
| 9:20 a.m.  | Q & A   | 12:30 p.m. | Q & A  |
| 9:40 a.m.  | Morning Break   | 12:45 p.m. | Adjourn  |
| 10:00 a.m. | <b>Exercise &amp; Healing</b><br><i>Ruben Mesa, MD</i>                            |            |  |



## REGISTRATION FORM

May 8-9, 2010 • Mayo Clinic in Rochester, Minnesota

*The second Living with a Blood Disease*

*A Comprehensive Workshop for Patients, their Family and Friends*

### Mail form and payment to:

Living with a Blood Disease  
c/o Matrix Meetings, Inc.  
P.O. Box 7169  
Rochester, MN 55903-7169

Phone 507-288-5620  
FAX 507-288-0014  
E-mail [admin@matrixmeetings.com](mailto:admin@matrixmeetings.com)  
Web site [www.mayoclinic.org/blood-patient-workshop](http://www.mayoclinic.org/blood-patient-workshop)

Registration on-line at [www.mayoclinic.org/blood-patient-workshop](http://www.mayoclinic.org/blood-patient-workshop)

### Contact Information

Name of Registrant - <i>first name and last name</i>			
Address - <i>street address</i>		Home Phone (       )	
City	State or Province	ZIP or Postal Code	Country
E-mail Address	FAX	FAX Location - <i>select one</i> <input type="checkbox"/> Work/Business <input type="checkbox"/> Home	
<b>SPECIAL NEEDS</b> If you have special assistance needs or dietary restrictions, describe here:			

### Registration

<b>Mini Symposia</b> - Saturday, May 8, 2010 • 1:30 - 5:00pm (Check one box only)			
<input type="checkbox"/> Myeloid Disease	<input type="checkbox"/> Lymphoma & Hodgkins Disease		
<input type="checkbox"/> Myeloma & Protein Disorders	<input type="checkbox"/> Anemia & Platelet Disorders		
<input type="checkbox"/> Chronic Lymphocytic Leukemia	<input type="checkbox"/> Hemophilia & Thrombosis		
<b>Registration Fee:</b>	<i>Before April 9</i>	<i>After April 9</i>	<i>Onsite</i>
Attendee	\$150	\$175	\$200
Guests (Welcome Reception only)	\$25 x _____	\$25 x _____	\$25 x _____
<i>Guests that plan to attend any portion of the meeting must register as an attendee.</i>	<b>TOTAL</b> _____	_____	_____
<b>Welcome Reception</b> Rochester Marriott Hotel Saturday, May 8, 5:30 - 7:00 pm  Number attending Welcome Reception (including registrant)  Adults: _____ Children: _____	<b>Caregiver Breakfast</b> Siebens Building Sunday, May 9, 7:00 - 8:00 am  Number attending Caregiver Breakfast _____ (Caregiver Breakfast will be held separate from attendees breakfast)		

### Welcome Reception Guest\* Information

Name
Name
Name

\*Guests that plan to attend any portion of the meeting must register as an attendee.  
Guest registration only includes the Welcome Reception.

### Payment Information

A confirmation will be sent upon receipt of your registration form and payment.

<input type="checkbox"/> Check is enclosed in the amount shown at right - make checks payable to Matrix Meetings, Inc.			Payment Total
Credit Card - <i>select one</i> <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard	Account Number	Exp Date - <i>mm/yy</i>	
Name of Cardholder - <i>as it appears on the card</i>	Signature of Cardholder - <i>required</i> <b>X</b>		



MAYO CLINIC

200 First Street SW  
Rochester, Minnesota 55905

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**May 8-9, 2010**

Rochester, Minnesota

## **For More Information:**

For more information about this symposium, registration, or accommodations, please contact Matrix Meetings, Inc. at 507-288-5620 or by e-mail at [admin@matrixmeetings.com](mailto:admin@matrixmeetings.com). You may also visit the course web site, [www.mayoclinic.org/blood-patient-workshop](http://www.mayoclinic.org/blood-patient-workshop), for up-to-date information.



# MARK YOUR CALENDAR!

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