

Support • Education • Communication

Program Update – October 16, 2005

You may register on site at the conference, either for all three days or for part of the conference. We welcome walk-in attendees. Scholarships are available. Parking is free. For transportation directions and more details, visit www.thyca.org.

Welcome to the

8th International

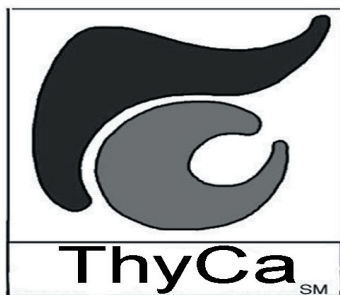
Thyroid Cancer Survivors' Conference

October 21-23, 2005

Sheraton Denver West Hotel

360 Union Boulevard

Lakewood (Denver), Colorado



Sponsored by

ThyCa: Thyroid Cancer Survivors' Association, Inc.SM

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Program Schedule Preview

We're pleased to present our schedule, as of October 16th. The meeting room is listed in italics after the session topic and speaker. At the conference, you will receive updates as well as our Daily Update Bulletin.

Friday, October 21, 2005

8:00 a.m. Registration Desk Opens in Conference Central. *Genesee.*

Walk-in conference attendees and registrations are welcome each day.

Sign up for individual Reiki sessions (free, about 30 minutes each) for Saturday morning:

Survivors' Creative Expressions Exhibit Opens: Art, Crafts, Creative Writings.

Informal Conversations in the Session Rooms.

9:30 – 9:45 a.m.

101 Welcome and Morning Announcements. Sara Gorrell Brenner, ThyCa Volunteer. *City Lights I and II.*

9:45 – 10:45 a.m. Getting To Know Each Other

111 Open Mike Survivors'/Caregivers Roundtable. Joel Amromin, ThyCa Volunteer. *City Lights I.*

112 Open Mike Survivors'/Caregivers Roundtable. Jody Campbell, ThyCa Volunteer. *City Lights II.*

113 Open Mike Survivors'/Caregivers Roundtable. Wendy Hull, ThyCa Volunteer. *City Lights III.*

114 Open Mike Survivors'/Caregivers Roundtable. Roselle Kovitz, ThyCa Volunteer. *Red Rocks.*

115 Open Mike Survivors'/Caregivers Roundtable. Peggy Melton, ThyCa Volunteer. *Mt. Vernon.*

116 Open Mike Survivors'/Caregivers Roundtable. Sandra Triplett, ThyCa Volunteer. *Green Mountain.*

11:00 a.m. – 12:00 p.m.

121 Ask a Pathologist about Diagnostic Issues and When to Get a Second Opinion.

M. Sherif Said, M.D., Ph.D., Pathologist. *City Lights I.*

122 Roundtable: Medullary Thyroid Cancer. Jan Halzel, Pharm.D., ThyCa Volunteer. *City Lights III.*

123 Thyroid Surgery Including Minimally Invasive Techniques. Christopher D. Raeburn, M.D., Surgeon. *City Lights II.*

124 Healthy Survivorship: The Impact of Exercise on Fatigue, Weight Control, and Miscellaneous Symptom Management. Fran Mason, M.D., with Connie Carson, Ph.D., and C.J. Hartman, M.S. Continued in Session 134. *Red Rocks.*

125 Patient Navigation: An Emerging Model To Decrease Fragmentation of Services and Guide Patients through the Cancer Care Continuum. Plus a Brief Overview of Cancer Control in Colorado. Heather Tolby, Colorado Cancer Control Manager, Colorado Department of Public Health and Environment. *Mt. Vernon.*

126 Roundtable: Caregivers' Issues. For caregivers only. Jon Guljord, Todd Larson, and Lee Melton, ThyCa Volunteers. *Green Mountain.*

12:15 – 12:50 p.m. Lunch and Learn Roundtables. Bring your lunch.

131 Treatment and Follow-up for Advanced Disease, including Anaplastic. Bryan R. Haugen, M.D., Endocrinologist. *City Lights I.*

132 Drugs in Research: Introduction to Targeted Therapies for Medullary Thyroid Cancer.

Jan Halzel, Pharm.D., ThyCa Volunteer. *City Lights III.*

133 Roundtable for Newcomers to Thyroid Cancer. Jessica Jones and Theresa Missey, ThyCa Volunteers. *City Lights II.*

134 Informal Discussion, follow-up to Session 124. Healthy Survivorship: The Impact of Exercise on Fatigue, Weight Control, and Miscellaneous Symptom Management. Fran Mason, M.D., with Connie Carson, Ph.D., and C.J. Hartman, M.S. *Red Rocks.*

135 Roundtable: Living with Papillary or Follicular Thyroid Cancer. Joel Amromin and Sandra Triplett, ThyCa Volunteers. *Mt. Vernon.*

136 Complementary Approaches for Well-Being—Sharing What We Find Helpful. Sally Snyder, ThyCa Volunteer. *Green Mountain.*



Thank you for coming to the 8th Annual ThyCa Conference!
We are delighted that you are here.

Friday, October 21, 2005 — *continued*

1:00 – 2:15 p.m.

- 141 Voice Issues: Prevention and Solutions.** Robert C. McIntyre, M.D., Surgeon. *City Lights I.*
- 142 Roundtable: Medullary Thyroid Cancer.** Mary K. Debenedetti, R.N., B.S.N., Research Nurse. *City Lights III.*
- 143 Important Tips on Calcium, Vitamin D, and the Prevention of Osteoporosis.** Sheryl F. Vondracek, Pharm.D., F.C.C.P., B.C.P.S., and **Complementary Medicine Tips.** Susan Paulsen, Pharm.D., Pharmacist. *City Lights II.*
- 144 Preparing for a Radioiodine Scan or Radioiodine Treatment: Coping with Hypothyroidism, Using Low-Iodine Snacks and Recipes, Planning Time off Work or School.** Leah Guljord, ThyCa Volunteer. *Red Rocks.*
- 145 Introduction to Reiki for Energy, Relaxation, and Well-Being.** Betty Solbjor, Reiki Master Practitioner. *Mt. Vernon.*
- 146 Roundtable: Anaplastic Thyroid Cancer.** Cheri Wallace Lindle, ThyCa Volunteer. *Green Mountain.*

2:30 – 3:45 p.m.

- 151 Ask a Doctor: Management of Papillary and Follicular Thyroid Cancer over the Lifetime.** Ernest L. Mazzaferri, M.D., Endocrinologist. *City Lights I.*
- 152 Medullary Thyroid Cancer: A Medical Overview After Diagnosis.** Samuel A. Wells, M.D., Surgeon. *City Lights III.*
- 153 Food and Weight: Using the Temporary Low Iodine Diet, and Understanding Healthy Weight Management at Every Age.** Christina Reiter, M.S., R.D. *City Lights II.*
- 154 Coping with Fatigue Connected with Treatment or Testing.** Peggy Melton and Tammy Kilhullen, ThyCa Volunteers. *Red Rocks.*
- 155 Roundtable: Coping Skills for Well-Being.** Sheila Becker, ThyCa Volunteer. *Mt. Vernon.*
- 156 Anaplastic Thyroid Cancer Roundtable: Survivors' and Caregivers' Perspectives.** Clayton Twigg and Rose Twigg, ThyCa Volunteers. *Green Mountain.*

4:00 – 5:15 p.m.

- 161 Doctor/Researcher Perspective: Thyroid Cancer Care and Research.** Paul S. Kim, M.D., Endocrinologist. *City Lights I.*
- 162 Research Update: Medullary Thyroid Cancer.** Samuel A. Wells, M.D., Surgeon. *City Lights III.*
- 163 Survivors and Caregivers Roundtable: Coping Skills for Well-Being.** ThyCa Volunteers. *City Lights II.*
- 164 Starting a Local ThyCa Support Group: Discussion for Prospective Support Group Facilitators.** Sara Gorrell Brenner, ThyCa Local Support Groups Coordinator. *Red Rocks.*
- 165 Being an Effective Self-Advocate.** Roselle Kovitz and other ThyCa Volunteers. *Mt. Vernon.*
- 166 Ask a Doctor about Anaplastic Thyroid Cancer.** Ernest L. Mazzaferri, M.D., Endocrinologist. Moderator, Bob Legler, Anaplastic Thyroid Cancer Survivor and ThyCa Volunteer. *Green Mountain.*

Friday Evening
Benefit Fundraiser
ThyCa Dinner/Auction
6 - 10 p.m.



to raise funds for Thyroid Cancer Research

The delicious three-course dinner costs \$50. We welcome added donations (tax deductible).

If you have not yet made your reservation for this wonderful event,
please purchase your tickets at the Registration Table in Conference Central.

Saturday, October 22, 2005

8:00 a.m. Registration Desk Opens in Conference Central.

Sign up in for individual Reiki sessions (free, about 30 minutes each).

Survivors' Creative Expressions Exhibit.

8:00 – 9:00 a.m. Early-Bird Sessions

201 Roundtable: Thyroid Cancer and Pregnancy, Maternity, Parenting. Rebecca Lord, ThyCa Volunteer. *Bergen Park.*

202 Medullary Thyroid Cancer: A Primer for Thyroid Cancer Support Group Facilitators. Jan Halzel, Pharm.D., ThyCa Volunteer. *Golden.*

203 General Follow-up after the First Year and Negative Scans, for Papillary or Follicular Thyroid Cancer. Cherry Wunderlich, ThyCa Volunteer, and Gail Hayutin, Genzyme Therapeutics. *Morrison.*

204 Men's Issues: Roundtable for Thyroid Cancer Survivors. Joel Amromin, ThyCa Volunteer. *Red Rocks.*

205 Roundtable: Effective Patient-Doctor Communications. Peggy Melton and Roselle Kovitz, ThyCa Volunteers. *Mt. Vernon.*

206 Individual Reiki Sessions. (Free; Sign up in Conference Central) Betty Solbjor, Reiki Master/Practitioner, and other Reiki Practitioners. *Lookout Mountain.*

9:00 – 9:10 a.m.

211 Morning Announcements. Sara Gorrell Brenner, ThyCa Volunteer. *Bergen Park.*

9:15 – 10:30 a.m.

221 Voice Issues: Prevention and Solutions. David Myssiorek, M.D., Surgeon. *Bergen Park.*

222 Medullary Thyroid Cancer: Surgical Issues. Jeffrey F. Moley, M.D., Surgeon. *Golden.*

223 Issues with Your Mouth, Salivary Glands, and Teeth from Radiation Treatment.

Eric Miller, D.D.S., Dentist, Oral Medicine Specialist. *Morrison.*

224 Ask an Attorney about Health Insurance Issues, Disability, Workplace Issues.

David A. Bryant, Esq., Attorney. *Red Rocks.*

225 Using Ultrasound as a Diagnostic Tool. Daniel S. Duick, M.D., Endocrinologist. *Mt. Vernon.*

226 Caring for the Caregiver. For caregivers only. Patricia Scott, R.N., B.S.N., ThyCa Volunteer. *Green Mountain.*

227 Individual Reiki Sessions. (Free; Sign up in Conference Central) Betty Solbjor, Reiki Master/Practitioner, and other Reiki Practitioners. *Lookout Mountain.*

10:45 a.m. – 12:00 p.m.

231 Ask a Surgeon about Surgical Issues in Thyroid Cancer Care. David Myssiorek, M.D., Surgeon. *Bergen Park.*

232 If You're New to Thyroid Cancer: Things You Need To Know, Questions and Answers.

Michael T. McDermott, M.D., Endocrinologist. *Golden.*

233 Medullary Thyroid Cancer: Research on Patients' Experiences. Pamela Schultz, R.N., Ph.D., M.S., and Erika Keatts, R.N., M.S.N. *Morrison.*

234 Ask a Pharmacist: Questions about Medications and Interactions. Jan Halzel, Pharm.D., Pharmacist. *Red Rocks.*

235 Using Ultrasound as a Long-Term Management Tool. Daniel S. Duick, M.D., Endocrinologist. *Mt. Vernon.*

236 Roundtable for Caregivers and Survivors: The Caregiver's Role in Patient Support and Advocacy. Jon Guljord, Todd Larson, and Lee Melton, ThyCa Volunteers. *Green Mountain.*

237 Individual Reiki Sessions. (Sign up in Conference Central) Betty Solbjor, Reiki Master/Practitioner, and other Reiki Practitioners. *Lookout Mountain.*

This conference was created for you, by volunteers. We invite you to plunge into this event. Ask questions, write down the answers, share your story, listen to others. Find the balance of support and education that you need. Take what works for you and leave the rest.



Saturday, October 22, 2005— continued

12:15 – 12:50 p.m. Lunch and Learn Roundtables. Bring your lunch.

241 Triathlon 101: The Basics for Thyroid Cancer Survivors, Families, and Friends. C.J. Hartman, M.S., Triathlete, ThyCa Volunteer. *Bergen Park.*

242 Discussion about Developing MTC Site to Add to the ThyCa Web Site. Jan Halzel, Pharm.D., ThyCa Volunteer. *Golden.*

243 Roundtable: Pregnancy and Parenting When Dealing with Thyroid Cancer. Pamela Schultz, R.N., Ph.D., M.S., and Erika Keatts, R.N., M.S.N. *Morrison.*

244 Roundtable for Current and Prospective Volunteers for ThyCa's Person-To-Person Network: About the Network and How To Get Involved. Peggy Melton, ThyCa Volunteer. *Red Rocks.*

245 Roundtable: If You're New To Thyroid Cancer. Roselle Kovitz & Todd Larson, ThyCa Volunteers. *Mt. Vernon.*

246 Sneak Peek at the American Thyroid Association's Unpublished Guidelines on Well-Differentiated Thyroid Cancer. Ernest L. Mazzaferri, M.D., Endocrinologist. *Green Mountain.*

247 My Experience with Thyroid Cancer. Theresa Marchetta, 7News Anchor/Reporter. *Lookout Mountain.*

1:00 – 2:15 p.m.

251 Ask a Surgeon about Thyroid Surgery: Preparing for Surgery, Parathyroid Issues, Neck Dissection, Multiple Surgeries, Neck Spread. Mira Milas, M.D., Surgeon. *Bergen Park.*

252 Medullary Thyroid Cancer Management. Douglas W. Ball, M.D., Endocrinologist. *Golden.*

253 Ask an Attorney about Legal Issues: Employment, Workplace, Disability. Julie C. Tolleson, J.D., Attorney. *Morrison.*

254 Living with Chronic Illness: The Emotional, Psychological and Behavioral Effects. Douglas Jowdy, Ph.D., Psychologist. *Red Rocks.*

255 Using the Myers-Briggs Type Indicator To Understand Yourself and How You Interact with Other People. Cheri Wallace Lindle, M.Ed., MBTI Trainer and ThyCa Volunteer. *Mt. Vernon.*

256 Roundtable for Current Local ThyCa Support Group Facilitators. Sara Gorrell Brenner, ThyCa Volunteer. *Green Mountain.*

257 Sneak Peek at the American Thyroid Association's Unpublished Guidelines on Well-Differentiated Thyroid Cancer. Ernest L. Mazzaferri, M.D., Endocrinologist. *Lookout Mountain.*

2:30 – 3:45 p.m.

261 Communicating with the Medical Team and Coping with Fears about Testing, Treatment, Recurrence. Steven G. Waguespack, M.D., Endocrinologist. *Bergen Park.*

262 Fitness and Exercise While On and Off Thyroid Medication. Jeff Klaas, ThyCa Volunteer. *Golden.*

263 Ask a Doctor about Medullary Thyroid Cancer. Douglas W. Ball, M.D., Endocrinologist. *Morrison.*

264 Understanding Clinical Trials and Searching the Medical Literature in National Library of Medicine. John R. Wunderlich, M.D., Cancer Researcher. *Red Rocks.*

265 A Mental Health Patient's Perspective on Mental Challenges, Disability, and Using Community Resources such as NAMI and MHA. Paul Bregman, M.D., disabled with bipolar illness, retired radiologist, volunteer for Denver NAMI and MHA of Colorado. *Mt. Vernon.*

266 Anaplastic Thyroid Cancer. Madeleine Kane, M.D., Medical Oncologist. *Green Mountain.*

267 Organizing a Free Half-Day or One-Day ThyCa Workshop. Sara Gorrell Brenner, Theresa Missey, and Sandra Triplett, ThyCa Volunteers. *Lookout Mountain.*

4:00 – 5:15 p.m.

271 Ask a Medical Oncologist: What's Next in Treatment and Clinical Trials. Madeleine Kane, M.D., Medical Oncologist. *Bergen Park.*

272 Medullary Thyroid Cancer: Introduction To Its Management. Jan Halzel, Pharm.D., ThyCa Volunteer. *Golden.*

273 Childhood and Adolescent Thyroid Cancer: Treatment Issues. Steven G. Waguespack, M.D., Endocrinologist. *Morrison.*

274 Local Support Groups: Roundtable for Current and Prospective Facilitators. Sara Gorrell Brenner, ThyCa Volunteer. *Red Rocks.*

275 Procedures After Radioiodine Treatment: Hospitalization Versus Going Home—The Ins and Outs of I-131 Treatment. Peter Crane, Esq., Attorney, ThyCa Volunteer. *Mt. Vernon.*

276 An Interactive Discussion: Hopelessness, Helplessness, and Social Support. Douglas Jowdy, Ph.D., Psychologist. *Green Mountain.*

5:30 – 6:15 p.m.

281 ThyCa Annual Meeting, Volunteer Appreciation, and Informal Social Time. Bring your suggestions for strengthening ThyCa's support services! Stay for conversation, drinks, and snacks! *City Lights I.*

Sunday, October 23, 2005

8:00 a.m. Registration Desk Opens in Conference Central. *Genesee.*
Survivors' Creative Expressions Exhibit.

8:00 – 9:00 a.m. Early-Bird Sessions

301 Early Morning Walk and Chat: Exercise for Well-Being. Ron Grafman, ThyCa Volunteer. *Bergen Park.*

302 Roundtable: Your Ideas for Enhancing Thyroid Cancer Awareness and Education. Betty Solbjor, ThyCa Webmistress; Cherry Wunderlich, ThyCa Outreach and Publications Coordinator. *Golden.*

303 Getting Involved: Volunteering and Becoming Active in ThyCa. Gary Bloom and Leah Guljord, ThyCa Volunteers. *Morrison.*

304 Patient/Physician Communication and Coordination. Mira Milas, M.D., Surgeon. *Red Rocks.*

305 Coping Skills for Well-Being. ThyCa Volunteers. *Mt. Vernon.*

306 Quiet Room: Meditation, Prayer, or Reflection, in Your Own Tradition. No leader. You may come and go as you wish. *Green Mountain.*

9:00 – 9:10 a.m.

311 Morning Announcements. Sara Gorrell Brenner, ThyCa Volunteer. *Bergen Park.*

9:15 – 10:30 a.m.

321 Ask an Endocrinologist about Thyroid Cancer Care. E. Chester Ridgway, M.D., Endocrinologist. *Bergen Park.*

322 Looking for the Funny Side: Positive Attitudes, Humor, and Healing for Coping During Illness. Jessica Jones, Tammy Kilhullen, Roselle Kovitz, and Jo Walker, ThyCa Volunteers. *Golden.*

323 Medullary Thyroid Cancer. Robert F. Gagel, M.D., Endocrinologist. *Morrison.*

324 Roundtable: Introduction to a Complementary Approach to Well-Being: Bach Flower Essences. Betty Solbjor, ThyCa Volunteer. *Red Rocks.*

325 When a Child or Adolescent Has Thyroid Cancer. Whitney Woodmansee, M.D., Endocrinologist. *Mt. Vernon.*

326 Fundraising for Research: Moving Toward Our Dream of a Cure for all Thyroid Cancer. Leah Guljord, ThyCa Volunteer. *Green Mountain.*

10:45 a.m. – 12:00 p.m.

331 Thyrogen Update and the Role of Thyroglobulin Monitoring With or Without RAI Scans. Whitney Woodmansee, M.D., Endocrinologist. *Bergen Park.*

332 Pain Management and Palliative Care: Clinical, Legal, and Ethical Issues in Managing Chronic or Severe Pain. Perry G. Fine, M.D., Anesthesiologist, Pain Researcher, and Vice President, National Hospice and Palliative Care Organization. *Golden.*

333 Roundtable: Exciting Developments in Medullary Thyroid Cancer Research. Robert F. Gagel, M.D., Endocrinologist and Dwight Vicks, ThyCa Volunteer. *Morrison.*

334 From a Negative to a Positive: Thyroid Cancer and Becoming National Memory Champion; and The Seven Fundamentals of Memory and How To Use Them. Scott Hagwood, National Memory Champion. *Red Rocks.*

335 Roundtable: Perspectives of Parents and Siblings of Thyroid Cancer Survivors. Louise Samuel, ThyCa Volunteer. *Mt. Vernon.*

336 Roundtable: Living with Metastatic Papillary or Follicular Disease That's Stable or Progressing Slowly. Kim Samuel and Jo Walker, ThyCa Volunteers. *Green Mountain.*

Sunday, October 23, 2005 — *continued*

12:10 – 12:40 p.m. Lunch and Learn Roundtables. Bring your lunch.

341 Ask a Doctor about Thyroid Cancer Care. Joshua P. Klopper, M.D., Endocrinologist. *Bergen Park.*

342 Roundtable: Voice Issues. Jan Scheuerman, ThyCa Volunteer. *Golden.*

343 Roundtable: Update on ThyCa Communications Regarding FDA and Levothyroxine Therapeutic Equivalence and Brand Switching. ThyCa Volunteers. *Morrison.*

344 Roundtable: Participating in a Clinical Trial. Kim Samuel, ThyCa Volunteer. *Red Rocks.*

345 Roundtable: Coping Skills for Well-Being. ThyCa Volunteers. *Mt. Vernon.*

346 Roundtable: Communicating with the Medical Team. Rebecca Lord, and other ThyCa Volunteers. *Green Mountain.*

12:45 – 2:00 p.m.

351 Ask a Doctor about Thyroid Cancer Care. Joshua P. Klopper, M.D., Endocrinologist. *Bergen Park.*

352 Roundtable: Caregivers' Role in Patient/Physician Communications and Patient Advocacy. Jon Guljord and Lee Melton, ThyCa Volunteers. *Golden*

353 Roundtable: Medullary Thyroid Cancer. Jan Halzel, Pharm.D., ThyCa Volunteer. *Morrison.*

354 Roundtable: Coping Skills for Well-Being. ThyCa Volunteers. *Red Rocks.*

355 Roundtable: Getting Involved, Volunteering for ThyCa. ThyCa Volunteers. *Mt. Vernon.*

2:15 – 3:00 p.m.

361 Roundtable: Papillary Thyroid Cancer. Jody Campbell and other ThyCa Volunteers. *Bergen Park.*

362 Roundtable: Papillary Thyroid Cancer. Leah Guljord and other ThyCa Volunteers. *Golden.*

363 Roundtable: Medullary Thyroid Cancer. Jan Halzel, Pharm.D., ThyCa Volunteer. *Morrison.*

364 Roundtable: Follicular Thyroid Cancer. Jan Scheuerman and Jo Walker, ThyCa Volunteers. *Red Rocks.*

365 Roundtable: Anaplastic Thyroid Cancer. Rose Twigg, Clayton Twigg, Patricia Scott, R.N., B.S.N., ThyCa Volunteers. *Mt. Vernon.*

3:00–3:30 p.m.

371 Conference Wrap-Up, Feedback, and Suggestions. Conference Team. *Bergen Park.*



*We would like to send a special thank you to all the presenters who contributed to this wonderful weekend. We appreciate your donation of your time and your expertise, your support of ThyCa, and your commitment to the well-being of thyroid cancer survivors and caregivers.
Thank you.*