

***For More Information,
and Free Support Services,
visit www.thyca.org***

- Visit our web site for more information about thyroid cancer treatment, research, and ThyCa's free support groups and other free support services, special events, and publications.
- ThyCa's web site has more than 650 pages, as well as links to more than 100 related medical web sites, organizations, and publications.
- More than 50 distinguished physician specialists, plus many other specialists, provide ongoing input and review for the web site's medical information.
- Numerous free downloadable publications are available on ThyCa's web site. These include the *Low-Iodine Cookbook*, thyroid cancer awareness flyers, fact sheets about thyroid cancer, materials in Spanish, and more.

How To Help

- Give Thyroid Cancer Awareness brochures to your friends and relatives. Help raise awareness of thyroid cancer and the importance of early detection, treatment, and lifelong follow-up. Tell them about ThyCa's free support services, educational events, and web site.
- Become a ThyCa Volunteer - We welcome new volunteers at any time.
- Become a ThyCa Member - One year \$25, Two years \$45, Lifetime \$225
- Donate to our Rally for Research 2009
- Spread the word about the
***12th International Thyroid Cancer Survivors' Conference
October 16-18, 2009 • Boston, Massachusetts***
- To find out more, visit the "How To Help" section of our web site www.thyca.org



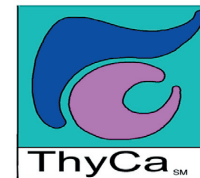
Welcome to the Thyroid Cancer Survivors' Mid-Atlantic Workshop

Saturday, May 16, 2009

FREE

8 a.m. - 5 p.m.

Washington Adventist Hospital, Professional Building,
7600 Carroll Avenue, Takoma Park, MD 20912



Sponsored by

**ThyCa: Thyroid Cancer
Survivors' Association, Inc._{SM}
www.thyca.org**

*A national nonprofit 501(c)(3) organization of thyroid cancer
survivors, family members, and health care professionals.*

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Thyroid Cancer Survivors' Mid-Atlantic Workshop — Saturday, May 16, 2009

Program Schedule

- 8:00 - 8:50 a.m.** *Room A. Survivors' and Caregivers' Discussion.* ThyCa Volunteers.
Room B. If You're New to Thyroid Cancer. ThyCa Volunteers.
- 8:50 - 9:00 a.m.** **Welcome.** ThyCa Volunteers.
- 9:00 - 9:30 a.m.** *Room A. Survivors' and Caregivers' Roundtable.* ThyCa Volunteers.
Room B. Survivors' Panel: Questions to Ask When First Diagnosed, Suggestions, Experiences. ThyCa Volunteers.
- 9:30 - 9:40 a.m.** **Break.**
- 9:40 - 10:40 a.m.** *Room A. If You're New to Papillary or Follicular Thyroid Cancer: After Surgery and During the First Year, Understanding Risk Levels.* Matthew I. Kim, M.D.
Room B. Tips for Preparing for a Radioiodine Scan or Treatment, Low-Iodine Diet, and After Radioiodine. ThyCa Volunteers.
- 10:40 - 10:50 a.m.** **Break.**
- 10:50 - 11:50 a.m.** *Room A. Controversies in Using I-131, Using I-131 more than once, Selecting I-131 Therapy Doses and the Use of Lemon Candies: Questions and Answers.* Douglas Van Nostrand, M.D.
Room B. Roundtable: Living with Thyroid Cancer Over the Long Term: Disease-Free or With Persistent or Recurrent Disease. ThyCa Volunteers.
- 11:50 a.m. - 12:15 p.m.** **Break.** (Get your lunch; bring it to the next session)
- 12:15 - 1:15 p.m.** *Room A. Ask a Surgeon: Thyroid Surgery Basics, Lymph Node Invasion, Neck Dissection, Surgical Treatment of Neck Spread, Preventing and Solving Voice Issues.* Nancy Carroll, M.D.
Room B. Helping People Cope with a Thyroid Cancer Diagnosis. Katherine Satterfield, L.C.S.W.
Room C. Living With Thyroid Cancer. ThyCa Volunteers
- 1:15 - 1:25 p.m.** **Break.**
- 1:25 - 2:25 p.m.** *Room A. Dentist's Perspective: Overview and Introduction to Salivary Issues and Dysfunction.* Gigi Meinecke, D.M.D.
Room B. Roundtable: Doctor-Patient Communications. ThyCa Volunteers.
- 2:25 - 2:35 p.m.** **Break**

- 2:35 - 3:30 p.m.** *Room A. Ask an Endocrinologist: Thyroid Cancer Management, Especially After the First Year: Ask about Management for Different Situations, for Persistent or Recurrent Disease. TSH Levels, Bones, Heart, Other Issues.* Kenneth D. Burman, M.D.
- 2:35 - 3:30 p.m.** *Room B. Roundtable: If You're New to Thyroid Cancer.* ThyCa Volunteers.
Room C. Exploring Clinical Trials. Rebecca Lord.
- 3:30 - 3:40 p.m.** **Break.**
- 3:40 - 4:40 p.m.** *Room A. Ask an Endocrinologist: Future Trends in Management of Thyroid Cancer for Low-Risk Patients, for High-Risk Patients.* Kenneth D. Burman, M.D.
Room B. Ask About ThyCa and Getting Involved. Gary Bloom.
- 4:40 - 5:00 p.m.** **Workshop Discussion & Feedback.** Gary Bloom.

Thank you to our Speakers...

Kenneth D. Burman, M.D., Endocrinologist, Washington Hospital Center
Nancy Carroll, M.D., Endocrine Surgeon, Washington Hospital Center
Matthew I. Kim, M.D., Endocrinologist, Johns Hopkins University School of Medicine
Gigi Meinecke, D.M.D., F.A.G.D., Dentist, University of Maryland School of Dentistry
Katherine Satterfield, L.C.S.W.
Douglas Van Nostrand, M.D., Nuclear Medicine Physician, Washington Hospital Center

...and Roundtable Facilitators & Workshop Organizers

Gary Bloom, Sara Brenner, Gloria Keller, Rebecca Lord, Cal Pierce, Brad Rubin, Barb Statas, Sally Snyder, Vanda White, Cherry Wunderlich

And the others whose names we didn't have at the time this program was printed

Plus the Numerous "Unseen" ThyCa Volunteers around the country who helped — our Toll-Free Number Team, E-Mail Team, Publications Committee, Outreach Committee, and Web Site Team

...and Special Thanks to...

Washington Adventist Hospital
Genzyme Therapeutics

