



**2019 Breast Cancer Survivor Symposium
Breakout Session Descriptions**

Time	Session Title	Speaker(s)	Session Description
10:30am-11:20am	Breast Cancer Communication 101	Rene Barrat-Gordon, Cleveland Clinic	Breast cancer is a disease with many unknowns, so communicating your diagnosis with others can often be a difficult task. This session will provide attendees with some tips and tricks in communicating with a variety of audiences – your family, children, friends, neighbors, employers, healthcare providers, and others – after breast cancer is diagnosed.
	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.
	Benefits of Navigation for Breast Cancer Patients	Diane Wofsey, Mercy Medical Center	Patient navigation programs have been identified as an effective, evidence-based approach to help improve breast cancer outcomes. Navigation programs provide education and linkages to breast cancer patients to assess and resolve barriers to care and help people navigate the health system to receive recommended care as necessary. Attendees can learn more about the benefits of patient navigation and get connected to resources during this session.
11:30am-12:20pm	Chair Yoga for Breast Cancer Patients & Survivors	Kim Mazzone, Cleveland Clinic	Chair yoga is a series of yoga poses that can be done in a chair. If getting down to the floor is difficult or you are working at your desk and need a break, these poses will help stretch and energize your body and mind. Cancer patients & survivors often experience days of lack of energy and not feeling like moving one's body. Chair yoga may help with increasing your energy, chemo brain, increasing appetite, and strengthening muscle. Learn key chair poses and how to incorporate them in your daily life during this session.
	Resources for Metastatic Breast Cancer	Kerri Mazzone, University Hospitals; Kate Watson, Metavivor	Metastatic breast cancer patients can feel overwhelmed with the diagnosis and often don't know where to turn for resources and support. This session will focus on where MBC patients can find key information and resources to help during their treatments.
	The ABCs of CBD and THC	Dr. Solomon Zaraa	Cancer treatments such as chemotherapy and radiation can produce an array of side effects, such as nausea and loss of appetite, which can lead to weight loss. Research suggests that cannabinoids may ease neuropathic pain, nausea, and poor appetite due to cancer and cancer treatment. CBD is also thought to have anti-inflammatory and anti-anxiety properties. Attendees at this session can learn about the potential benefits of CBD and THC as a complementary therapy and get info on how to obtain a recommendation.