Breast Cancer | 2016
A Day Dedicated to Living, Surviving, Thriving

Saturday, October 1, 2016
8:00 a.m. - 1:30 p.m.
Inova Center for Personalized Health
3225 Gallows Road
Falls Church, VA 22037

Join us for a half-day program of interactive and informative sessions from experts in breast cancer care and survivorship.

There is no cost to attend this event, but space is limited. Please RSVP at inova.org/breastsymposium by September 28.

Inova Schar Cancer Institute and Life with Cancer®
Presented by
**Agenda**

**8:00 a.m. - 8:30 a.m.**
Registration and Networking
Continental breakfast provided.

**8:30 a.m. - 8:40 a.m.**
Opening Remarks
Donald “Skip” Trump, MD
CEO and Executive Director, Inova Schar Cancer Institute
Costanza Cocilovo, MD
Medical Director, Inova Breast Cancer Program

**8:40 a.m. - 10:00 a.m.**
Hot Topics: Treatments
Inova Schar Cancer Institute experts will discuss the latest treatment options in breast cancer care. At the end of this session attendees can ask questions and receive answers directly from our team.

- Kathleen Harnden, MD, Medical Oncologist
- Sara Bruce, MD, Breast Surgical Oncologist
- Ashish Chawla, MD, Radiation Oncologist

**10:00 a.m. - 10:15 a.m.**
Break

**10:15 a.m. - 11:15 a.m.**
General Session
Genetic Testing for Inherited Risk
- Sarah Ruppert, Genetic Counselor, MS, CGC

Screening and Prevention
- Alina Albani, MD, Breast Surgical Oncologist

Taking Care of One’s Emotional and Mental Well Being
- Sermsak “Sam” Lolak, MD

**11:15 a.m. - 12:15 p.m.**
Living and Thriving: Interactive Breakout Sessions
Attendees will be able to choose from one of the following breakout sessions:

- **Patients in Treatment**
  - Mary Wilkinson, MD
  - Medical Oncologist

Patients receiving treatment for early stage and metastatic disease will learn symptom management, and the importance of nutrition and exercise.

- **Survivorship**
  - Sage Bolte, PhD
  - Executive Director, Life with Cancer®

Survivors will discuss important follow-up care for the mind, body and spirit.

- **Caregivers**
  - Shara Sosa, MSW, LCSW-C
  - Oncology Therapist, Life with Cancer®

Supporting someone with cancer goes beyond physicians and experts – family and friends also play a key role. Discuss tools to better manage this complex experience, and take care of yourself in the process.

**Keynote Luncheon Speaker: Dan Shapiro, PhD**
A psychologist and author who brings 20+ years of experience as a clinician and expertise with his story, Dan Shapiro, PhD, will discuss the patient experience, physician-patient relationships and the importance of connecting to others during the challenging times of cancer care.

During this interactive and engaging session, Dr. Shapiro will share emotionally evocative stories and offer insight and hope for all participants.

**12:15 p.m. - 1:30 p.m.**
Keynote Luncheon Speaker: Dan Shapiro, PhD

- **Strength in Survivorship**
  - October 15, 2016   •   8:00 a.m. – 1:30 p.m.
  - Inova Fair Oaks Medical Campus
  - Contact Allison Ewing for more information: allison.ewing@inova.org

- **Pathways to Survivorship**
  - October 22, 2016   •    9:00 a.m. – 3:00 p.m.
  - Inova Loudoun Hospital
  - Contact Melanie Schmidt for more information: melanie.schmidt@inova.org

- **Pink Ribbon Brunch**
  - October 27, 2016   •    11:00 a.m. – 100 p.m.
  - Lila with Cancer® Family Center (Fairfax)
  - Contact Marsha Komandt for more information: marsha.komandt@inova.org

**Breast Cancer SYMPOSIUM 2016**
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Attendees are eligible to win two tickets and a parking pass to an upcoming Redskins game. Must be present to win. Raffle will be held at the conclusion of the symposium.

**Upcoming Events**

**Strength in Survivorship**
October 15, 2016   •   8:00 a.m. – 130 p.m.
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October 22, 2016   •    9:00 a.m. – 3:00 p.m.
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Contact Marsha Komandt for more information: marsha.komandt@inova.org

**Save the Date**

Life with Cancer® is the educational and emotional support program of the Inova Schar Cancer Institute. With locations across Northern Virginia, Life with Cancer offers wellness and exercise programs, educational seminars, individual and family counseling and nurse navigation free to anyone impacted by cancer, regardless of where they are being treated or where they live. Learn more at inova.org/lifewithcancer or call 703.206.LIFE (5433).