

7:45 am

Check In

Grand Salon

Ask the Experts Sign-up (Talk One-on-One or in a Group, Time is limited!)
Continental Breakfast/Visit Exhibits

Use the Expert's Appointment Card to keep track of your appointments.

8:30 am

Welcome

Grand Salon

Angela DeMichele, MD, MSCE, Conference Chair
Craig Thompson, MD, Director, Abramson Cancer Center

Life After Breast Cancer Advocacy Award

*Presented to **John H Glick, MD** for his outstanding contributions to breast cancer research and improving the quality of life for breast cancer survivors.*

Health Care Reform Briefing

Joseph Carver, MD, Chief of Staff, Abramson Cancer Center

9:00 am

General Session

Grand Salon

Breast Cancer Risk and Screening

Breast Cancer Biology: The timing of normal development and its influence on breast cancer

Lewis Chodosh, MD, PhD

Breast Cancer Genetics, All in the Family: New opportunities for treatment, prevention and early detection

Susan Domchek, MD

Prophylactic Breast Surgery and Reconstruction: The latest techniques

Liza Wu, MD

Breast Imaging: A new generation of modalities

Mitchell Schnall, MD, PhD

Speakers will take questions AFTER their presentations.
To ask your question, please step up to the nearest microphone stand.

10:00 am **BREAK/VISIT EXHIBITS**

10:15 am **GENERAL SESSION** *CONTINUES*

Grand Salon

Diagnosis and Treatment: Stage 1 & 2 Breast Cancer

Pathology, Identifying and Staging Breast Cancer: Understanding your pathology report

Carolyn Mies, MD

Hormonal Treatment: The role of hormones in prevention and treatment of breast cancer

Kevin Fox, MD

Radiation Treatment: Latest advances and what's on the horizon

Robert Prosnitz, MD

Chemotherapy and Biologics: Latest advances and what's on the horizon

Carol Kaplan Tweed, MD

11:15 am **Treatment Strategies: Stage 3 & 4 Breast Cancer**

Designing Targeted Therapies for Breast Cancer: Working toward personalized medicine

Angela DeMichele, MD, MSCE

Brian Czerniecki, MD, PhD

Stem Cells and Microenvironment: Illuminating the path to new, targeted treatments

Julia Tchou, MD, PhD

Managing Malignant Pleural Effusion in Advanced Breast Cancer: Promising new treatment

Joseph Friedberg, MD

Speakers will take questions AFTER their presentations.
To ask your question, please step up to the nearest microphone stand.

12:00 pm **Upcoming Cancer Center Events**

Tricia Bruning, Executive Director, Development

Hosts for Hospitals

Tammy Forstater, Outreach Coordinator

12:15 pm **Lunch and Experts**

** Vegetarian Option upon Request*

Grand Salon

Video and pictures from this conference will be available on pennhealth.com/abramson within two weeks.

Time is limited! Please sign up at individual tables in the Check-In Area!

SMALL GROUPS		
<i>Expertise</i>	<i>Expert</i>	<i>Location</i>
Exercise	<i>Kathryn Schmitz, PhD, MPH, FACSM</i>	<i>Bryn Mawr</i>
Breast Reconstruction	<i>Rachel McKenna, MSN, CRNP</i>	<i>Haverford</i>
Lymphedema	<i>Andrea Branas, MSE, MPT Nathan Bridgeman, PT, CLT</i>	<i>Gladwyne</i>
Living with Advanced Cancer	<i>JoAnn Hulnick, MEd Neal Niznan, LCSW</i>	<i>Merion</i>
Nutrition and Weight Control	<i>Karen Wagner, MS, RD, LDN</i>	<i>Bala</i>

ONE-ON-ONE		
<i>Expertise</i>	<i>Expert</i>	<i>ALL back of Main Room</i>
Clinical Trials	<i>Angela Klem-Hickey, BA Robin Holmes, RN</i>	
Coping with Emotions and Caregiver Issues	<i>Kava Schafer, MDiv, MA Margaret Lazar, MS, MSW, LCSW</i>	
Coping with Body Image and Sexuality Concerns	<i>Helen Coons, PhD, ABPP</i>	
Employment and Insurance Concerns	<i>Greg Heller, Esq Rodney Warner, Esq</i>	
Financial Planning	<i>Andrew Cohen, AIF</i>	
Giving Back	<i>Tricia Bruning Laurie Carroll, JD</i>	
Home Care and Symptom Management	<i>Joseph Straton, MD, MSCE</i>	
Integrative Medicine <ul style="list-style-type: none"> • Acupuncture • Journaling • Reiki • Yoga & Meditation 	<i>Jun Mao, MD, MSCE Janet Falon, MLA Kimberly Fleisher, RMT, MEd Fern Nibauer-Cohen</i>	
Managing Symptoms from Chemotherapy	<i>Linda Jacobs, PhD, RN Carrie Stricker, PhD, RN</i>	
Managing Symptoms from Surgery	<i>Barbara Cunningham, MSN, CRNP Nancy O'Connor, MSN, CRNP</i>	
Managing Symptoms from Radiation Therapy	<i>Tammi Fisher, RN</i>	
LIVESTRONG CARE PLAN <small>POWERED BY</small> Penn Medicine's OncoLink	<i>Carolyn Vachani, MSN, RN, AOCN</i>	
Your Medications <ul style="list-style-type: none"> • Chemotherapy • Prescription Medications • Over the Counter Drugs 	<i>Michael Vozniak, PharmD, BCOP</i>	



Please Visit our Exhibitors

Penn's Abramson Cancer Center

• ***Cancer Education***

• ***Development***

Against the Wind Dragon Boat

American Cancer Society

Faith & Hope Boutique

Genentech

Hosts for Hospitals

Living Beyond Breast Cancer

LymphedIVAs

Penn Home Care and Hospice

Penn Therapy and Fitness/Good Shepherd

The Wellness Community of Philadelphia

1:45 pm

**From Cancer Patient to Cancer Survivor:
Making the Transition**

Carrie Stricker, PhD, RN

Jun Mao, MD, MSCE

Clarisa Gracia, MD, MSCE

Kathryn Schmitz, PhD, MPH, FACSM

Grand Salon

3:00 pm

Closing

Evaluations

At the end of the day, please return your evaluation to the registration table.
Your feedback is very important to us!

Free of Charge *Massage & Reiki*

During the conference our integrative therapy providers will be available to provide massage and Reiki.

You can find their table in the back of the Main Room, stop by to sign up for a **FREE** session.

Laurie Elder, BFA, RMT - Reiki Master
Kimberly Fleisher, MEd, RMT, MEd - Reiki Master
Margaret Vujacic - Massage Therapist

INTEGRATIVE MEDICINE PROVIDERS

Laurie Elder, BFA, RMT is a Reiki Master Practitioner and Teacher at the Reiki School and Clinic. She has been practicing reiki since July of 2000 and is in her 3rd year of teaching. Laurie also has a BFA in graphic design and works as a freelance graphic designer. She is part of the collaborative group creating a Reiki volunteer program for The Abramson Cancer Center, and is a member of The Integrated Oncology Working Group at HUP.

Kimberly Fleisher, MEd, RMT is the founder and director of The Reiki School and Clinic in Philadelphia. She has been practicing Reiki for 14 years and running the school for 10. Kim specializes in Reiki education, particularly in the healthcare field. She is part of the collaborative group creating a Reiki volunteer program for The Abramson Cancer Center, and is a member of The Integrated Oncology Working Group at HUP.

Margaret Vujacic, CMT is a massage therapist. She is certified by the Pennsylvania Institute of Massage Therapy. She currently provides services in the privacy of one's home as well as contract work at different events.

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Abramson Cancer Center



Penn Medicine

Gratefully Acknowledges

Our Donors to the Life After Breast Cancer Conference

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Contributing to PENN Abramson Cancer Center's

17th Life After Breast Cancer Conference

Like every patient, each donation we receive is important.

Individual sponsorships are available to support our "Life After Breast Cancer" conference.

Please consider a donation at any of the following levels:

- *Friends \$10 - \$499*
- *Circle of Hope \$500 – \$999*
- *Patient Care Society \$1,000 – \$2,499*
- *Faculty Society \$2,500 – \$4,999*
- *Benefactor \$5,000 – \$9,999*
- *Director's Society \$10,000 and above*

You can learn about the Abramson Cancer Center, our breast cancer program and more about how you can contribute, by visiting our website at www.pennhealth.com/abramson.

- *click [Make a Donation](#)*
- *click [Gifts Supporting Specific Program or Research Areas](#)*
- *click [Patient Conference Fund](#)*
- *or call Tricia Bruning at (215) 898-1033.*

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Educational Grant Providers

PENN's Abramson Cancer Center thanks our educational grant providers for their generous support

Genentech

Pfizer

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Photos and Video

Photo and video will be taken for our newsletters and websites.

If you DO NOT want to be included, please make sure you wear a RED name tag.

Thank you.



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Conference Faculty from the Abramson Cancer Center

CONFERENCE CHAIR

Angela DeMichele, MD, MSCE is an Assistant Professor of Medicine and Epidemiology at the Abramson Cancer Center and Senior Scholar in the Center for Clinical Epidemiology and Biostatistics. She is currently Co-Director of the Breast Cancer Program of the Abramson Cancer Center and Associate Director of Clinical/Translational Research Training in the Hematology/Oncology Fellowship Program. Dr. DeMichele earned a B.S. in Biochemistry from Brown University, an M.D. from Washington University School of Medicine (as a Four Schools Physician/Scientist Scholar) and a Masters Degree in Clinical Epidemiology from the University of Pennsylvania. She received her clinical training in Internal Medicine and Hematology/Oncology at the University of Pennsylvania, and joined the faculty in 2000 as a breast cancer oncologist and molecular epidemiologist whose research focuses on identifying biologic markers of outcome, treatment response and late effects and the development of targeted therapeutics. She is actively involved in the breast cancer component of the Living Well After Cancer™ Program where she and her colleagues are performing studies of bone loss, ovarian dysfunction, hot flashes, lymphedema, depression/distress and physical activity in breast cancer survivors. Dr. DeMichele is currently the PI of numerous clinical trials and epidemiologic studies. She is a past recipient of a Young Investigator Award from the American Society of Clinical Oncology, a Clinical Research Training Grant from the American Cancer Society and a Patient-Oriented Career Development Award from the NIH. Dr. DeMichele currently serves as the Physician Secretary of the American Board of Internal Medicine Oncology Subspecialty Board, the Editorial Board of the Journal of Clinical Oncology and the Medical Advisory Board of Expedition Inspiration.

SPEAKERS & EXPERTS FROM THE ABRAMSON CANCER CENTER

Andrea Branas, MSE, MPT is a Lead Physical therapist at the Abramson Cancer Center. She earned her Master of Science in Engineering at University of Pennsylvania in 1991 and her Master in Physical Therapy from University of Sciences in Philadelphia in 1998. She's been treating patients at Penn for more than 10 years.

Nathan Bridgeman, PT, CLT is a Physical Therapist at Penn Therapy and Fitness. He graduated with my PT degree in 1997 from SUNY at Buffalo. Nathan worked for 12 years in community hospital settings with outpatient and inpatients in Philadelphia, New Jersey, Massachusetts, and rural Texas. He received his Lymphedema Certification in 2005. Nathan also specializes in treating Vestibular and Balance disorders. He has been with Good Shephard/Penn Partners since June of 2009.

Joseph Carver, MD is the Chief of Staff of the Abramson Cancer Center and the Chief Operating Officer of the Abramson Family Cancer Research Institute of the Abramson Cancer Center of the University of Pennsylvania. He is a Board Certified cardiologist and serves as a Clinical Professor in the Division of Cardiology at the University of Pennsylvania. His clinical practice is in the subspecialty of Oncologic Cardiology. Dr. Carver is the Founding Editor of the American Journal of Managed Care and was a Senior Corporate Medical Director at Aetna U.S. Healthcare from 1992-2001 where he was responsible for new program development and directed the National Medical Excellence Program. From 1999-2001, he was Co-chairperson of the New Jersey and Michigan Working Groups that established voluntary agreements among the insurers in those states to cover the routine costs of clinical trial participation for cancer patients.

Lewis Chodosh, MD, PhD is Professor, Departments of Cancer Biology, Cell & Developmental Biology, and Medicine. He is the Director of Cancer Genetics, Abramson Institute, Vice Chair, Department of Cancer Biology; Program Leader, Breast Cancer Research, Program, Abramson Cancer Center. After graduating with a BS in Molecular Biophysics and Biochemistry from Yale University in 1981, Dr. Chodosh earned his MD from Harvard Medical School and his PhD in Biochemistry from M.I.T. in 1989. Dr. Chodosh received his clinical training at the Massachusetts General Hospital in Internal Medicine and in Endocrinology, followed by postdoctoral research with Dr. Philip Leder in the Department of Genetics at Harvard Medical School where he studied transgenic animal models of breast cancer.

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Dr. Chodosh joined the faculty of the University of Pennsylvania in 1994 and joined the faculty of the of the Abramson Family Cancer Research Institute at the University of Pennsylvania in 2002 as an Associate Investigator.. Dr. Chodosh serves as Director of one of four Congressionally-Directed Breast Cancer Centers of Excellence and is Principal Investigator of one of the sites of the National Cancer Institute's Mouse Models of Human Cancer Consortiums. Dr. Chodosh's laboratory is focused on the use of genetically engineered mouse models to study breast cancer and the normal developmental biology of the mammary gland. He is a past Charles E. Culpeper Foundation Scholar in the Medical Sciences and presently serves on the advisory board for the Harvard Nurses' Health Study. Particular areas of interest include: oncogene-dependence; the function of oncogenes and tumor suppressor genes in breast cancer initiation, metastasis and recurrence; the role of stem cells in cancer and the normal development of the mammary gland; the use of genomics and computational approaches to understand genetic programs in mammary development and breast cancer; the mechanisms by which reproductive events such as puberty and pregnancy alter breast cancer risk in humans; and the use of non-invasive imaging approaches such as PET, MRI, and bioluminescence to study tumor biology.

Barbara Cunningham, MSN, CRNP is a surgical nurse practitioner at the Rena Rowan Breast Center. Ms. Cunningham is a graduate of Villanova University. She has been with the breast center for almost 10 years, initially as a nurse researcher for breast cancer prevention. She currently practices in the breast center in collaboration with Marcia Boraas, MD and Julia Tchou, MD. Ms Cunningham is an integral part of the patient's surgical experience, offering education, support and treatment before and after breast surgery.

Brian Czerniecki, MD, PhD is an Associate Professor, Medicine (Surgical/Oncology) and the Surgical Director, Rena Rowan Breast Center; Surgical Director, Immunotherapy at Penn's Abramson Cancer Center. Dr. Czerniecki currently maintains an active clinical practice focusing on the surgical treatment of patients with cancer, he has a major interest in treating patients with breast cancer and is the Co- Director of the Rena Rowan Breast Center. Dr. Czerniecki is a nationally recognized leader in the development of sentinel node mapping for patients with breast cancer with multiple publications on this topic. He also is pioneering studies utilizing breast MRI to better stage and treat patients with newly diagnosed breast cancer, or patients that are at high risk for developing breast cancer. He specializes in breast conservation with oncoplastic techniques for treatment of patients with breast cancer, and has extensive experience performing skin-sparing mastectomies with immediate reconstruction for patients desiring or requiring a mastectomy, even those patients with large breast cancers. Dr. Czerniecki also treats a large number of patients with ductal carcinoma in situ (DCIS) of the breast and has developed clinical trials using vaccines for the treatment and prevention of DCIS and invasive breast cancer. Dr. Czerniecki also is a leading authority on the treatment of melanoma and uses his experience with sentinel nodes. He also has developed and continues to develop vaccines for patients with high risk stage III melanoma. Additional trials are planned for the near future using immune-based therapies for patients with melanoma. Dr. Czerniecki holds several patents on developing dendritic cells for the treatment of patients with cancer.

Helen Coons, PhD, ABPP is a licensed clinical psychologist who specializes in clinical and health psychology and women's mental health. She is the founder of Women's Mental Health Associates, a program that provides an integrated approach to addressing the ongoing mental health needs of women. Dr. Coons is a clinical associate professor of psychiatry at Drexel University College of Medicine, and adjunct faculty in the Department of Psychiatry at Pennsylvania Hospital. She is well known for her commitment to women's health and to research-based health care. She speaks nationally and regionally to psychologists, physicians and other health care providers as well as community audiences on interdisciplinary care and psychosocial issues in women's health and mental health. Dr. Coons routinely provides care to women with early and advanced cancers, and serves as a consultant to the Joan Karnell Cancer Center at Pennsylvania Hospital, which is part of the University of Pennsylvania Health System.

Susan Domchek, MD is an Associate Professor of Medicine at Penn's Abramson Cancer Center and the Director of Penn's Cancer Risk Evaluation Program. She is a nationally recognized breast medical oncologist. Susan's research interests include maximizing the effectiveness of risk management strategies for women with familial breast cancer, as

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well as, leading clinical trials for new treatments for breast cancer. She has expertise in breast cancer risk evaluation and prevention as well as breast cancer treatment.

Tammi Fisher, RN is an oncology nurse for 14 years. Her primary focus has been in GYN/ONC, as well as, MED/ONC. I have worked in Radiation Oncology for 3 years. My focus in radiation is teaching about symptom management and long term side effects from the radiation. I became Oncology certified 2 years ago.

Kevin Fox, MD is the Mariann T. and Robert J. MacDonald Professor of Medicine (Hematology/Oncology) at the Abramson Cancer Center as well as the Co-Director of the Rena Rowan Breast Center. After graduating magna cum laude from Princeton University, Dr. Fox attended medical school at Johns Hopkins University where he remained for his internship and residency. He arrived at the Hospital of the University of Pennsylvania as a Hematology/Oncology Fellow in 1984. Upon completion of his fellowship, Dr. Fox became an attending in July 1987. He is the recipient of many awards including the Ann B. Young Assistant Professor of Cancer Research; John Glick, MD Prize for Teaching Excellence in Oncology; the Donald B. Martin Teaching Service Award; Donna K. McCurdy Teaching Award and the I.S. Ravdin Master Clinician Award.

Joseph Friedberg, MD Dr. Friedberg is Associate Professor, Surgery; Chief of Thoracic Surgery at the Penn Medicine, Presbyterian. He is a graduate of the University of Pennsylvania and Harvard Medical School. He was trained in general surgery at the Massachusetts General Hospital, and is board certified in general surgery. He specialized in thoracic surgery at Brigham and Womens Hospital/Harvard Medical School, and is also board certified in Thoracic Surgery. He is a member of numerous national surgical organizations, and heads the PMC Thoracic Research Laboratory. He has a particular interest in diseases of the pleura, and has extensive experience with laser treatments and photodynamic therapy. He heads several investigational trials unique in the world to develop treatments for advanced cancers and malignant mesothelioma, including the development of a lung cancer vaccine. He frequently performs video thoracoscopic procedures for the treatment of a wide variety of chest diseases, and is skilled in both open and minimally invasive approaches to cancer surgery.

John Glick, MD is a nationally recognized medical oncologist in the areas of breast cancer, Hodgkin's disease, and non-Hodgkin's lymphoma. In addition to having an extremely active clinical practice, Dr. Glick is an acknowledged leader in designing clinical trials conducted at Penn's Abramson Cancer Center. Dr. Glick's clinical research projects are focused on evaluating the effectiveness of novel therapies for Hodgkin's disease, lymphoma, and breast cancer. Dr. Glick is Professor of Medicine and the Leonard and Madlyn Abramson Professor of Clinical Oncology; Vice President of the University of Pennsylvania Health System and Associate Dean for Resource Development, University of Pennsylvania School of Medicine; and President, Abramson Family Cancer Research Institute. Dr. Glick served as Director of the Abramson Cancer Center from 1985 to 2006. He is Past President of the American Society of Clinical Oncology (ASCO), the largest national and international organization which fosters cancer research, education, prevention, and treatment.

Clarisa Gracia, MD, MSCE is an Assistant Professor of Obstetrics and Gynecology at the University of Pennsylvania. She completed her fellowship in Reproductive Endocrinology and Infertility at Penn and currently sees patients at Penn Medicine at Radnor. As part of her practice, she cares for patients with a variety of gynecologic conditions and infertility. This includes the counselling and care of patients diagnosed with cancer. In addition, she is actively involved in clinical research in the area of reproduction. She is particularly interested in reproductive aging and is currently conducting a study assessing measures of ovarian aging in childhood cancer survivors.

Robin Holmes, RN is a Clinical Research Nurse at Penn's Abramson Cancer Center. She has over 15 years research experience with melanoma skin cancer and a recent focus on genito-urinary cancers and breast cancer trials. She sees research patients at the Rena Rowan Breast Center.

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JoAnn Hulnick, MEd is the Manager, Patient Services Program, Department of Patient and Family Services at the Abramson Cancer Center. Working primarily with the breast cancer population, Ms. Hulnick provides continuity of care by serving as a consistent, reliable contact for patients and their family members throughout their diagnosis, treatment and follow-up care. She also provides patient education on community and health system support services, transition within the health system and resolution of individual issues and concerns. She has also served as a patient advocate on the Ovarian Cancer Registry and Human Genome advisory boards and committee member on the American Cancer Society Reach to Recovery Program.

Linda Jacobs, PhD, RN received her undergraduate and doctoral degrees from the University of Pennsylvania. She is board certified as an oncology and primary care nurse practitioner and has an appointment as a Clinical Associate Professor at the School of Nursing at PENN where she was the program director and in 1995 developed one of the first oncology nurse practitioner programs in the country. Dr. Jacobs is well known to the oncology community and is the Director of the multidisciplinary **LIVESTRONG™** Survivorship Center of Excellence at the Abramson Cancer Center of the University of Pennsylvania, the Living Well After Cancer Program. This program is supported in part by the Lance Armstrong Foundation (LAF). In collaboration with Anna Meadows, MD, she developed the **LIVESTRONG** Program at Penn into a national model for the care of adult cancer survivors, and established the Transition Program, a joint effort between the Children's Hospital of Philadelphia and the Abramson Cancer Center, to provide care to adult survivors of childhood cancer. Dr. Jacobs consults with institutions across the country developing similar programs and has an extensive list of publications, many that focus on cancer survivorship issues.

Carol Kaplan Tweed, MD is an Assistant Professor of Medicine at Penn's Abramson Cancer Center. Dr. Kaplan received her medical degree from Washington University School of Medicine in St. Louis where she performed clinical research in the Mallinckrodt Radiation Oncology Department. She completed her residency in internal medicine at the Hospital of the University of Pennsylvania, where she also completed her fellowship in hematology/oncology with a focus on breast cancer clinical therapeutic trials. Dr. Kaplan's practice focuses on the interdisciplinary management of breast cancer.

Angela Klem-Hickey, BA is a Clinical Research Coordinator at the Abramson Cancer Center. Angela has performed research at the University of Pennsylvania for 11 years. The past 5 years she has spent coordinating clinical research trials in breast cancer as part of the Clinical Research Unit of the University of Pennsylvania.

Margaret Lazar, MS, MSW, LSW is the Director of Patient and Family Services and a licensed social worker. She has worked in a variety of treatment settings, providing individual, couple and group therapy with people with both psychiatric and medical illness and has worked at the University of Pennsylvania Health System since 1989.

Jun Mao, MD is an Assistant Professor of Family Medicine and Community Health at the University of Pennsylvania's School of Medicine and an active member of the cancer control and prevention program of the Abramson Cancer Center. Dr. Mao also co-chairs the Penn Integrative Oncology Working Group at the Abramson Cancer Center. After receiving his Bachelor of Science degree in Chemical Engineering, Summa Cum Laude, from the University of Illinois at Urbana-Champaign and then Medical Doctoral degree from the University Of Illinois College Of Medicine, Dr. Mao completed his family medicine residency training at the Somerset Family Medicine Residency, affiliated with the UMDNJ Robert Wood Johnson Medical School, New Jersey. Most recently, Dr. Mao completed an academic fellowship at the University of Pennsylvania's School of Medicine while obtaining a Master's Degree in Clinical Epidemiology. In addition to being a board certified family physician, Dr. Mao is a licensed physician acupuncturist who practices integrative medicine. Dr. Mao's research focuses on investigating the effects, mechanism and integration of complementary and alternative medicine (CAM) for symptom management among cancer patients and survivors. Dr. Mao's expertise in pain management and acupuncture has served him in becoming the attending consult physician for the Symptom and Palliative Care Service at the Hospital of University of Pennsylvania. Dr. Mao practices full range of family medicine, with special expertise in: acupuncture on pain and chronic symptom distress;

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acupuncture for menopausal transition; primary care for cancer patients and survivors; integrative medicine for chronic disease and symptom management; integrative medicine to promote wellness.

Rachel McKenna, MSN, CRNP is a Nurse Practitioner with Penn Plastic Surgery at the Hospital of University of Pennsylvania. Her scope of practice includes caring for a variety of reconstructive and cosmetic plastic surgery patients. She obtained both her undergraduate and masters degrees in nursing from the University of Pennsylvania. She is a certified Family Health Nurse Practitioner. Prior to joining the Penn Plastic Surgery team she worked with trauma patients at the Hospital of University of Pennsylvania.

Carolyn Mies, MD is an Associate Professor of Pathology & Laboratory Medicine, Director of the Breast Pathology Subspecialty Service at the Abramson Cancer Center. She completed clinical and research fellowships at the Memorial Sloan-Kettering Cancer Center. Dr. Mies has more than 20 years of diagnostic pathology experience and specializes in breast cancer; she works closely with the surgeons and medical oncologists of the Rena Rowan Breast Center to provide patients the best in multidisciplinary breast cancer care. Her research focuses on discerning patterns of DNA changes in early breast cancer and how they may be used to distinguish low-risk and high-risk varieties so that patients with the former can be spared unnecessary treatment. She is nationally known for her expertise in the surgical pathology of breast cancer, and has been recognized in Philadelphia Magazine's Top Docs for the past two years.

Fern Nibauer-Cohen is the Associate Director of Strategic Marketing Services at Penn Medicine. Prior to joining Penn in August 2008, Fern was the Senior Director of Physicians Services at Fox Chase Cancer Center for 18 years. She completed her yoga teacher's training certification at Yoga on Main in Manayunk in 2003 and completed a specialty certification in teaching yoga to cancer patients from the Integral Yoga Institute in Virginia in 2006. She is currently structuring a program for cancer patients at the Abramson Cancer Center.

Neal Niznan, MSW, LCSW is a licensed social worker in practice since 1987. Neal has a particular expertise in assisting cancer patients and families to cope with the cancer experience, and has facilitated several cancer support groups at the Abramson Cancer Center. He specialized in individual, couples and family therapy in numerous counseling practices before coming to the Abramson Cancer Center in 2000. Mr. Niznan is a frequent speaker for the Abramson Cancer Center's "Focus on Cancer" series.

Nancy O'Connor, MSN, CRNP is a surgical oncology nurse practitioner in the Department of Surgery at the University of Pennsylvania Medical Center. Ms. O'Connor received her undergraduate degree at the College of New Jersey and graduate degree at the University of Pennsylvania. She currently practices with Brian Czerniecki, MD in the Rena Rowan Breast Center and in the Department of Surgery with the specialty of melanoma.

Robert Prosnitz, MD, MPH is Assistant Professor of Radiation Oncology. In 1996 he earned medical degree from Duke University School of Medicine. He completed his transitional internship in the Department of Medicine at Beth Israel Hospital in Boston, Massachusetts. His residency in radiation oncology was completed at the Harvard Joint Center for Radiation Therapy. While at Harvard, he also enrolled in the Program in Clinical Effectiveness, jointly offered through Harvard Medical School and Harvard School of Public Health. In 2000, he earned his Master's of Public Health degree through that program, thereby combining his academic backgrounds in both economics and medicine. Rob is the Director of the Breast Service program for Radiation Oncology and will work closely with Lilie Lin as we develop the breast service program. On the research side, Rob will focus on breast cancer-related health services research and the radiotherapeutic management of patients with breast cancer. Rob's record of research has enormous breadth on a single disease site, ranging from brain metastases, cardiac toxicity, effects of radiotherapy, and utilization of health resources for breast cancer patients.

Kava Schafer, MDiv, MA is the Staff Oncology Chaplain in the Pastoral Care Department at the Hospital of the University of Pennsylvania. In her work as chaplain and as a spiritual director in holistic spirituality, she provides emotional and spiritual support for those who are facing the challenges and opportunities that living with cancer brings.

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Kathryn Schmitz, PhD, MPH, FACSM is an Associate Professor at the University of Pennsylvania's School of Medicine. She is an exercise interventionist who has led multiple trials, including a recently completed randomized controlled trial to assess the safety of upper body exercise among 295 breast cancer survivors with and without lymphedema (Physical Activity and Lymphedema Trial (PAL)). Her research extends from the role of physical activity in the prevention and etiology of obesity related cancers to the usefulness of activity for rehabilitation and health promotion in cancer survivors of all cancers. Dr. Schmitz' long term professional goal is to see that all oncologists, fitness trainers, and cancer patients will eventually be as cognizant of the usefulness of exercise for cancer control as cardiologists already are for its role in controlling heart disease.

Mitchell Schnall, MD, PhD is the Matthew J Wilson Professor of Radiology at Penn's Abramson Cancer Center. Dr. Schnall's clinical focus is MRI with a specific interest in the use of MRI to detect and characterize breast cancer. His research focuses on developing new methods to image breast cancer and approaches to screening high risk women. He actively collaborates with Dr. Susan Domchek and Dr. Julia Tchou is identifying optimal imaging strategies for breast cancer imaging in the screening and diagnostic setting.

Joseph Straton, MD, MSCE is an Assistant Professor in the Department of Family Medicine and Community Health at the University of Pennsylvania and is an Assistant Professor in the Department of Anesthesiology and Critical Care. He is the Associate Director of the department's research-focused Faculty Development Fellowship program. He is actively engaged in research, clinical, and educational initiatives at the University and the health system that focus on improving symptom management and end-of-life care for people with advanced disease. He is the principal investigator of a project assessing the preventable causes of early rehospitalization for people with cancer and is a co-investigator on federal and state supported projects investigating psychosocial outcomes for persons with cancer. In 2003, Dr. Straton co-founded and now co-directs the interdisciplinary Symptom Management and Palliative Care (SYMPAC) consultation service at the Hospital of the University of Pennsylvania (HUP) which provides pain and symptom management expertise for inpatients at HUP. Dr. Straton was recently appointed the Chief Medical Director of Wissahickon Hospice, a division of Penn Home Care and Hospice Services. In his role as Chief Medical Director, he has developed and implemented a new inpatient hospice program for patients served by the UPHS hospitals. Dr. Straton is the President of the Board of Directors for the American Cancer Society's Southeast Region of the Pennsylvania Division.

Carrie Stricker, PhD, RN is an Oncology Nurse Practitioner at the Abramson Cancer Center where she has teaching as well as clinical responsibilities. Dr. Stricker's research is funded through a Clinical Research Nurse Training Award from the Department of Defense Breast Cancer Research Program. Dr. Stricker has authored and co-authored a number of peer-reviewed articles in journals such as Cancer Practice, Blood, Oncology Nursing Forum and the Clinical Journal of Oncology Nursing. Dr. Stricker has received several awards for her work in developing evidence-based clinical practice guidelines in oncology care. Her research interests are related to health issues and physical activity in breast cancer survivors.

Julia Tchou, MD, PhD is an Assistant Professor of Surgery at Penn's Abramson Cancer Center. Dr. Tchou was previously at Johns Hopkins and Northwestern Memorial Hospital. Dr. Tchou's clinical focus is the interdisciplinary management of patients with breast cancer. She practices at the Rena Rowan Breast Center. Dr. Tchou's research interest is breast cancer genetic risks and, in this regard, collaborates actively with Susan Domchek, MD, a nationally recognized expert in breast cancer genetics.

Craig Thompson, MD is the Director of the Abramson Cancer Center where he leads a group of more than 400 doctors and researchers, who seek to prevent, diagnose and cure cancer through the development of new knowledge, diagnostic tests and therapies. He is Associate Vice President for Cancer Services for Penn Medicine. After an undergraduate career at Dartmouth College, Dr. Thompson received his MD degree from the University of Pennsylvania in 1977. He received clinical training in Internal Medicine at Harvard University and in Medical

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Oncology at the Fred Hutchinson Cancer Research Institute at the University of Washington. From there, Dr. Thompson was a physician at the National Naval Medical Center in Bethesda, MD, and an Assistant Professor of Medicine at the Uniformed Services University of the Health Sciences. To date, Dr. Thompson has published over 340 peer-reviewed manuscripts and over 85 reviews. Currently, his laboratory undertakes basic research in the fields of cancer biology and immunology. The laboratory has recently contributed to the resurgent interest in cancer cell metabolism and is developing translational therapies to exploit the metabolic addictions exhibited by cancer cells.

Carolyn Vachani, MSN, RN, AOCN is a certified advanced practice oncology nurse. She has worked in the areas of bone marrow transplant, medical oncology, and clinical research. In her role with OncoLink, she managed The National Colorectal Cancer Research Alliance's Clinical Trials Resource Center. This, along with her clinical nursing experience, has helped her develop a strong knowledge of colon cancer screening, prevention, and treatment. Most recently Mrs. Vachani was instrumental in the development of the LIVESTRONG Care Plan, a series of survivorship care plans tailored to each survivor's needs. The LIVESTRONG Care Plan can be found on OncoLink.org the Abramson Cancer Center's award winning website.

Michael Vozniak, PharmD, BCOP is a Hematology/Oncology Clinical Pharmacy Specialist at the Hospital of the University of Pennsylvania. He received his doctor of pharmacy degree from the University of Pittsburgh where he also completed his oncology residency training. Dr. Vozniak is a Board Certified Oncology Pharmacist whose interests include management of supportive care issues (pain management, nausea/vomiting prevention and treatment) and providing patient education and counseling on chemotherapy and supportive care medications to patients and family members.

Karen Wagner, MS, RD, LDN is a clinical dietitian specialist at the Abramson Cancer Center, where she has been working with women with gynecologic cancers since June 2006.

Liza Wu, MD is an Assistant Professor in the Division of Plastic and Reconstructive Surgery. Before joining the University of Pennsylvania Health System, Dr. Wu graduated from Stanford University. She attended medical school and completed her plastic surgery residency training at the University of Chicago. She went on to train at the University of Texas, M.D. Anderson Cancer Center to finish a fellowship in cancer reconstruction. Dr. Wu's practice encompasses both cosmetic and reconstructive plastic surgery. Her focus is primarily in post-oncologic reconstruction, specifically reconstructive microsurgery of the breast, head and neck, and trunk.

GUEST EXPERTS

Laurie Carroll, JD is a Partner in the Philadelphia office of Naulty, Scaricamazza, and McDevitt LLC, and practices with the workers' compensation Group. Laurie focuses her practice in the defense of workers' compensation matters. She has argued numerous claims on behalf of employers and has provided counsel on behalf of employers and insurers seeking relief through the Pennsylvania Administrative, Appeal Board and Appellate Courts. Laurie is a member of the Pennsylvania Bar Association, and has provided seminars for continuing legal education on a variety of workers' compensation issues. Her pro bono and community activities include serving as a tutor and mentor for economically disadvantaged children in Philadelphia and organizing local outreach programs to the needy. She has served as an English instructor to foreign-born students, and has represented indigent individuals in welfare matters. She is also an annual participant in the Revlon Cancer 5K Run/Walk in New York City and the Komen Race for the Cure. Laurie earned her Bachelor of Business Administration degree from North Texas State University in 1983 and received her Juris Doctorate from Villanova University School of Law in 1987. She is admitted to practice in the Commonwealth of Pennsylvania. Laurie is a volunteer at the Abramson Cancer Center.

Andrew Cohen, AIF is a Registered Principal and Financial Advisor with Vantage Point Financial Services, Inc., provides unbiased comprehensive financial advice and services to individuals, families, and small businesses. These services include financial and retirement planning, insurance (long-term care and life) analysis, mortgage and banking services and portfolio review. Andy serves as the President of the Marjorie B. Cohen Foundation, a Foundation

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dedicated to educating the public about cancer genetics since 2001 and serves as a member of the Abramson Cancer Center Director's Leadership Council.

Janet Ruth Falon MLA is an award-winning writer and writing teacher, and author of *The Jewish Journaling Book* (Jewish Lights, 2004). She teaches journaling skills to cancer and bariatric patients at various hospitals and organizations, and taught journaling at The University of Pennsylvania for many years. Janet has also taught journaling to women with eating disorders, church and synagogue groups, actors, and people dealing with infertility. She has kept her own journal for 45 years.

Kimberly Fleisher, MEd, RMT is the founder and director of The Reiki School and Clinic in Philadelphia. She has been practicing Reiki for 14 years and running the school for 10. Kim specializes in Reiki education, particularly in the healthcare field. She is part of the collaborative group creating a Reiki volunteer program for The Abramson Cancer Center, and is a member of The Integrated Oncology Working Group at HUP.

Greg Heller, Esq is a trial attorney who practices in Philadelphia. He graduated from Williams College with a BA in physics in 1986 and graduated *cum laude* from the University of Michigan Law School in 1990. He practices with Young Ricchiuti Caldwell & Heller. He has considerable experience using the courts to hold insurance companies accountable for misconduct, and otherwise protecting the rights of patients, insureds, and their families. He serves on the board of the Legal Clinic for the Disabled. In addition to his work representing individuals, he is regularly called upon to advise patient advocacy groups about proposed health insurance legislation, at both the state and federal level.

Rodney Warner, Esq is the project attorney for the Law & Health Initiative for Cancer Survivors at the Legal Clinic for the Disabled, Inc., in Philadelphia. The clinic provides free legal services to those with physical disabilities in Philadelphia, Bucks, Montgomery, Delaware and Chester counties. Mr. Warner graduated from Syracuse University in 1987 and from Western New England College School of Law in Springfield, Massachusetts. Mr. Warner worked for the Connecticut Commission on Human Rights and Opportunities, where most of his time was spent investigating and mediating claims of employment discrimination. Since moving to Pennsylvania in 2004, Mr. Warner has worked in private practice in Yardley and at the Senior Law Center in Philadelphia. The Law & Health Initiative for Cancer Survivors is funded by a grant from the Lance Armstrong Foundation. Mr. Warner is a cancer survivor, having been treated for Hodgkin's lymphoma. He is an active volunteer at Gilda's Club Delaware Valley in Warminster.

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Breast Cancer Treatment at the Abramson Cancer Center

800-789-PENN (7366)

The Abramson Cancer Center of the University of Pennsylvania's long-standing program for breast cancer is nationally recognized for its treatment capabilities and research efforts.

The Penn Difference

Innovative Research ... Comprehensive Patient Care ... Service Excellence

- Timely diagnosis
- Services provided in a single location including medical, surgical, and radiation oncology services, plastic surgery consultations, and chemotherapy
- Oncologists who are full-time faculty of the University of Pennsylvania and whose practice is exclusive to breast cancer
- Dedicated breast radiologists and pathologists who work with the breast team to achieve a precise diagnosis
- Nationally-recognized breast research programs
- Rehabilitation specialists to help with cancer-related physical exercise and movement programs, including lymphedema service
- Complementary support services for patients and families including psychosocial counseling and nutrition
- Foremost breast cancer genetics risk evaluation program in the country
- Specialized nursing
- Specialty boutique offering items for breast cancer patients and families

Education and Supportive Care Services at the Abramson Cancer Center

Patient Support Specialists

Patient Support Specialists are available to support and assist cancer patients and their families throughout the cancer experience. They provide emotional support to patients and families as well as locate educational and community resources.

Nutrition Counseling

The Cancer Center's Dietitians assess individual nutritional status, review personal nutrition practices, provide advice on diet and nutrition therapies, and can provide education about herbs, cancer diets, and supplements.

Psychosocial Counseling

A diagnosis of cancer and its treatment can be stressful for both patients and their families. Cancer Counselors provide support, coping techniques and interventions to address personal and relationship issues during the cancer experience.

Integrative Medicine & Wellness

Our Cancer Center sponsors a range of services and educational workshops throughout the year that help patients and families cope with the cancer experience and improve their overall sense of well being. Examples include acupuncture and stress management.

Pain and Symptom Management

Our Penn pain and symptom management experts are experienced in helping people with cancer address problems such as pain, nausea and fatigue.

Rehabilitation

During the course of your care, Penn's Cancer Rehabilitation team is here to help your recovery if needed. The team is comprised of physiatrists and physical and occupational therapists that specialize in treating people with cancer.

Penn Home Care and Hospice Services

The University of Pennsylvania Health System has dedicated home care and hospice services available to all cancer patients should the need arise during your course of treatment

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