

Hudson Valley Cancer Survivorship Summit

LIFE BEYOND CANCER

Presented in partnership with
Hudson Valley Cancer Alliance



Opening Keynote: 9:30am

Fear of Recurrence

A normal part of surviving cancer is fearing that cancer will come back. Fear of recurrence is a common psychological effect among people diagnosed with cancer, during or after treatment. Several studies show that fear of recurrence may last more than 5 years beyond the date of diagnosis and may be felt at nearly the same level of intensity than the first 5 years. Dr. Glassman, author of the award winning book, *Brain Drain*, will enlighten with his vision for attaining optimal health beyond diagnosis and medical treatment.

Charles Glassman, MD, Internist, NY Center for Longevity & Wellness, Pomona, NY

Mid Morning Keynote: 10:30am

Late Effects of Treatment

Today, because of progressive treatment modalities, there are approximately 12 million cancer survivors. The therapy responsible for this survival can also produce adverse long-term health-related outcomes, referred to as “late effects,” which manifest months to years after completion of cancer treatment. Dr. Gelblum will address some of the most common late effects and how to talk to your provider about them.

Daphna Gelblum, MD, Radiation Oncologist at Memorial Sloan Kettering Cancer Center

Workshops I: 11:30am - 12:15pm

Your Survivorship Care Plan

After treatment ends, survivorship issues begin and Lawrence Hospital Center is at the forefront of addressing survivorship issues. A Survivorship Care Plan is a coordinated, post-treatment plan for the survivor and their healthcare team. This workshop will discuss why today’s survivor needs a survivorship care plan and how to create your own.

Shirley Stagner, RN, OCNP, Director of Survivorship, Lawrence Hospital Center, Bronxville, NY.

Healthy and Focused Eating

This workshop, led by a registered dietitian, will focus on healthy eating to promote wellness during and after your cancer experience. Learn simple, everyday strategies to eat a healthy diet, maintain a healthy weight, increase energy levels throughout the day, and reduce health risks for stroke, heart disease, diabetes and secondary cancers.

Cara Mahoney, RD, CDN, Retail Registered Dietitian

Reflective writing as healing and legacy

There is great power in the written word, especially when it is yours. This narrative workshop is for summit participants impacted by cancer. Learn the benefits of reading and writing about one's cancer experience and take part in some short introductory exercises. No writing experience required. ***Patricia Stanley, MBA, MA Health Advocacy- Narrative medicine facilitator and health advocate***

Lunch Break: 12:30pm - 1:15pm

Afternoon Presentation: 1:15pm - 2:00pm

Living Well After Cancer

Many people experience significant physical and emotional challenges after treatment ends. Your attitude and life-activity impact your health and well-being going forward as a cancer survivor. This presentation will focus on the comprehensive approach to cancer care offered by the Oncology Support Program which integrates programs in the healing arts and emphasizes wellness with the importance of community. Ujjala Schwarz, cancer survivor and long time member of the Oncology Support Program will share her experiences and what helped her during her diagnosis, recurrence, stem cell transplant and beyond.

Ellen Marshall, MS, LCSW, Executive Director, Barbara Sarah, LCSW, Founder, Ujjala Schwarz, MSC, cancer survivor, HealthAlliance Oncology Support Program

Workshops II: 2:15pm- 3:00pm

Ask the Pharmacist

Licensed pharmacist Lewis Klein will present an informative lecture on common pharmaceutical questions, including what to do with old prescriptions, over-the-counter medications versus prescription meds, and common contra-indications between drugs, diet, and certain medical conditions important to the cancer survivor. Have your questions ready!

Lewis Klein, R.Ph, Medicine Chest Pharmacy

Financial Considerations

So many people today are uninsured or underinsured. Even with insurance coverage, many survivors may still be dealing with the financial fallout from treatment. This workshop, for survivors and caregivers, will address issues related to insurance procedures, medical bills, caregiver rights. Adria and Barbara will provide practical tools for solving these challenges.

Adria Gross, FIPC, president of Medwise, and Barbara Newman Mannix, founder and CEO, A Dignified Life.