2019 Conference on
Metastatic Breast Cancer

Thriving Together

Friday, April 5 – Sunday, April 7, 2019
Hilton Philadelphia at Penn’s Landing
201 S. Columbus Boulevard, Philadelphia, PA
Share Your Favorite Conference Moments Using #LBBCmetsconf

During the conference, we encourage you to Facebook, Tweet and Instagram your favorite conference moments using our hashtag #LBBCmetsconf!

Post photos, videos and updates about what you learn and the people you meet throughout the day.

Living Beyond Breast Cancer
@LivingBeyondBC
@livingbeyondbc

Photo and Video Disclaimer

Some sessions will be streamed live and available for viewing on LBBC.ORG. In addition, Living Beyond Breast Cancer staff and a professional photographer will be shooting video and taking photos throughout the weekend.

Your presence acknowledges the understanding that video and/or photos of you taken during this conference may be used by Living Beyond Breast Cancer in future marketing and education materials.

Gain Knowledge. Empower Each Other. Thrive Together.
Welcome!

On behalf of the staff and board of Living Beyond Breast Cancer, I welcome you to our 2019 Conference on Metastatic Breast Cancer: Thriving Together.

Now in its 13th year, the Conference on Metastatic Breast Cancer is a national meeting place where people living with stage IV breast cancer come together to learn about important issues, like new research and treatment options, and to connect with others affected by this disease.

This year’s program includes a keynote session by Lisa A. Carey, MD, called, “Will Metastatic Breast Cancer Ever Be Curable, and What Will It Take to Get There?” As researchers learn more about breast cancer, this question is increasingly asked by people with stage IV disease. Dr. Carey will discuss some of the complex issues wrapped up in the question and shed light on where research is now and where it is going.

Past attendees tell us they had never met another person with metastatic breast cancer before coming to the conference, so we strive to provide opportunities for you to connect with others while you’re here. In 2019 there are more ways than ever to meet new people and reconnect with friends:

| If this is your first year at our conference, meet and talk with others at the First-Timer’s Meet-Up on Friday evening. |
| Unwind with fellow attendees at Refresh & Restore on Friday night and enjoy wellness activities with essential oils, art therapy and group meditation. |
| Try our other activities throughout the weekend — attend a yoga session, take a guided tour through historic Philadelphia, or visit our Quiet Room & Lounge. |

A remarkable group of people have come from across the United States and Canada to attend this weekend. Keynote sessions will be streamed live online, so people who cannot physically be here with us can be part of the experience and hear from our expert presenters.

Our sponsors have made it possible to hold this conference annually. Please take the opportunity to visit their booths along with all of the exhibitors.

We are so glad you are here. We look forward to sharing the weekend with you and hearing about your experiences.

Catherine L. Ormerod, MSS MLSP
Vice President, Programs and Partnerships
Living Beyond Breast Cancer
Agenda

Friday, April 5

3:00 – 9:00 p.m.
Early Registration & Tote Bag Giveaway
Grand Ballroom Foyer
Get checked in and receive your conference goody bag and name tag!

4:00 – 5:00 p.m.
Young Women’s Initiative Happy Hour
Admiral’s Quarters in Keating’s Rope & Anchor, Bar + Kitchen (Lobby Level)
Join other young women living with metastatic breast cancer and their caregivers for discounted drinks and complimentary appetizers.

4:00 – 7:00 p.m.
Reach & Raise: Thriving Together
Karen Gagnier
Maureen Szkaradnik
Grand Ballroom D
Join us for an inspirational all-levels yoga class to refresh and energize as you start your day. This is a special opportunity to be part of Reach & Raise, LBBC’s signature yoga event in support of those affected by breast cancer. Everyone can participate, regardless of fitness level or experience with yoga. Modifications of poses and chair yoga poses will be demonstrated throughout the class.

Made possible by Lilly Oncology

9:00 – 9:30 a.m.
Continental Breakfast
Grand Ballroom Foyer

9:30 – 10:45 a.m.
Breakout Sessions: Part Three

11:00 – 11:45 a.m.
Closing Keynote
Grand Ballroom
Living Well: Managing Symptoms and Side Effects
Beth Popp, MD, FACP, FAAHPM

11:45 a.m. – 12:15 p.m.
Q&A With Dr. Popp
Grand Ballroom

12:15 – 12:30 p.m.
Closing Remarks and Travel Grant Reimbursements
Grand Ballroom and Grand Ballroom Foyer

Saturday, April 6

8:30 a.m.
Registration
Lobby Perks Escalator

8:30 – 9:30 a.m.
Continental Breakfast and Visit With Exhibitors
Grand & Columbus Ballroom Foyers

3:15 – 3:45 p.m.
Coffee and Snack Break, Networking and Visiting With Exhibitors
Grand & Columbus Ballroom Foyers

3:45 – 4:30 p.m.
Afternoon Keynote
Grand Ballroom
What Matters Most: Breathing in the Now
Kelly Grosklags, LICSW, BCD

4:30 – 5:00 p.m.
Q&A With Ms. Grosklags
Grand Ballroom

5:00 p.m.
End of Day Remarks and Raffle Prize Winners Announced
Grand Ballroom

8:00 – 9:00 a.m.
Reach & Raise: Thriving Together
Karen Gagnier
Maureen Szkaradnik
Grand Ballroom D
Join us for an inspirational all-levels yoga class to refresh and energize as you start your day. This is a special opportunity to be part of Reach & Raise, LBBC’s signature yoga event in support of those affected by breast cancer. Everyone can participate, regardless of fitness level or experience with yoga. Modifications of poses and chair yoga poses will be demonstrated throughout the class. Made possible by Lilly Oncology

9:00 – 9:30 a.m.
Continental Breakfast
Grand Ballroom Foyer

9:30 – 10:45 a.m.
Breakout Sessions: Part One

11:00 a.m. – 12:45 p.m.
Breakout Sessions: Part Two

12:45 – 2:00 p.m.
Plated Lunch, Networking and Visiting With Exhibitors
Grand Ballroom
2:00 – 3:15 p.m.
Breakout Sessions: Part Two
3:15 – 3:45 p.m.
Coffee and Snack Break, Networking and Visiting With Exhibitors
Grand & Columbus Ballroom Foyers
3:45 – 4:30 p.m.
Afternoon Keynote
Grand Ballroom
What Matters Most: Breathing in the Now
Kelly Grosklags, LICSW, BCD

4:30 – 5:00 p.m.
Q&A With Ms. Grosklags
Grand Ballroom

5:00 p.m.
End of Day Remarks and Raffle Prize Winners Announced
Grand Ballroom

7:30 – 8:30 p.m.
Optional Special Event
Departs from Lobby/Columbus Boulevard
An Evening Mini-Coach Tour of Old City Philadelphia
Pre-purchased tickets are required for this event.

Sunday, April 7

8:00 – 9:00 a.m.
Reach & Raise: Thriving Together
Karen Gagnier
Maureen Szkaradnik
Grand Ballroom D
Join us for an inspirational all-levels yoga class to refresh and energize as you start your day. This is a special opportunity to be part of Reach & Raise, LBBC’s signature yoga event in support of those affected by breast cancer. Everyone can participate, regardless of fitness level or experience with yoga. Modifications of poses and chair yoga poses will be demonstrated throughout the class. Made possible by Lilly Oncology

9:00 – 9:30 a.m.
Continental Breakfast
Grand Ballroom Foyer

9:30 – 10:45 a.m.
Breakout Sessions: Part Three

11:00 a.m. – 11:45 a.m.
Closing Keynote
Grand Ballroom
Living Well: Managing Symptoms and Side Effects
Beth Popp, MD, FACP, FAAHPM

11:45 a.m. – 12:15 p.m.
Q&A With Dr. Popp
Grand Ballroom

12:15 – 12:30 p.m.
Closing Remarks and Travel Grant Reimbursements
Grand Ballroom and Grand Ballroom Foyer

Post-program resources including select audio, video and presentation materials will be available on LBBC.ORG following the conference.
The question of finding cures for metastatic breast cancer is important to everyone living with the disease and for those who care for them. Dr. Carey will discuss the complex issues related to curing cancer, including whether research should aim for cure or living with metastatic breast cancer as a chronic disease, or both; how close we are to curing metastatic breast cancer today; what exceptional responders tell us about possible future breakthroughs for more people; and what promising approaches may help us get to a state of cure or chronicity in metastatic disease, or for people with some subtypes of the disease.

Q&A With Dr. Carey
10:40 – 11:00 a.m.
Grand Ballroom

Breakout Sessions: Part One
11:30 a.m. – 12:45 p.m.

A. Medical Update: Metastatic Triple-Negative Breast Cancer
   Innovation
   Yuan Yuan, MD, PhD
   Associate Clinical Professor
   Department of Medical Oncology
   City of Hope National Medical Center

   Triple-negative breast cancer is defined by the cancer’s lack of three receptors – estrogen, progesterone and HER2. Join this session to learn about research to find targets and develop new therapies, as well as the treatments in use today. Hear how you can impact change by taking part in clinical trials, and gain strategies to manage side effects and improve your quality of life.

B. Medical Update: Hormone Receptor-Positive Metastatic Breast Cancer
   Grand Ballroom
   Neil Vasan, MD, PhD
   Medical Oncologist
   Memorial Sloan Kettering Cancer Center

   Hormone receptor-positive metastatic breast cancers test positive for estrogen (ER-positive) or progesterone (PR-positive) receptors, or both, and often respond to anti-estrogen therapies. This session will detail approved and pipeline hormonal therapies, targeted therapies and chemotherapy regimens that are used in metastatic disease, as well as ways to manage common side effects.
C. **Medical Update: HER2-Positive Metastatic Breast Cancer**  
*Columbus A*  
*Rebecca J. Jaslow, MD*  
*Clinical Assistant Professor, Medical Oncology*  
*Thomas Jefferson University*

About 20 percent of breast cancers are HER2-positive, or test positive for a protein called human epidermal growth factor receptor 2, or HER2. In this session, learn about the latest treatment options targeting HER2-positive metastatic breast cancer and hear about research in the pipeline. Discuss your concerns related to side effects of treatments and barriers to getting targeted medicine, as well as ways to overcome those barriers.

D. **Food as Fuel: Eating for Optimal Energy**  
*Discovery BC*  
*Heather Bell-Temin, MS, RDN, CSO, LDN, FAND*  
*Oncology Registered Dietitian Nutritionist*  
*Sidney Kimmel Cancer Center at Jefferson*

Learn which foods can boost your immune system, increase energy and optimize nutritional gains. Explore strategies for adjusting your diet and lifestyle depending on your nutritional needs, your treatment or its impact. Learn about calories — eating enough of them and getting the right kinds — choosing snacks and drinks wisely and how eating can give you the best fuel for exercise and activities you want to do.

E. **Supporting Someone You Love Who has Metastatic Breast Cancer**  
*Columbus C*  
*Shirley Otis-Green, MSW, MA, ACSW, LCSW, OSW-C*  
*Founder and Consultant*  
*Collaborative Caring*

A diagnosis of MBC affects not only the person who has been diagnosed but also the people who care and share in their lives. As a care partner, fears for the future, juggling everyday matters and navigating communication are just a few of the challenges you may face. Join this session to explore these issues and to identify your needs. Gain tools for managing your stress so you can provide the best care for your loved one.

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**Breakout Sessions: Part Two**  
*2:00 – 3:15 p.m.*

F. **Bone Mets**  
*Grand Ballroom*  
*Catherine H. Van Poznak, MD, FASCO*  
*Medical Oncologist*  
*University of Michigan*

The bones are one of the most common places breast cancer spreads, and many people with MBC face bone mets at some point during treatment. Learn about your treatment options, and discover ways to limit side effects, manage bone pain and maintain bone strength. Understand screening tests and get updates on clinical trials looking at new treatments and improving your quality of life.
G. Take-Home Tools: Mindfulness Meditation
Discovery BC
Laura Cohen Romano, MSW
Einstein Healthcare Network
Director, Spiritual Care and Mindfulness

Join this workshop — part presentation, part guided practice — to learn about mindfulness meditation and the benefits it can have for people living with ongoing disease. Discuss your challenges with calming your mind and body, and participate in our expert-led guided meditations to practice tuning in and finding stillness.

H. Newly Diagnosed: Learning From Those Who Have Been There
Columbus C
Moderator: Janine E. Guglielmino, MA
Panelists: Linda Carey, Janice Cowden, Margaret Kudirka and Sheila McGlown

Hear from others living with metastatic breast cancer who have been where you are – newly diagnosed and trying to find their bearings. Get reassurance and information on what lies ahead on matters like making treatment decisions, living fully, managing practical matters and navigating relationships. This panel will feature a diverse group of people living with MBC for three or more years and who volunteer their time with LBBC to support and enrich the lives of others.

I. Getting Engaged: Metastatic Breast Cancer Advocacy
Columbus A
Joanna L. Fawzy Morales, Esq
CEO, Triage Cancer

Want to learn how to advocate for increased funding for metastatic breast cancer research? Have questions about our ever-changing healthcare system and how changes may impact people with metastatic breast cancer? Wondering how you can use your voice to protect access to healthcare coverage for people with cancer? This workshop will provide an overview of the latest healthcare system changes and give you some practical tools to become involved in advocacy at the national, state and local levels.

J. Five Wishes: Making Your Wishes Known
Innovation
Kristy Case, LCSW, OSW-C
Oncology Social Worker
Carol G. Simon Cancer Center
Morristown Medical Center

Called the “living will with a heart and soul,” the Five Wishes document includes the legal aspects of a living will and choice of healthcare power of attorney while addressing comfort care and spirituality needs. In this session, explore the five sections of the document, learn how to make it legally binding, and get a free copy. Discuss your concerns about communicating your wishes to loved ones, and gain strategies to improve these conversations.
AFTERNOON KEYNOTE AND Q&A
Saturday, 3:45 – 4:30 p.m.

What Matters Most: Breathing in the Now
Grand Ballroom
Kelly Grosklags, LICSW, BCD

Coping with uncertainty is part of living with metastatic breast cancer. In our afternoon keynote session, explore tools and awareness practices that can help you clarify what matters most to you. In a safe, supportive and understanding space, learn how to process and cope with the hellos and goodbyes of living with mets, get tips on what it means to heal rather than to cure, and find out how to bring mindful intention to caring for your mind, your body and your spirit.

Q&A With Kelly Grosklags
4:30 – 5:00 p.m.
Grand Ballroom
 BREAKOUT SESSIONS: PART THREE  
9:30 – 10:45 a.m.

K. Research Close-Up: The Effect of Physical Activity on Cancer Treatment and Outcomes  
Grand Ballroom  
Lee W. Jones, PhD  
Director, Exercise Oncology Service  
Memorial Sloan Kettering Cancer Center  
Learn about research into whether exercise can be used as a treatment for cancer. In Dr. Jones's lab at Memorial Sloan Kettering, his team researches how exercise affects cancer growth or could affect the way the body responds to standard and new therapies. Find out how researchers use what they learn in the lab to design exercise clinical trials that test a certain dose of exercise in those most likely to benefit from it.

L. Take-Home Tools: Creative Coping and Expression  
Columbus BC  
Stephanie McLeod-Estevez, LCPC  
Art Therapist  
Creative Transformations  
As we know, cancer has an impact that stretches beyond the body to the mind, spirit and self. This hands-on session will help you explore and express your experience onto paper using basic art supplies. You will leave understanding why art is such a powerful tool for healing and you will walk away with practical suggestions for using creativity for coping. No experience or artistic talent required to benefit from this practice!

M. Liver and Lung Mets  
Innovation  
Stephanie L. Graff, MD, FACP  
Associate Director of Breast Cancer Research  
Sarah Cannon Research Institute  
Two places breast cancer can sometimes spread are the liver and the lungs. Learn about different ways to treat and manage breast cancer that has metastasized to the lungs or liver, and find out how these cancers tend to grow and change during treatment. Gain strategies for managing side effects and monitoring your treatment goals over time.
CLOSING KEYNOTE AND Q&A
Sunday, April 7, 11:00 – 11:45 a.m.

Living Well: Managing Symptoms and Side Effects
Grand Ballroom
Beth Popp, MD, FACP, FAAHPM

It’s a challenge to live fully with metastatic breast cancer while managing the symptoms of the disease and the side effects of treatment. Palliative care focuses on relieving your pain, symptoms and stress and can be part of your care as soon as treatment begins. During our closing keynote, hear about the value of adding palliative care to your care plan and gain strategies to manage common side effects like insomnia and fatigue, hot flashes, pain, depression and anxiety, memory issues, neuropathy, sexual problems, loss of appetite and weight gain.

Q&A With Dr. Popp
11:45 a.m. – 12:15 p.m.
Grand Ballroom

Notes

Things to discuss with my doctor:
Lisa A. Carey, MD  
*The Richardson and Marilyn Jacobs Preyer Distinguished Professor in Breast Cancer Research*  
*Department of Medicine*  
*University of North Carolina*  

*Division Chief, Hematology and Oncology*  
*Physician-in-Chief*  
*N.C. Cancer Hospital*  

*Associate Director, Clinical Sciences*  
*UNC Lineberger Comprehensive Cancer Center*  

Lisa A. Carey, MD, is the Richardson and Marilyn Jacobs Preyer Distinguished Professor in Breast Cancer Research in the department of medicine at the University of North Carolina. Dr. Carey joined the UNC faculty and Lineberger Comprehensive Cancer Center in 1998. She is chief of the division of hematology and oncology and physician-in-chief of the North Carolina Cancer Hospital. In addition, she serves as associate director for clinical sciences at Lineberger Comprehensive Cancer Center.

Dr. Carey has a long-standing research interest in bringing lab findings into the clinic, with a special focus on the implications for people with different subtypes of breast cancer. She designs and leads clinical trials of new medicines and approaches, and collaborates closely with several laboratory investigators and epidemiologists. Dr. Carey has served in many roles for the American Society of Clinical Oncology, the American Association for Cancer Research and the National Cancer Institute. She was awarded the Doris Duke Clinical Scientist Development Award in 1999 and a Career Development Award from the NCI in 2000, was inducted into the Johns Hopkins Society of Scholars in 2008, was awarded the NCI Director’s Service Award in 2011, and was named co-chair of the Alliance National Cooperative Group Breast Committee in 2016.

Kelly Grosklags, LICSW, BCD  
*Fellowship in Grief Counseling*  
*Oncology Psychotherapist, Private Practice*  

For nearly 25 years, Kelly Grosklags, LICSW, BCD, has dedicated her practice to minimizing suffering through her work in oncology, palliative care and hospice. She is an experienced therapist and a gifted speaker.

Ms. Grosklags frequently speaks about end-of-life care and grief and loss issues at hospitals, clinical conferences, churches, funeral homes and schools. Her passionate and supportive demeanor helps people with cancer, caregivers and health professionals connect with the wisdom of dying a good death, making life more meaningful, coping with depression and anxiety, transforming fear into hope, and healing versus curing.

She is a board certified diplomat in clinical social work and earned a fellowship in grief counseling from the American Academy of Health Care Professionals. She sits on the board of directors for Angel Foundation, a nonprofit organization that supports families living with cancer.

Ms. Grosklags is author of the book *A Comforted Heart*, published November 2017. Her private psychotherapy practice is located in Minneapolis.
Beth Popp, MD, FACP, FAAHPM
Associate Professor, Palliative Medicine
Brookdale Department of Geriatrics and Palliative Medicine
Icahn School of Medicine at Mount Sinai

Beth Popp, MD, FACP, is associate professor in the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai in New York. She has dedicated her career to improving care and quality of life for cancer patients.

Dr. Popp has served as a clinician educator and provided leadership to develop hospital-based inpatient and ambulatory palliative care services at three medical centers in the New York area over a career that spans more than two decades. She has been on the faculties of the Medical School of SUNY Health Science Center at Brooklyn, New York Medical College, and Albert Einstein College of Medicine in addition to Mount Sinai School of Medicine. She served as the senior associate program director for the hematology/oncology training program at Maimonides Medical Center for 15 years, from 2002 to 2017. She has also served as an adjunct faculty member at the NYU School of Nursing.

Dr. Popp has served as the physician leader, guiding the development of several teaching hospital programs which provide hospital consultation services and ambulatory services to a range of patients at all stages of serious illnesses. Her clinical work has focused on management of pain and other symptoms in patients with cancer, communication skills for clinicians, customizing treatment plans to incorporate the unique values of patients (especially immigrants and patients from minority religious and cultures), biomedical ethics issues in palliative care, and palliative care needs of the developmentally disabled adult.

Dr. Popp participates in public awareness activities about palliative care on behalf of the Center to Advance Palliative Care and GetPalliativeCare.org, CAPC’s online resource for patients and families. The website focuses solely on providing information on palliative care from the point of diagnosis.

Dr. Popp resides in Brooklyn with her husband and four sons.
Guest Speakers and Panelists

Heather Bell-Temin, MS, RDN, CSO, LDN, FAND
Oncology Registered Dietitian Nutritionist
Sidney Kimmel Cancer Center at Jefferson

Linda Carey
Diagnosed with metastatic breast cancer in 2006

Kristy Case, LCSW, OSW-C
Oncology Social Worker
Carol G. Simon Cancer Center
Morristown Medical Center

Laura Cohen Romano, MSW
Director, Spiritual Care and Mindfulness
Einstein Healthcare Network

Janince Cowden
Diagnosed with metastatic breast cancer in 2016

Joanna L. Fawzy Morales, Esq
CEO, Triage Cancer

Stephanie L. Graff, MD, FACP
Associate Director of Breast Cancer Research
Sarah Cannon Research Institute

Rebecca J. Jaslow, MD
Clinical Assistant Professor, Medical Oncology
Thomas Jefferson University

Lee W. Jones, PhD
Director, Exercise Oncology Service
Memorial Sloan Kettering Cancer Center

Margaret Kudirka
Diagnosed with metastatic breast cancer in 2014

Sheila McGlown
Diagnosed with metastatic breast cancer in 2009

Stephanie McLeod-Estevez, LCPC
Art Therapist
Creative Transformations

Shirley Otis-Green, MSW, MA, ACSW, LCSW, OSW-C
Founder and Consultant
Collaborative Caring

Catherine H. Van Poznak, MD, FASCO
Medical Oncologist
University of Michigan

Neil Vasan, MD, PhD
Medical Oncologist
Memorial Sloan Kettering Cancer Center

Yuan Yuan, MD, PhD
Associate Clinical Professor
Department of Medical Oncology
City of Hope National Medical Center
Visit with our conference exhibitors on Saturday from 8:30 a.m. – 4:00 p.m.

Amgen
AnaOno
AstraZeneca
Cancer Support Community
Cancer Today
Cancer Treatment Centers of America
Creative Transformations
Eisai
FORCE: Facing Our Risk of Cancer Empowered
Forward4Tobi
Foundation Medicine
Genentech
Living Beyond Breast Cancer
M3 Global Research
METAvivor
Metastatic Breast Cancer Alliance
Novartis
Pfizer
SHARE
Sharsheret
Store My Tumor
The Carey Foundation
Triple Negative Breast Cancer Foundation
*List may be incomplete at time of printing

Thank you to each of our sponsors, exhibitors, in-kind donors and community partners for supporting this program. A very special thanks to all of our volunteers who gave so freely of their time and energy to make this conference possible.

Visit All Exhibitors and Be Entered to Win a Prize
Saturday, April 6
Pick up your Exhibitor Passport at the LBBC exhibit table, get it stamped by all exhibitors and then return it to LBBC’s table by 4:00 p.m. on Saturday to be entered to win a Welcome to Philadelphia gift basket!

Grand Prize Drawing
Saturday, April 6
You have to play to win!

Fabulous Fashion Gift Basket
Items generously donated by our friends at Chico’s, White House Black Market and Soma

- Chico’s Fabulous Summer Travel set
- White House Black Market $100 gift card and Give Hope necklace
- Soma $100 gift card and pajama set of your choice

Grand prize tickets sold at LBBC’s exhibit table for $2 per ticket or 3 tickets for $5 on Saturday. Grand prize ticket proceeds directly support LBBC’s programs and services for individuals affected by breast cancer.

The Exhibitor Passport prize and Grand Prize winner will be announced at the end of Saturday afternoon’s keynote session.

Save the Date!
FRIDAY, SEPTEMBER 20 & SATURDAY, SEPTEMBER 21, 2019