

## *Thank You to our Speakers*

**Douglas W. Ball, M.D.**, Endocrinologist, Medullary Thyroid Cancer Specialist, The Johns Hopkins Medical Institutions, Baltimore, MD  
**Lisa M. Boyle, M.D.**, Endocrine Surgeon, Washington Hospital Center, Washington, DC  
**Frank R. Crantz, M.D.**, Endocrinologist, McLean, VA  
**Janis I. Halzel, Pharm.D.**, Pharmacist, Consensus Medical Communications, CO; Member, ThyCa Medical Advisory Council  
**Heather Jacene, M.D.**, Nuclear Medicine Physician, The Johns Hopkins Medical Institutions, Baltimore, MD  
**Jacqueline Jonklaas, M.D.**, Endocrinologist, Georgetown University Medical Center, Washington, DC  
**Marina Zemskova, M.D.**, Endocrinologist, National Institutes of Health, Bethesda, MD

### *and our Roundtable Leaders*

**Gary Bloom**, ThyCa Washington, DC Support Group Co-Facilitator and ThyCa Executive Director, is a thyroid cancer survivor.  
**Sara Brenner**, ThyCa Northern Virginia Support Group Co-Facilitator, ThyCa Board Member, and Director of ThyCa Support Groups, is a thyroid cancer survivor.  
**Gloria Keller**, ThyCa Toll-Free Number and Outreach Volunteer, tomorrow celebrates the 44th anniversary of her successful thyroid cancer treatment.  
**Rebecca Lord**, ThyCa Washington, DC Support Group Co-Facilitator, is a thyroid cancer survivor.  
**Barbara Statas**, ThyCa Outreach and Publications Volunteer, is a thyroid cancer survivor.  
**Vanda White**, ThyCa Baltimore Support Group Facilitator, is a thyroid cancer survivor of 31 years.

*....and thank you to everyone who came to the workshop!*

### *Stay in touch!*

Our support groups meet in states coast to coast, as well as Costa Rica and Philippines. For information on starting a support group, please contact Sara Brenner at support\_coord@thyca.org.

### *For more information*

Visit <[www.thyca.org](http://www.thyca.org)> for more than 650 pages of information about thyroid cancer and ThyCa's free support services, publications, and special events. Download the FREE *Low Iodine Cookbook*, thyroid cancer awareness flyers, and more free materials in English and Spanish.

### *How to help:*

- Give Thyroid Cancer Awareness brochures to your friends and relatives.
- Tell people about ThyCa's web site, free services, publications, and events.
- Become a ThyCa volunteer, member, or both.
- Donate to our Rally for Research 2008.
- Help spread the word about *Thyroid Cancer Awareness Month* and about:

***The 11th International Thyroid Cancer Survivors' Conference***  
**October 17-19, 2008 • St. Louis, Missouri**

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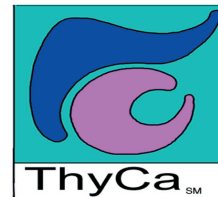
*Welcome to the 7th Annual*

# **Thyroid Cancer Survivors' Mid-Atlantic Workshop**

**Saturday, May 10, 2008**

**8 a.m. - 5 p.m.**

Physicians Conference Center at Inova Fairfax Hospital  
3300 Gallows Road, Falls Church, VA 22042



*Organized by volunteers from the ThyCa Northern Virginia, ThyCa Baltimore, and ThyCa Washington, DC, Support Groups*

*Sponsored by:*

**ThyCa: Thyroid Cancer  
Survivors' Association, Inc.<sup>SM</sup>**

**[www.thyca.org](http://www.thyca.org)**

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

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Toll-Free: 1-877-588-7904

E-mail: [thyca@thyca.org](mailto:thyca@thyca.org)

## Program

**All Day—Registration. Upper Level—2nd Floor Lobby Area.** Register, pick up a parking voucher, purchase raffle tickets to help raise funds for thyroid cancer research.

**8:00 - 9:00 a.m. Informal Conversations**

**B. Roundtable: The Lives of Meddies - Getting To Know Each Other.**

Janis I. Halzel, Pharm.D. *1st Floor Room C*

**C. Survivors' and Caregivers' Discussion** with Rebecca Lord. *2nd Floor Kaiser Room*

**D. If You're New to Thyroid Cancer.** ThyCa Volunteers. *1st Floor Room D*

**9:00 a.m. Welcome.** Sara Brenner. *2nd Floor Auditorium*

*(Please note: no food or beverages in the auditorium.)*

**9:10 - 9:50 a.m. Support Group Roundtables.**

**A. Survivors' and Caregivers' Roundtable.** Rebecca Lord. *2nd Floor Auditorium*

**B. Roundtable: Overview of Current Understanding of MTC and Management Options** Janis I. Halzel, Pharm.D. *1st Floor Room C*

**C. Survivors' and Caregivers' Roundtable.** Vanda White. *2nd Floor Kaiser Room*

**D. Survivors' Panel: Questions to Ask When First Diagnosed, Suggestions, Experiences.** Sara Brenner, Barb Statas, Other ThyCa Volunteers. *1st Floor Room D*

**9:50 a.m. Break.** Stretch, snack, and chat. Raffle tickets available.

**10:00 - 11:10 a.m.**

**A. If You're New to Papillary or Follicular Thyroid Cancer: After Surgery and During the First Year, Understanding Risk Levels.**

Frank R. Crantz, M.D. *2nd Floor Auditorium*

**B. Monitoring Medullary Thyroid Cancer, Including Natural Progression (without treatment) and Responses to Treatment.**

Douglas W. Ball, M.D. *1st Floor Room C*

**C. Roundtable: Doctor-Patient Communications.** Gloria Keller. *2nd Floor Kaiser Room*

**11:10 a.m. Break.** Stretch, snack, and chat. Raffle tickets available. Consider getting early lunch in the cafeteria if you plan to attend lunchtime Session A, as no food or beverages are allowed in the auditorium.

**11:20 - 12:30 p.m.**

**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.** Marina Zemskova, M.D. *2nd Floor Auditorium*

**B. Medullary Thyroid Cancer: Suboptimal Responses to Treatment - What Then?** Douglas W. Ball, M.D. *1st Floor Room C*

**C. Roundtable: Living with Thyroid Cancer Over the Long Term: Disease-Free or With Persistent or Recurrent Disease.** Vanda White.

**12:40 - 1:50 p.m. Lunch Break, Lunchtime Learning Sessions.** Lunch in the cafeteria on the first floor, or bring your own.

**A. Ask a Surgeon: Thyroid Surgery Basics, Lymph Node Invasion, Neck Dissection, Surgical Treatment of Neck Spread, Preventing and Solving Voice Issues.** Lisa M. Boyle, M.D. *2nd Floor Auditorium*

**B. Roundtable: Discussion of Material Presented in Dr. Ball's Sessions and Other General MTC Questions.** Janis I. Halzel, Pharm.D. *1st Floor Room C*

**C. Tips for Preparing for a Radioiodine Scan or Treatment, Low-Iodine Diet, and After Radioiodine.** Barb Statas. *2nd Floor Kaiser Room*

**1:50 p.m. Break.** Stretch, snack, and chat. Raffle tickets available.

**2:00 - 3:10 p.m.**

**A. Ask a Nuclear Medicine Physician When to Use Ultrasound, RAI Scans, CT Scans, MRI, PET Scans, and Other Imaging in Thyroid Cancer Management.** Heather Jacene, M.D. *2nd Floor Auditorium*

**B. Roundtable: Information about TKI's, Angiogenesis Inhibitors, as well as Current Clinical Trials.** Janis I. Halzel, Pharm.D. *1st Floor Room C*

**C. Roundtable: If You're New to Thyroid Cancer.** ThyCa Volunteers. *2nd Floor Kaiser Room*

**D. Ask About ThyCa and Getting Involved.** Gary Bloom. *1st Floor Room D*

**3:10 p.m. Break.** Stretch, snack, and chat. Raffle tickets available.

**3:20 - 4:30 p.m.**

**A. Ask an Endocrinologist: Future Trends in Management of Thyroid Cancer for Low-Risk Patients, for High-Risk Patients.** Jacqueline Jonklaas, M.D. *2nd Floor Auditorium*

**B. Roundtable: Patients' Experiences with Treatments and Clinical Trials.** Janis I. Halzel, Pharm.D. *1st Floor Room C*

**C. Roundtable: Living with Thyroid Cancer Over the Long Term.** ThyCa Volunteers. *2nd Floor Kaiser Room*

**4:30 p.m. Break.** Stretch, snack, and chat.

**4:35 - 5:00 p.m. Workshop Discussion and Feedback.** Raffle drawing. Sara Brenner. *2nd Floor Auditorium*

**Special thanks to our... Organization Supporters...**

Inova Fairfax Hospital • American Cancer Society • American Thyroid Association • Abbott Laboratories • Amgen • AstraZeneca • Exelixis • Fleming and Company • Genzyme • King Pharmaceuticals • KRONUS • OXiGENE • Radio One Stations WKYS-FM, WMMJ-FM, & WPRS-FM

**Volunteers...**

*Planning Committee:* Gary Bloom, Sara Brenner, Sally Snyder, Vanda White, Cherry Wunderlich. *ThyCa Web Site Coordinators:* Betty Solbjor, Massachusetts, and Joel Amromin, California. *Outreach:* Mary Seemueller. Plus *ThyCa's Publications, Outreach, and Toll-Free Number Volunteers.* And the other volunteers whose names we didn't have when we printed this program.