Special Thanks to...

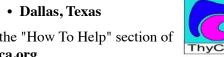
St. Joseph Medical Center Genzyme Therapeutics

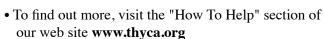
For More Information, and Free Support Services, visit www.thyca.org

- 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 of content, 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
- Support Thyroid Cancer Awareness Month— September — Sponsored by ThyCa.
- Spread the word, and come to the 13th International Thyroid Cancer Survivors' Conference October 15-17, 2010 • Dallas, Texas





Welcome to the

Thyroid Cancer Survivors' 9th Mid-Atlantic Workshop

Saturday, May 22, 2010 FREE

8 a.m. - 5 p.m.

St. Joseph Medical Center, 7601 Osler Drive, Towson, MD 21204 (Main Hospital 1st Floor —Noppenberger Auditorium, plus 2 nearby rooms)



Sponsored by

ThyCa: Thyroid Cancer Survivors' Association, Inc., www.thyca.org

A national 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

Thyroid Cancer Survivors' Mid-Atlantic Workshop — Saturday, May 22, 2010

Program Schedule

8:00 - 8:40 a.m.

Room A. Roundtable: Survivors and Caregivers. ThyCa Volunteers.

8:40 - 8:55 a.m. Welcome. Vanda White.

9:00 - 9:30 a.m.

Room A. Roundtable: Survivors and Caregivers. Vanda White.

Room B. Roundtable: Questions to Ask When First Diagnosed, Experiences. Bruce Rubin & Other 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. Leonard Wartofsky, M.D.

Room B. Roundtable: Exploring Clinical Trials. ThyCa Volunteers.
Room C. Roundtable: Living with Thyroid Cancer Over the Long
Term: Disease-Free or With Persistent or Recurrent Disease.
Angela Proudfoot.

10:40 - 10:50 a.m. Break.

10:50 - 11:45 a.m.

Room A. Bone Health Related to Thyroid Cancer. Errol Rushovich, M.D.

Room B. Beyond Thyroid Cancer; Attract Your Best Life.

Gail Weiss Gaspar, M.A.

Room C. Roundtable: Living With Thyroid Cancer. Bruce Rubin.

11:45 a.m. - 12:15 p.m. Break. (Get your lunch; bring it to the next session)

Room A. Roundtable: Survivors' and Caregivers'. ThyCa Volunteers.

12:15 - 1:10 p.m.

Room A. Dentist's Perspective: Overview and Introduction to Salivary Issues and Dysfunction. Gigi Meinecke, D.M.D.

Room B. Roundtable: Living With Thyroid Cancer. Bruce Rubin.

Room C. Roundtable: Doctor-Patient Communications. ThyCa Volunteers. 1:10 - 1:20 p.m. Break.

1:20 - 2:20 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. Henry G. Fein, M.D., F.A.C.P.

Room B. Coping with a Recent Diagnosis of Thyroid

Cancer: Honoring your Experience, Planning your Strategy, and Discovering New Strengths. Katherine Satterfield, L.P.C.

Room C. Survivors' and Caregivers' Discussion. ThyCa Volunteers.

2:20 - 2:30 p.m. Break.

2:30 - 3:30 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. Erin A. Felger, M.D.

Room B. Roundtable: Family Communications About Thyroid Cancer. ThyCa Volunteers.

Room C. Roundtable: Tips for Preparing for Radioiodine, the Low-Iodine Diet, and After Radioiodine. Vanda White.

3:30 - 3:40 p.m. Break.

3:40 - 4:40 p.m.

Room A. I-131 Therapy for Thyroid Cancer: Questions and Answers. Heather A. Jacene, M.D.

Room B. Roundtable: Open Discussion. ThyCa Volunteers.

Room C. Roundtable: Ask About ThyCa and Getting Involved. Gary Bloom.

4:40 - 5:00 p.m. Workshop Discussion & Feedback. Gary Bloom.

Thank you to our Speakers...

Henry G. Fein, M.D., Endocrinologist, Sinai Hospital, Baltimore, MD Erin A. Felger, M.D., Surgeon, Washington Hospital Center, Washington, DC

Gail Gaspar, M.A., Professional Life and Leadership Coach, iDecide Coaching

Heather A. Jacene, M.D., Nuclear Medicine Physician, Johns Hopkins Medical Institutions, Baltimore, MD

Gigi Meinecke, D.M.D., Dentist, University of Maryland School of Dentistry

Errol Rushovich, M.D., Endocrinologist, Center for Bone Health & Division of Endocrinology, Mercy Medical Center, Baltimore, MD

Katherine Satterfield, L.P.C., Licensed Professional Counselor and Life Coach, Falls Church, VA

Leonard Wartofsky, M.D., Endocrinologist, Washington Hospital Center, Washington, DC

...and Roundtable Facilitators & Workshop Organizers

Gary Bloom, Cal Pierce, Angela Proudfoot, Bruce Rubin, Barb Statas, Vanda White, and 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 — Toll-Free Number Team, E-Mail Team, Publications Committee, Outreach Committee, and Web Site Team

