



**2017 Breast Cancer Survivor Symposium  
Breakout Session Descriptions**

Time	Track	Session Title	Speaker	Session Description
9:10-10:20	<b>Panel Discussion</b>	Breast Cancer Hot Topics	Dr. G. Thomas Budd, Cleveland Clinic; Dr. Janice Lyons, University Hospitals; Dr. Benjamin Li, MetroHealth	Hear from a medical oncologist, a radiation oncologist, and a surgical oncologist from the three major health systems in Cleveland about the latest advancements in screening and diagnostics, treatments, and clinical trials.
10:30 - 11:20	<b>Track 1:</b> Taking Care of Yourself	Coping with Breast Cancer: Psycho-Social Concerns	Isabel Schuermeyer, Cleveland Clinic	Most women experience at least some psychosocial distress during the course of their breast cancer diagnosis and treatment. This session will focus on a variety of post-diagnosis psycho-social issues, including managing the fear of recurrence, tools for coping with anxiety and depression, and resources available to help.
	<b>Track 2:</b> Specific Concerns	Becoming an Advocate: How to Use Your Story to Raise Awareness	Bernadette Scruggs and guest	Many breast cancer patients and survivors want to use their story to help others and raise awareness of the disease. In this session, you will hear from two local breast cancer survivors on how they turned their story into action, one through the use of structured dramatic plays and one through the use of social media.
	<b>Track 3:</b> Taking Care of Your Body	Long-Term Effects of Breast Cancer Treatment	Beth McLaughlin, University Hospitals	Once breast cancer treatment ends, most of the side effects of treatment go away. However, individuals may have some long-term side effects or other health effects that can occur months or even years after treatment ends. This session will highlight some of these long-term issues and provide information on how to ease and cope with their effects.
11:30 - 12:20	<b>Track 1:</b> Specific Populations	Eating & Moving: How Diet & Exercise Lead to Better Health	Beth Bennett, The Gathering Place	Research has shown that some cancers are influenced by environmental and life-style factors, with more than 35% traced back to diet, nutrition, and exercise. This session separates fact from fiction when looking at the role nutrition, alcohol, exercise, and body weight play after a breast cancer diagnosis.
	<b>Track 2:</b> Specific Concerns	Managing Relationships After a Cancer Diagnosis	Rene Barrat-Gordon, Cleveland Clinic	For many women, the diagnosis of breast cancer represents not only a major physical battle, but also the ultimate emotional challenge – one that affects every relationship in their lives. This session will focus on navigating the emotional and interpersonal relationship issues that face women who have been diagnosed.
	<b>Track 3:</b> Treatment Issues	Ask the Oncologist	Pending	The oncologist plays a huge part in coordinating care for individuals in treatment, but many medical professionals have limited time to answer patient questions. In this workshop, attendees will have the opportunity to participate in a structured question and answer session with a medical oncologist.