

Saturday, May 12, 2018 — 17th Annual Thyroid Cancer Survivors' Mid-Atlantic Workshop

Program Schedule

8:00 a.m. – 4:30 p.m.

Registration, information and resource tables. *Edu 1*

8:00 – 8:50 a.m.

Informal conversation: getting acquainted with each other.

Cherry Wunderlich, ThyCa Volunteer. *Edu 2&3*

8:50 – 9:00 a.m. Welcome. Cal Pierce, ThyCa Volunteer. *Edu 2&3*

9:00 – 9:45 a.m.

I-131 (radioactive iodine) therapy, plus I-131 in thyroid cancer management. Topics to include when I-131 is used/not used in treatment, dose decisions, preparation, and follow-up, and monitoring. Kanchan P. Kulkarni, M.D., Nuclear Medicine Physician. *Edu 2&3*

Roundtable: coping with stress and fears around a cancer diagnosis, treatment, and testing. Ronni Emden, ThyCa Volunteer. *Edu 1*

9:45 – 10:00 a.m. Break

10:00 – 10:45 a.m.

Thyroid hormone therapy, testing, and dosing, including synthetic (T4), NDT, and T3. Can my lifestyle affect how I feel? Jacqueline Jonklaas, M.D., Ph.D., M.P.H., Endocrinologist. *Edu 2&3*

Roundtable: If you're new to a thyroid cancer diagnosis, or new to a meeting environment. We can help you get comfortable. Cal Pierce, ThyCa Volunteer. *Edu 1*

10:45 – 11:00 a.m. Break

11:00 a.m. – 12:00 p.m.

Papillary and follicular thyroid cancer: treatment and follow-up for different risk levels. Kenneth D. Burman, M.D., Endocrinologist. *Edu 2&3*

Roundtable: coping with a diagnosis, during treatment, and over the long term, including coping with vocal cord issues. Cal Pierce or Vanda White, ThyCa Volunteers. *Edu 1*

12:00 – 12:30 p.m. Lunch Break

(Get your lunch anytime in the morning and bring it to a session. Come in as soon as you have your food. The Cafeteria is on the Second Floor.)

12:30 – 1:10 p.m.

The low iodine diet; and eating well every day.

Alissa Mendes, R.S., L.D.N., Registered Dietitian. *Edu 2&3*

Moving Beyond Treatment: Coping when transitioning from active treatment to survivorship. Heather Hollen, M.S. *Edu 1*

1:10 – 1:20 p.m. Break

1:20 – 2:00 p.m.

Learn about deep breathing, meditation, and chair yoga.

Melanie Blank, M.D., Yoga Teacher. *Edu 2&3*

Roundtable: talking about thyroid cancer management over time, and how good dental care helps. Renee W. Joskow, D.D.S., M.P.H., F.A.G.D., F.C.D., F.I.C.D. *Edu 1*

2:00 – 2:15 p.m. Break

2:15 – 3:00 p.m.

Preparation and recovery for first or further thyroid surgery; voice and parathyroid concerns. Erin A. Felger, M.D., General Surgeon. *Edu 2&3*

Roundtable: ask about ThyCa: Thyroid Cancer Survivors' Association and how you can get involved. Gary Bloom. *Edu 1*

3:00 – 3:15 p.m. Break

3:15 – 4:00 p.m.

Follow-up care including the importance of ultrasound in our management; and ask a doctor your remaining questions of the day. Vaninder K. Dhillon, M.D., Otolaryngologist. *Edu 2&3*

4:00 – 4:30 p.m.

Questions you haven't asked yet, workshop highlights, your feedback, and drawing for prizes. Gary Bloom. *Edu 2&3*

Thank You to our Speakers...

Melanie Blank, M.D., Yoga Teacher, Silver Spring, MD

Kenneth D. Burman, M.D., Endocrinologist,
MedStar Washington Hospital Center, Washington, D.C.

Vaninder K. Dhillon, M.D., Otolaryngologist,
Johns Hopkins Medicine, Bethesda, MD

Erin A. Felger, M.D., General Surgeon,
MedStar Washington Hospital Center, Washington, D.C.

Heather Hollen, M.S., Director of Education,
Cancer Support Community, Washington, D.C.

Jacqueline Jonklaas, M.D., Ph.D., M.P.H., Endocrinologist,
MedStar Georgetown University Medical Center, Washington, D.C.

Renee W. Joskow, D.D.S., M.P.H., F.A.G.D., F.C.D., F.I.C.D., Dentist,
Health Resources and Services Administration, Rockville, MD

Kanchan P. Kulkarni, M.D., Nuclear Medicine Physician,
MedStar Washington Hospital Center, Washington, D.C.

Alissa Mendes, R.D., L.D.N., Registered Dietitian,
Shady Grove Adventist Hospital, Rockville, MD

Thank You to our Workshop Organizers and Volunteers

- *ThyCa Support Groups in Baltimore, Northern Virginia, Rockville, and Washington, DC (Silver Spring)*: Gary Bloom (ThyCa Executive Director), Hilary Bloom, Simone Bloom, Ronni Emden, Gloria Keller, Sheldon Lehner, Cal Pierce, Bruce Rubin, Barbara Statas, Michele Mariani Vaughn, Vanda White, Cherry Wunderlich, and Debra Yarcho.
- Plus numerous "unseen" ThyCa Volunteers around the country who helped: Toll-Free Number Team, E-Mail Team, and more

Special Thanks to...

Holy Cross Hospital • American Thyroid Association • Safeway

How To Help — Visit www.thyca.org for details

- Give Thyroid Cancer Awareness brochures to your friends and relatives.
- Become a ThyCa Volunteer — New volunteers welcome at any time
- Become a ThyCa Member — One year \$25, 2 years \$45, Lifetime \$225
- Donate to ThyCa's Rally for Research for Thyroid Cancer Research
- Support Thyroid Cancer Awareness Month — each September, worldwide.
Sponsored by ThyCa

Come to the **21st International Thyroid Cancer Survivors' Conference • October 19-21, 2018 • Chicago, Illinois**

Welcome to the

Thyroid Cancer Survivors' 17th Mid-Atlantic Workshop

Saturday, May 12, 2018

FREE

8 a.m. - 4:30 p.m.

Holy Cross Hospital, Education Center off the Main Lobby
1500 Forest Glen Road, Silver Spring, MD



Sponsored by

**ThyCa: Thyroid Cancer
Survivors' Association, Inc.SM**

www.thyca.org

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

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