

Saturday, April 19, 2014 – 13th Annual Thyroid Cancer Survivors' Mid-Atlantic Workshop

Program Schedule

8:00 – 8:45 a.m.

Registration, Resource Tables, & Roundtables Open

Roundtable: Getting Acquainted. Ronni Emden and Sheldon Lehner.
Auditorium BD

8:45 – 9:00 a.m.

Welcome. Sara Brenner. *Auditorium BD*

9:00 – 9:30 a.m.

Roundtable: Coping With a Diagnosis, During Treatment, and After. Sara Brenner and Ronni Emden. *Auditorium BD*

Roundtable: Complementary Approaches and Integrative Health Care; Sharing Our Experiences. Cal Pierce and Vanda White. *Edu 2*

Roundtable: Informal Discussion. ThyCa Volunteers. *Edu 3*

9:30 – 9:40 a.m. Break

9:40 – 10: 50 a.m.

Papillary and Follicular Thyroid Cancer: Treatment and Follow-Up for Different Risk Levels. Kenneth D. Burman, M.D., Endocrinologist. *Auditorium BD*

Roundtable: Coping With Thyroid Cancer and Other Health Issues at the Same Time. Sheldon Lehner and Cherry Wunderlich. *Edu 2*

Roundtable: Informal Discussion. ThyCa Volunteers. *Edu 3*

10:50 – 11:00 a.m. Break

11:00 a.m. – 12:15 p.m.

Ask a Surgeon: Preparation and Recovery for First or Repeat Thyroid Surgery, Partial vs. Total Thyroidectomy, Neck Dissection; Voice and Parathyroid Concerns. Nishant Agrawal, M.D., Otolaryngologist. *Auditorium BD*

Roundtable: Coping With Stress and Fears Around a Cancer Diagnosis, Treatment, and Testing. Ronni Emden, L.C.S.W.-C. *Edu 2*

Roundtable: Informal Discussion. ThyCa Volunteers. *Edu 3*

12:15 noon – 1:30 p.m. Lunch Break Plus Lunch and Learn Sessions

(Get your lunch anytime in the morning and bring it to a session. Come in as soon as you have your food.)

12:30 – 1:30 p.m. Lunch and Learn

Roundtable: Low Iodine Diet Tips and Tricks. Michele Mariani Vaughn. *Auditorium BD*

Roundtable: Sharing Experiences with Coping with Thyroid Cancer. ThyCa Volunteer. *Edu 2*

Ask About ThyCa: Thyroid Cancer Survivors' Association and Getting Involved. Gary Bloom. *Edu 3*

1:30 – 1:40 p.m. Break

1:40 – 2:55 p.m.

Thyroid Hormone Therapy in Thyroid Cancer Care; Blood Testing, Target Levels for Different Risk Levels, Answers to Your Questions. Priya Kundra, M.D., Endocrinologist. *Auditorium BD*

Roundtable: Doctor-Patient Communications. ThyCa Volunteers. *Edu 2*

Roundtable: Informal Discussion. ThyCa Volunteers. *Edu 3*

2:55 – 3:10 p.m. Break

3:10 – 4:25 p.m.

Ask a Doctor: I-131 Therapy (When It's Used/Not Used, Dose Decisions, Preparation, and Follow-up), Plus the Different Imaging Techniques for Thyroid Cancer Monitoring. Kanchan P. Kulkarni, M.D., Nuclear Medicine Physician. *Auditorium BD*

Roundtable: Living with Thyroid Cancer Over the Long Term. Cherry Wunderlich. *Edu 2*

Roundtable: Informal Discussion. ThyCa Volunteers. *Edu 3*

4:25 – 4:35 p.m. Break

4:35 – 5:00 p.m.

Questions You Haven't Asked Yet, Workshop Highlights, and Your Feedback. Gary Bloom. *Auditorium BD*

Thank You to our Speakers...

- Nishant Agrawal, M.D.**, Otolaryngologist, The Johns Hopkins Medical Institutions, Baltimore, MD
- Kenneth D. Burman, M.D.**, Endocrinologist, MedStar Washington Hospital Center, Washington, D.C.
- Kanchan P. Kulkarni, M.D.**, Nuclear Medicine Physician, MedStar Washington Hospital Center, Washington, D.C.
- Priya Kundra, M.D.**, Endocrinologist, MedStar Washington Hospital Center, Washington, D.C.

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), Simone Bloom, Sara Brenner, Ronni Emden, Gloria Keller, Sheldon Lehner, Cal Pierce, Bruce Rubin, Katherine Silkin, Barbara Statas, Michele Mariani Vaughn, Vanda White, and Cherry Wunderlich.
- 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 • Genzyme Therapeutics

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 **17th International Thyroid Cancer Survivors' Conference • October 17-19, 2014 • Denver, Colorado**

Welcome to the

Thyroid Cancer Survivors' 13th Mid-Atlantic Workshop

Saturday, April 19, 2014

FREE

8 a.m. - 5 p.m.

Holy Cross Hospital, Education Center off 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.

P.O. Box 1545, New York, NY 10159-1545

Toll-Free: 1-877-588-7904 • E-mail: thyca@thyca.org