



**2018 Breast Cancer Survivor Symposium
Breakout Session Descriptions**

Time	Track	Session Title	Speaker	Session Description
10:30-11:20	Track 1: Health & Wellness	Nutrition Information for Cancer Patients and Survivors	Sarah Rolfe, University Hospitals	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.
	Track 2: Complementary Therapies	Benefits of Guided Imagery & Meditation	Margaret Swift	Mind-body tools like guided imagery and guided meditation for cancer have been used for decades by oncology patients seeking help for pain, fatigue, anxiety and treatment-related nausea. Not only do these methods help with the side effects, fears, and discomforts surrounding cancer treatment, it can actually boost the body's natural cancer-fighting abilities. Learn more about how to apply these methods in your day to day life at this session.
	Track 3: Before, During, and After Treatment	How to Cope with a Breast Cancer Diagnosis	Rene Barrat-Gordon, Cleveland Clinic	A breast cancer diagnosis can cause a wide range of feelings. Denial, guilt, helplessness, anxiety and fear are all normal. This session focuses on how to deal with and process these emotions for those who are recently diagnosed.
11:30-12:20	Track 1: Health & Wellness	Managing the Fear of Recurrence	Mary Fisher Bornstein, The Gathering Place	Fears of breast cancer recurrence are a real and very common experience for breast cancer survivors. This session will provide survivors with tools and tips to manage the fear of recurrence and enhance overall well being once breast cancer treatment is over.
	Track 2: Complementary Therapies	Using Music as Therapy	Ruby Chen & Linda Jackson, MetroHealth	Creative arts therapy is based on the idea that the creative act can be healing. Research shows it can help people express hidden emotions and reduce stress, fear, and anxiety. This session focuses on using creative arts therapies as a tool to help manage emotional and psychological side effects and stress that often result from cancer diagnosis and treatment. The session also focuses on using creative arts to enhance overall well being.
	Track 3: Treatment Issues	Long-Term Effects of Breast Cancer Treatment	Dr. Sameer Mahesh, Summa Health System	Once breast cancer treatment ends, most of the side effects of treatment go away. However, individuals may experience 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.