



# Cancer180

Because when cancer strikes, life does a 180.

## Survivorship Conference Agenda

8:30 a.m. **Light Breakfast, Registration, and Exhibits**

9 a.m. **Welcome**

9:15 am **Survivor Spotlight**

10:00 a.m. **Visit Exhibits**

10:15 a.m. **Morning Sessions**

*Please choose **one** of the following sessions:*

- A patient's guide to insurance
- Fertility and family planning options
- Finding your new normal: How to regain control of your life after a cancer diagnosis
- Self-care for the survivor's soul

11:15 p.m. **Lunch and Young Adult Survivor Panel**

12:30 p.m. **Afternoon sessions**

*Please choose **one** of the following sessions:*

- Eat, weigh, move: Benefits of healthy living after cancer
- Navigating survivorship with confidence
- Career counseling for young adults
- Drop the beat! Expressing emotions by finding the rhythm

1:30 p.m. **Empowering Conversations**

2:30 p.m. **Closing Remarks**

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# Survivorship Symposium Program

## Survivor Spotlight

### Kurt Gibson

Kurt has had his fair share of successes and difficulties. Each time he overcame adversity. One of his biggest life-altering moments came at age 22 when he was diagnosed with stage 3 colon cancer. Unsure of what this meant for his future as a professional ultimate Frisbee player, let alone play sports at all, Kurt took it as an opportunity to beat the odds. Kurt's rise from a cancer survivor to one of the greatest Ultimate Frisbee players of all time, and a participant in The Amazing Race, is a true story of perseverance.



## Morning Sessions

Please choose **one** of the following sessions.

### A patient's guide to insurance

*Anita Agbonhese, BA, Director, Financial Clearance Center*

*Angela Bailey, M.B.A., Executive Director, Financial Clearance Center and Managed Care*

Insurance is complicated and dealing with financial matters when you or a loved one is ill is even more difficult. This session will give you a better understanding of insurance and financial clearance

### Fertility and family planning options

*Terri Lynn Woodard, M.D., Assistant Professor, Gynecological Oncology and Reproductive Medicine*

*Alex Pastuszak, M.D., Ph.D. Assistant Professor, Baylor College of Medicine*

Fertility is one of the most discussed, and emotionally charged topics amongst young adult survivors. Learn about fertility and family planning options available to cancer patients and survivors from leading experts on fertility, surrogacy, and adoption.

### Finding your new normal: How to regain control of your life after a cancer diagnosis

*Tabeen Urbach, L.M.S.W., Social Work Counselor*

Nothing prepares you for cancer as a young adult. Life changes instantly, and you have the ability to make a choice - will you yearn for the life you had before your diagnosis, or discover ways to find joy and meaning from where you are now? This conversation will tackle how to adapt to common lifestyle changes, discuss ways to strengthen your relationships, and share strategies to help you take control of your life after cancer.

### Self-Care for the survivor's soul

*Tory Ray, L.M.S.W., Social Work Counselor*

Putting yourself first takes practice. Learn how self-care can improve your emotional and physical well-being, identify activities to nourish your soul, and

receive a self-care starter kit that includes a variety of materials to assist you in kick-starting a personalized self-care plan.

## Lunch Session

### Young adult survivor panel

*Panelists- Jamie Bernard (Breast Cancer Survivor), Natalie Martinez (Head and Neck Cancer Survivor), Bucky Ribbeck (Sarcoma Survivor) Megan Runser (Hodgkin Lymphoma Survivor)*

*Moderated by: John Livingston, M.D., Assistant Professor, Sarcoma Medical Oncology*

Hear from a panel of young adult survivors as they share their unique experiences, needs and survivorship strategies.

## Afternoon Sessions

Please choose **one** of the following sessions.

### Eat, weigh, move: Benefits of healthy living after cancer

*Carol Harrison, M.Ed., Sr. Exercise Physiology Technologist, Behavioral Science*

*Erma Levy, R.D., Research Dietitian, Behavioral Science*

After receiving a diagnosis, many survivors want to know what they can do stay as healthy as possible. Physical activity, nutrition and weight management can play a role in improving health after cancer. Learn about the benefits of healthy living after cancer and tips for making behavior changes.

### Navigating survivorship with confidence

*Karen Stolar, A.O.C.N., F.N.P., RN, Advanced Practice Nurse, Stem Cell Transplantation*

The post-treatment phase for young adults can be tricky. This session will focus on dealing with long terms side effects, creating a life-long plan for wellness and communicating with your health care providers.

### Career counseling for young adults

*Sandra Medina George, M.S., Vocational Counselor, Pediatric-Patient Care*

Career counseling helps young adult survivors figure out what is the next step, whether it be educational and career exploration. This session will provide assistance with educational accommodations for students or guidance for re-entering the work force. Learn tips for navigating your next step.

### Drop the beat! Expressing emotions by finding the rhythm

*Antonio A. Milland Santiago, M.T.-B.C., Music Therapist, Integrative Medicine Center*

Have you ever heard the phrase, "When words fail, music speaks"? Sometimes there aren't words to describe how we feel. In this session, a board-certified music therapist will show you how to use rhythmic improvisation as a way to explore your feelings and express them musically.

## Closing Session

### Empowering Conversations

*Darrell Simmons, J.D., Organizational Development Associate, HR Organization Development*

Group facilitated conversations to conclude the day that will share themes of resiliency, hope and support.