

Let's Talk:

Conversations About Women's Health



Bringing Down the Boogeyman - Expert Views on Preventing, Finding and Treating Cancer

You are invited to a thought provoking event sponsored UCHealth and the Center for Women's Health Research. Join us for valuable information from our world renowned experts from the University of Colorado Cancer Center (UCCC). Designated by the National Cancer Institute (NCI), UCCC is the only Comprehensive Cancer Center in Colorado and one of just 69 in the country, providing patients with cutting-edge science and the expertise of an academic center close to home.

Who: Women and men

Date: Wednesday, April 4, 2018

Where: UCHealth - University of Colorado Hospital
Bruce Schroffel Conference Auditorium
Anschutz In-Patient Pavilion 2
12505 East 16th Avenue
Aurora, Colorado 80045

Cost: \$10 per person (includes light dinner)

Parking: Free valet parking will be available - instructions to follow

RSVP: Please register by March 30, 2018 at
www.uchealth.org/events/events/.

For more information, call Nan Oudet at 303-724-9179.

Americans with Disabilities Act: Event staff will be glad to assist you with any special needs. If you need sign language interpretation or CART, please contact us at least three business days prior to the meeting date.

Let's Talk: Conversations About Women's Health is a lecture series that educates women in our community on topics of health. We present evidence based information so that women have the information they need to make educated decisions about health for themselves and their families. *Let's Talk* content is uniquely created and presented by a panel of nationally renowned subject matter experts, physicians, and researchers.

Agenda

- 5:15 p.m. Check- in, light dinner and informational booths
- 6:00 p.m. Welcome and introductions
- 6:05 p.m. *Cancer 101 and the Past, Present, and Future of Cancer Therapy*
- Christopher Lieu, MD
- 6:30 p.m. *Empowered! Steps to Reduce Cancer Risk*
- Regina Brown, MD
- 6:55 p.m. *The Angel and the Octopus: Wrestling Advanced Cancer Back Under Control*
- D. Ross Camidge, MD
- 7:20 p.m. *Supportive Oncology During the Cancer Experience and Into Your Wellness*
- Marianne Pearson, LCSW, OSW-C
- 7:35 p.m. *Personal Story - Finding the Right Team*
- Alexandra Coffey, DO, MS
- 7:45 p.m. Question and answer session
- 8:15 p.m. Adjourn



Speakers



Christopher Lieu, MD

Assistant Professor, Medicine-Medical Oncology
Deputy Associate Director for Clinical Research
Director, Gastrointestinal Medical Oncology Program

Cancer 101 and the Past, Present, and Future of Cancer Therapy

Who first described cancer? Where did chemotherapy come from and how is chemotherapy related to World War II? We'll answer these questions about the history of cancer, and we will look forward to some of the groundbreaking treatments being used today. We will also discuss the basics of cancer staging and the importance of screening.

Clinical Interest for Patients

I am interested in Gastrointestinal Cancers (Colorectal, Pancreatic, Gastric, Esophageal, Hepatocellular, Gallbladder, Bile Duct, Anal, Carcinoma of Unknown Primary), Drug Development (Experimental Therapeutics) and Translational Research.

Care Philosophy

We strive to provide patient-focused, personalized, multi-disciplinary care for gastrointestinal (GI) cancers. Our specialized providers in Medical Oncology (chemotherapy and targeted therapies), Surgical Oncology, Radiation Oncology, Pathology, Molecular Pathology, Radiology, Interventional Radiology, Nuclear Medicine, Gastroenterology (both Hepatology and Interventional Endoscopy), Nutrition, and Integrative Medicine work together to achieve the best outcomes for our patients. Our specialists come together weekly to discuss patients and patient care.



Regina Brown, MD

Assistant Professor, Medicine-Medical Oncology
Medical Director of Oncology Lone Tree Medical Center

Empowered! Steps to Reduce Cancer Risk

Once diagnosed with cancer, it seems that there are few things that are within our control. With new evidence about the role for exercise reducing the risk of cancer recurrence or getting cancer in those who have never been diagnosed, there are things that patients can do. We will discuss exercise and touch on how food and alcohol can affect our cancer risk.

The practice of oncology is deeply personal. My father was diagnosed with cancer while I was in medical school, leaving me with an enduring sense of connection to oncology patients and a true passion for expert and personalized care. I balance genuine concern for my patient's well-being with tenacious research into available treatment options.

Care Philosophy

I approach every patient as if they were a member of my own family, and I caveat that with the fact that I love my family with all of my heart. I want to make sure that I thoroughly research every aspect of the diagnosis and review the treatment options. I make sure to seek expertise and additional opinions when cases are particularly difficult, and when additional information is requested by the patient. My goal is to provide them with as much detail as possible so that they can ultimately make the most informed decision as to how we will proceed. First and foremost, I listen to my patients. I tailor my approach based on their wishes.



D. Ross Camidge, MD, PhD

Professor, Medical Oncology
Joyce Zeff Chair in Lung Cancer Research

The Angel and the Octopus: Wrestling Advanced Cancer Back Under Control

Lung cancer kills more women and men than prostate and breast cancer (and colon and pancreas cancer) combined. We will cover how we are learning to turn cancer into a footnote, instead of a headline in some people's lives. We will explore the reasons why CU's survival rates for lung cancer are up to 4 times the national average. Finally, we will cover how important it is to stay engaged with your providers and not assume that every doctor is 100% up to speed with every possible development. To put it another way, we will discuss "how to train your doctor."

Care Philosophy

Thoracic Oncology encompasses predominantly lung cancer (both small cell and non-small cell), mesothelioma and thymic cancers. The standard treatment for many of these cancers have undergone a revolution in the last few years, particularly in relation to the use of personalized medicine. This approach allows us to make the optimal use of every possible modality, often pushing the envelope in terms of new developments and maximizing the chances of prolonging control or curing each person's cancer. Beyond the medicine, the members of our team and I also believe we should look after every patient, and their friends and family, as we would want our own friends and family to be looked after. From the personal touch of our highly informed and highly skilled schedulers and navigators to the honesty and expertise of our clinic nurses and faculty, cancer is a tough diagnosis for everyone involved. Part of our job is to make the day to day business of caring for cancer as positive an experience as possible.



Marianne Pearson, LCSW, OSW-C

Director, Supportive Oncology

Supportive Oncology During the Cancer Experience and Into Your Wellness

Cancer affects many aspects of a person's life and the lives of those they love. Research demonstrates that 30 - 50 % of people diagnosed with cancer experience high distress. We believe most patients and family members experience some level of high distress after a cancer diagnosis. Additionally, our Supportive Oncology practitioners provide unique disease specific care. Your supportive care provider learns what is unique about you and can support and guide you and your family more effectively because they have extensive knowledge and experience caring for people with the same type of cancer. The work isn't about reinventing the wheel but rather taking separate wheels that work well independently and getting them rolling together in the same direction of your unique situation.

A social worker by training, Marianne Pearson has served as program manager of psychosocial oncology, bringing together patient navigators, counseling services, cancer-focused rehabilitation, and much more to help shepherd survivors along roads often made rocky by the physical and emotional challenges of the disease. Today she is the Director of Supportive Oncology at the University of Colorado Hospital.