

Our Roundtable Facilitators

Gary Bloom is ThyCa's national Board Chair, leader of management and fundraising, and liaison to ThyCa's Medical Advisory Council. He facilitates the ThyCa Washington, D.C., Support Group. Gary was diagnosed with papillary thyroid cancer with tall cells in October 1995. Employed by a high-tech firm in Maryland, he is married to Hilary, and they have two children, David, 9, and Simone, 6. He enjoys family time and helping others.

Sara Gorrell, ThyCa Northern Virginia Support Group Facilitator, organizes and leads monthly discussions to educate and provide support for thyroid cancer survivors and their family and friends. She was diagnosed with papillary thyroid cancer in February 2000. Sara is employed by the Advisory Board Company, a Washington, D.C.-based health care research firm that provides decision support to hospitals nationwide. She is engaged to be married to Guy Brenner this summer.

Special Thanks to...

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Sara Gorrell, Workshop Coordinator
Marion Hammond, ThyCa Baltimore Support Group Facilitator
Val and Chris Fillio
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Sally Snyder, Liaison, Life with Cancer Family Center
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...and to the Groups Providing Resource Materials

Colorectal Cancer Network
Greater Washington Coalition for Cancer Survivorship
Leukemia and Lymphoma Society
Y-Me of the National Capital Area

Please help spread the word about ThyCa's free support services and web site, and our 5th International Thyroid Cancer Survivors' Conference in Los Angeles, California, October 11-13, 2002. We hope to see you there.

Thank you for coming!



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Welcome to the **Thyroid Cancer Survivors'** **Capital Area Workshop**

Saturday, April 27, 2002

9 a.m. - 3 p.m.

Inova Health System's Life with Cancer Family Center
2832 Juniper Street, Fairfax/Merrifield, Virginia



Sponsored by:

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

*An all-volunteer nonprofit 501(c)(3) organization
of thyroid cancer survivors, family members,
and health care professionals.*

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Thank You to our Speakers

Lisa M. Boyle, M.D., is an endocrine surgeon and Associate Program Director/General Surgery at the Washington Hospital Center in Washington, D.C. She is also Assistant Professor of Surgery at Georgetown University Medical School. A graduate of Georgetown University Medical School, she completed further surgical training at Harvard University/Beth Israel Hospital.

Dodi Christiano, M.A., is an Oncology Counselor in Northern Virginia, working with cancer survivors and caregivers.

Frank R. Crantz, M.D., is an endocrinologist in McLean, Virginia. A 1975 graduate of Johns Hopkins Medical School, he interned at The New York Hospital at Cornell University Medical College and completed an endocrinology fellowship at Harvard Medical School's Brigham and Women's Hospital. He is a member of the American Thyroid Association and Clinical Associate Professor of Medicine at Georgetown University Medical Center.

Yolanda C. Oertel, M.D., is a pathologist and Director of the Fine Needle Aspiration Service in the Cancer Institute at the Washington Hospital Center in Washington, D.C. She has done FNA for 26 years and has trained many other pathologists. She is the author of the patient education brochure *Fine Needle Aspiration of the Thyroid: The Patient's Guide*, published in 2002 and to appear as part of a chapter in the soon-to-be-published new book **The Patient's Guide to Thyroid Cancer**.

Matthew D. Ringel, M.D. is a Staff Physician at the Washington Hospital Center and Director of the Laboratory of Molecular Biology at the Medstar Research Institute in Washington, D.C. He also is an Assistant Professor of Medicine at the Uniformed Services University of the Health Sciences and The George Washington University School of Medicine. A 1991 graduate of The Pennsylvania State University College of Medicine, he is board certified in endocrinology, diabetes, and metabolism. The author of numerous journal articles, he is the recipient of the Charles Harkin Thyroid Cancer Research Award from NIH for 2001-2003 and also is an American Cancer Society Investigator. He presented Plenary Lectures to the American Thyroid Association in 1999 and 2001, and to the Endocrine Society in 2000.

Karen Smyers has been a professional triathlete for 17 years. She has won numerous National and World Championship titles, including a dramatic come-from-behind victory in the Hawaiian Ironman World Championships in 1995. Her victory at the short-course Triathlon World Championship just 5 weeks later earned her the distinction of being the only woman ever to win triathlon's two most prestigious races in the same year. Although in recent years she has endured the challenge of a severed hamstring muscle, a time-out for the birth of her daughter, a knockdown by an eighteen-wheeler while cycling, and a battle with thyroid cancer, she was able to win her seventh Elite National Championship title in August. Through it all, she maintains her optimism, sense of humor, and passion for racing. She is a 1983 graduate of Princeton University and lives in Lincoln, Massachusetts, with her daughter Jenna and her husband and frequent training partner Michael King.

Program

- 9:00 a.m. **Welcome.** Sara Gorrell.
- 9:10-9:40 a.m. **Survivors' and Caregivers' Roundtables**
Sara Gorrell. *Room 1D.*
Gary Bloom. *Room 1E.*
- 9:40-11:00 a.m. **Diagnostic Issues: FNA, Tissue Evaluation After Surgery.** Yolanda C. Oertel, M.D. *Room 1D.*
Ask An Endocrinologist. Frank R. Crantz, M.D. *Room 1E.*
Open Discussion: If You're New to Thyroid Cancer. Gary Bloom. *Meeting Room B.*
- 11:10-12:20p.m. **Ask a Surgeon.** Lisa M. Boyle, M.D. *Room 1D.*
Coping Strategies: Relaxation and Mind Imagery.
Dodi Christiano, M.A. *Room 1E.*
- 12:20-1:10 p.m. **Lunch Break.** Brown Bag or see map for walk or short drive to restaurants.
- 1:10-2:20 p.m. **Radioiodine Therapy, Thyrogen, and the Low Iodine Diet.** Matthew D. Ringel, M.D.
- 2:20-2:50 p.m. **Living with Thyroid Cancer.** Karen Smyers, Thyroid Cancer Survivor.
- 2:50-3:00 p.m. **Workshop Feedback, Suggestions, and Wrap-Up.**
Sara Gorrell.