

Women's Cancers 2010

Merging Science and Care

Saturday, October 2, 2010

Phillips Hall, Siebens Building

Mayo Clinic, Rochester, Minnesota

Women's Cancers 2010

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The Mayo Clinic Women's Cancer Program is pleased to announce *Women's Cancers 2010: Merging Science and Care*, to be held on Saturday, Oct. 2, 2010. This public education conference is for patients with cancer, survivors and their support persons, individuals interested in learning more about cancer and healthcare providers. The program will focus on current topics in cancer care and will highlight complementary therapies and skills to promote a sense of well-being.

Purpose

- Provide up-to-date information on new methods and technologies in the prevention, diagnosis and treatment of women's cancers
- Provide overview information on complementary therapies
- Provide introductory skills that will allow attendees to try these activities in their daily lives
- Provide an opportunity to talk with others and to share experiences related to the personal journey following a cancer diagnosis

Location

Mayo Clinic

Phillips Hall, First Floor

Siebens Medical Education Building

200 Second Avenue Southwest

Rochester, Minnesota

Program Schedule

Saturday, Oct. 2, 2010

Phillips Hall, Siebens Building

- 7:30 – 8 a.m. **Registration** — Phillips Hall, lobby area.
Beverages provided.
- 8 – 8:15 **Welcome and introduction**
Lynn C. Hartmann, M.D., Co-Director, Mayo Clinic Women's Cancer Program
- 8:15 – 9:00 **Steps to mindful awareness.**
Amit Sood, M.D., Associate Professor of Medicine; Director of Research and Practice, Complementary and Integrative Medicine Program
- Dr. Sood will discuss how your mind processes stressful situations. Based on his book, *Log On: Two Steps to Mindful Awareness*, he will introduce an approach that combines stress management and resilience training as a means to manage stress during difficult times.
- 9:00 – 9:30 **What's new in cancer treatment?**
Scott H. Okuno, M.D., Associate Professor of Oncology
- Dr. Okuno will describe some promising new approaches in the diagnosis and treatment of cancer.
- 9:30 – 10:00 **Screening for breast and cervical cancers – Which recommendations should be followed?**
Lonzetta Neal, M.D., Assistant Professor in Medicine
- Recent recommendations by the U.S. Preventive Services Task Force indicate that routine yearly mammograms and pap tests are unnecessary. Mayo Clinic has taken the public stand that annual mammograms are important for early detection of breast cancer. Dr. Neal will discuss the controversy and the recommendations of Mayo Clinic related to mammograms and pap tests.
- 10:00 – 11:00 **Morning break:** Breakfast buffet will be available
Hall Area, Siebens Fourth Floor
Attendees are asked to take your breakfast selection to one of the four breakout sessions listed below. Room assignment will be noted in your registration folder. Indicate your breakout choice on the registration form.
- Four breakout sessions:
- Survivorship - Helpful tips.**
Jennifer K. Hazelton, R.N., C.N.S.; moderator
- Each member of this panel will offer tips that helped her in her cancer journey.
- Caregivers – A commitment of caring.**
Karin M. Goodman, R.N., C.N.P., moderator
- The members of this panel will share approaches they have found useful when caring for a person with a cancer diagnosis. They will provide tips on how they have maintained balance in their own lives.
- Spirituality.**
Mary E. Johnson, M.A., Assistant Professor of Oncology
- Many persons rely on their spirituality/spiritual beliefs during stressful times. Chaplain Johnson will facilitate a discussion for sharing what may be spiritually helpful to you.
- Yoga.**
Stephanie J. Yerhot, Certified Yoga Instructor, Dan Abraham Healthy Living Center
- Ms. Yerhot will teach some simple yoga skills designed to renew energy and promote relaxation and peace of mind.

11:00 – 11:30

Acupressure – Discovering useful pressure points.

Carl W. Chan, M.D., Assistant Professor of Physical Medicine & Rehabilitation

Acupressure is an ancient healing therapy. Dr. Chan will provide a brief introduction and teach participants how to use this technique for stress management and pain reduction.

11:30 – 12:00

Guided imagery as a way to promote relaxation.

Lise Solberg Nes, Ph.D., Post Doctoral Fellow, Mayo Psychiatry and Psychology

Dr. Solberg Nes will introduce the concept of guided imagery, take participants through an exercise using this technique, and discuss times and ways in which this therapy can be particularly useful.

12:00 – 12:30

Art – Self-expression.

Sharon Brodhun and Gayle Dahl, Southeastern Minnesota Visual Artists (SEMVA members)

These artists will connect the value of self-expression and the healing benefits that occur during the creative process. Not only is the art of self-expression good for the soul, it is a means of connecting with others, puts you in control and is uniquely yours, all of which aid in the healing process.

Embrace Hope

Designed and created by Eunice Hill

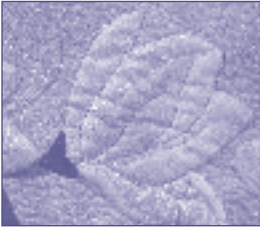
Presented to the Mayo Clinic Women's Cancer Program, 2009



Hope is what helps to soften the ragged edges of life's cares and concerns during a crisis – such as facing cancer. In this quilt, gentle background colors and flowers impart a feeling of calm. The butterfly is a symbol of hope in changing times. The faces represent persons with ovarian, breast and other cancers. The ribbons are a reminder that researchers are working to help conquer these diseases. In this quilt, Ms. Hill reminds us that hope is a powerful source of strength and courage and it is there for all.

The Women's Cancer Program was inaugurated in 1992 within Mayo Clinic Cancer Center. The Women's Cancer Program is committed to:

- Advancing the scientific understanding of breast and gynecologic cancers.
- Educating patients, professionals and the public about breast and gynecologic cancers.
- Optimizing the care of patients with these diseases.



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Saturday, Oct. 2, 2010
8 a.m. – 12:30 p.m.

Registration Fee

\$15 must be postmarked **Sep. 20** or earlier; **\$20, after Sep. 20**. For more information about the event, call **507-266-4886**. For registration questions, call Matrix Meetings, Inc., **507-288-5620**.

This program has been designed to meet Minnesota State Board of Nursing guidelines for continuing nursing education. Attendees can earn up to 4.8 contact hours.

Please make checks payable to Matrix Meetings, Inc. No refunds will be given after Sep. 20 (postmark date).

Mail form and payment to:

Women's Cancers 2010: Merging Science and Care
 Matrix Meetings, Inc.
 P. O. Box 7169
 Rochester, MN 55903-7169

Please print or type all information below. You may duplicate this form for multiple registrations.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ (area code + number)

Breakout Sessions

Please indicate with an "X" below the breakout session you will attend

X

↓	Breakout Sessions Available (10 – 11 a.m.)	Presenter
<input checked="" type="checkbox"/>	Survivorship – Helpful tips	<i>Jennifer K. Hazelton, R.N., C.N.S., moderator</i>
<input type="checkbox"/>	Caregivers – A commitment of caring	<i>Karin M. Goodman, R.N., C.N. P., moderator</i>
<input type="checkbox"/>	Spirituality	<i>Mary E. Johnson, M.A.</i>
<input type="checkbox"/>	Yoga	<i>Stephanie J. Yerhot, Certified Yoga Instructor</i>

Special Needs: ___ Hearing or ___ vision impaired

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Phillips Hall, Siebens Building
Mayo Clinic
Rochester, Minnesota



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Rochester, Minnesota 55905
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