

# 2<sup>nd</sup> Focus on Thyroid Cancer Conference

April 8, 2011, Hilton Philadelphia City Avenue

7:30 am

## Check In

Renaissance

Continental Breakfast / Visit Exhibits

Attend Ask the Experts - Talk one-to-one with our Cancer Experts

## ASK THE EXPERTS

Renaissance

Topic	Expert
Small Group Nutrition, Herbs & Vitamins 8:15 am in <b>BALA</b> Room	Audrey Caspar-Clark, MA, RD, CSO, LDN
Cancer Rehabilitation	Elizabeth Reimet, MD, PT, CLT
Center for Community-Based Research and Health Disparities	Brenda Bryant, BA
Clinical Trials	Diane Frazee, RN, BSN Brenda Horn, AAS, CCRP
Coping with Emotions and Caregiver Issues	Tracy Lautenbach, MSW, LCSW Kava Schafer, MDiv, MA
Coping with Intimacy Issues	Mia Benson-Smith, MS
Dental Concerns and Oral Health Care	Kimberly Valentino, CDA, RDH, MSA
Employment and Insurance Concerns	Greg Heller, Esq
Financial Planning	Andrew Cohen, Financial Advisor
Giving Back	Katie Dewees Katie Sedam
Integrative Medicine <ul style="list-style-type: none"> <li>• Reiki</li> <li>• Yoga</li> </ul>	Kimberly Fleischer, RMT, MEd Fern Nibauer-Cohen Colleen Schoenhard
Managing Physical Symptoms from Chemotherapy	Faith Mutale, MSN, CRNP
Managing Physical Symptoms from Radiation Therapy	Erin McMenamain, MSN, CRNP, AOCN, ACHPN Mary Catharine Hornberger, MSN, CRNP
Managing Physical Symptoms from Surgery	Sarah Kagan, PhD, APRN, BC, AOCN Karen Yodsnukis, MSN, CRNP
<b>LIVESTRONG CARE PLAN</b> POWERED BY Penn Medicine's <b>OncoLink</b>	Gloria Di Lullo, MSN, CRNP Carolyn Vachani, MSN, RN, AOCN
Feeding Tube Concerns	Phyllis Ann Schiavone-Gatto, MSN, CRNP
Smoking Cessation	Peter Gariti, PhD
Speech & Swallowing Issues	Patricia Dooley, MS, CCC-SLP

8:45 am

## Welcome

*Susan Mandel, MD, MPH Conference Chair*

Renaissance

### Thyroid Cancer Advocacy Award

*presented to Lindsey Britchkow*

### Thyroid Cancer Advocacy Award

*Presented to ThyCa*

9:00 am

## GENERAL SESSION

### The Latest Advances in Thyroid Cancer

#### *Thyroid Cancer 101*

*Susan Mandel, MD, MPH*

#### *Surgical Approach to the Neck*

*Rachel Kelz, MD, MSCE, FACS*

#### *Radioiodine: What Should I Expect*

*Dan Pryma, MD*

#### *Thyroid Cancer Pathology*

*Virginia LiVolsi, MD*

Renaissance

11:30 am

## Lunch

*\* Vegetarian Option upon Request*

Renaissance

11:45 am

## Upcoming Cancer Center Events

*Michal Greenberg, Associate Director, Development*

### Hosts for Hospitals

*Mike Aichenbaum, Executive Director*

### Beauty of Healing

*Joe Howe*

Renaissance

12:30 pm

## THYROID CANCER SURVEILLANCE

Renaissance

**Post Operative Follow Up Issues Managing Thyroid  
Hormone and Calcium**

*Kolin Hoff, MD*

***Neck Imaging***

*Lisa Jones, MD, PhD*

**Reoperation for Neck Thyroid Cancer Recurrences**

*Ara Chalian, MD*

**Clinical Trials**

*Marcia Brose, MD, PhD*

2:30 pm

Closing

# Evaluations

*At the end of the day, please return  
your evaluation and questionnaire  
to the registration table.*

*Your feedback is very  
important to us!*

# **Please Visit our Exhibitors**

**Penn's Abramson Cancer Center**

- ***Cancer Education***

**American Cancer Society**

**Beauty of Healing**

**Cancer Support Community of Philadelphia** *(formerly known as The Wellness Community of Philadelphia)*

**Faith & Hope Boutique**

**Hosts for Hospitals**

**Thyca: Thyroid Cancer Survivors' Association, Inc**

**FREE**

## ***Massage & Reiki***

During the conference our integrative therapy providers will be available to provide massage and Reiki. Stop by to sign up for a **FREE** session.

***Laurie Elder, BFA, RMT*** - Reiki Master & Teacher  
***Kimberly Fleisher, MEd, RMT*** - Reiki Master & Teacher  
***Michael Murphy, CMT, RMT*** - Massage Therapist &  
Reiki Master

### **INTEGRATIVE MEDICINE PROVIDERS**

**Laurie Elder, BFA, RMT** is a Reiki Master Practitioner and Teacher at the Reiki School and Clinic. She has been practicing Reiki since July of 2000 and is in her 4th year of teaching. Laurie also has a BFA in graphic design and works as a freelance graphic designer. She is part of the collaborative group creating a Reiki volunteer program for The Abramson Cancer Center, and is a member of The Integrated Oncology Working Group at HUP.

**Kimberly Fleisher, MEd, RMT** is the founder and director of The Reiki School and Clinic in Philadelphia. She has been practicing Reiki for 15 years. Kim specializes in Reiki education, particularly in the healthcare field. She is the team leader for PENN Medicine's Reiki Program, which provides reiki sessions to patients receiving cancer treatments.

**Michael Murphy, CMT, RMT** is a certified massage therapist and Reiki master teacher on the staff of The Reiki School and Clinic of Philadelphia. He has been doing bodywork since 2004. In addition to his professional practice, Michael uses his talents and abilities to help raise awareness and funds for local causes, and he volunteers his time to those who encounter financial hardship and can use therapeutic care. He is part of the collaborative group creating a Reiki volunteer program for the Abramson Cancer Center.

*Video and pictures from this conference will be available on [PennMedicine.org/Abramson/ThyroidConference](https://PennMedicine.org/Abramson/ThyroidConference)*

# STAY CONNECTED WITH PENN MEDICINE

Wi-Fi on Your Smartphone? Hilton Code **PHLPH048476**



FOLLOW US ON **twitter**



Like us on  
**Facebook**

**Twitter.com/PennMedicine**

**Follow Us** on Twitter and  
Tweet from the Conference  
Using hashtag **#ThyroidCancerACC**

**PennMedicine.org/facebook**

**Like Us** on Facebook and stay informed

on the latest:

- Events
- News
- Videos
- Health and Wellness Articles
- Blogs
- Patient Stories
- Clinical Trials



## Photos and Video

Photo and video will be taken for our newsletters and websites.

**If you are okay with photos and video, please:**

- fill a consent form
- wear a **BLUE** name tag and
- **Strike a Pose!**

*If you **DO NOT** want to be included, please make sure you wear a **RED** name tag.*

*Video and pictures from this conference will be available on **PennMedicine.org/Abramson/ThyroidConference***



# The Abramson Cancer Center Gratefully Acknowledges the Generous Support of our Friends

*Toll Brothers, Inc*

*SugarHouse Casino*



---

## Contributing to the Abramson Cancer Center's



### 3<sup>rd</sup> Focus on Thyroid Cancer Conference

Like every patient, each donation we receive is important. Individual sponsorships are available to support our “Focus of Thyroid Cancer” conference. Please consider a donation at any of the following levels:

- Friends \$10 - \$499
- Circle of Hope \$500 – \$999
- Patient Care Society \$1,000 – \$2,499
- Faculty Society \$2,500 – \$4,999
- Benefactor \$5,000 – \$9,999
- Director’s Society \$10,000 and above

You can learn about the Abramson Cancer Center, our thyroid cancer program and more about how you can contribute, by visiting our website at [PennMedicine.org/Abramson/Donate](https://PennMedicine.org/Abramson/Donate).

- Click **Designate Your Gift Education**
- click **Patient Education Conference Fund**
- or call Tricia Bruning at (215) 898-1033.

# Conference Faculty from the Abramson Cancer Center

## CONFERENCE CHAIR

**Susan Mandel, MD, MPH** is Professor of Medicine and Radiology at the University of Pennsylvania School of Medicine, where she also directs the fellowship program in Endocrinology, Diabetes, and Metabolism. She serves as the Associate Chief for Clinical Affairs of the Division of Endocrinology, Diabetes, and Metabolism at the Hospital of the University of Pennsylvania and is the Director of the Thyroid Nodule Clinic. She attended medical school at the College of Physicians and Surgeons, Columbia University and completed her medical residency at Columbia Presbyterian Medical Center in New York City. After finishing a fellowship in endocrinology at the Brigham and Women's Hospital in Boston, she was a faculty member at the Brigham prior to moving to the University of Pennsylvania in 1997. At Penn, she founded the Thyroid Nodule Clinic, which she co-directs, where over 500 patients with nodular thyroid disease are evaluated annually. She is a member of the Endocrine Society, the American Association of Clinical Endocrinologist, and the American Thyroid Association, where she has served on several committees in leadership positions. Her research interests include the use of sonography in the evaluation of patients with thyroid nodules, the novel introduction of I-123 imaging in differentiated thyroid cancer, and thyroid disease during pregnancy. She has authored papers in the *New England Journal of Medicine*, the *Annals of Internal Medicine*, *JAMA*, as well as publications in the endocrine and nuclear medicine journals. Most recently, she was a member of the American Thyroid Association task force that authored the most recent guidelines for the treatment of patients with thyroid nodules and thyroid cancer. She has been recognized both by *Philadelphia Magazine's* Top Doctors' issue and by *Best Doctors in America* for the last several years.

## SPEAKERS & EXPERTS FROM THE ABRAMSON CANCER CENTER

**Mia Benson-Smith, MS** is a Patient Support Specialist in the Department of Patient and Family Services at the Abramson Cancer Center. Working primarily with head and neck cancer patients, she serves as a consistent, reliable contact for patients and their family members throughout their diagnosis treatment and follow-up care. She recently completed the Harold P. Freeman Patient Navigation Certification and co-facilitates Head and Neck Cancer Support at the Hospital of the University of Pennsylvania.

**Marcia Brose, MD, PhD** is Assistant Professor at the University of Pennsylvania. She is Director of the Cancer Genetics Laboratory, affiliated with the Department of Otorhinolaryngology-Head and Neck Surgery. Dr. Brose has been at Penn since 1995, and completed her internal medicine and hematology and oncology fellowship training here. As a medical oncologist with previous experience in clinical trials, Dr. Brose wanted to apply her research interest in cancer genetics to improving the diagnosis and treatment of patients with thyroid cancer.

**Brenda Bryant, BA** is a seasoned multi-skilled professional with expertise and experience in public speaking, collaboration building, community engagement, event planning, and fundraising. A resource developer with competency in designing and implementing effective community-based research and health education programs. Brenda currently works as a Research / Outreach Coordinator and Prostate Cancer Educator in the Center for Community-Based Research and Health Disparities, Department of Psychiatry at the University of Pennsylvania. Brenda serves as the staff coordinator of the Community Leadership Council for Abramson Cancer Center.

*Video and pictures from this conference will be available on [PennMedicine.org/Abramson/ThyroidConference](https://www.pennmedicine.org/Abramson/ThyroidConference)*

**Lauren Campe, MA, CCC-SLP** is a Senior Speech-Language Pathologist in the Department of Otorhinolaryngology: Head and Neck Surgery Division and the Penn Center for Voice and Swallowing. She has seven years of clinical experience diagnosing and treating adults with voice, speech, and swallowing disorders. Her clinical interests include speech and swallowing rehabilitation following head and neck cancer, with particular emphasis on partial laryngectomy as well as tracheoesophageal speech production following laryngectomy.

**Joseph Carver, MD** is the Chief of Staff of the Abramson Cancer Center and the Chief Operating Officer of the Abramson Family Cancer Research Institute of the Abramson Cancer Center of the University of Pennsylvania. He is a Board Certified cardiologist and serves as a Clinical Professor in the Division of Cardiology at the University of Pennsylvania. His clinical practice is in the subspecialty of Oncologic Cardiology. Dr. Carver is the Founding Editor of the American Journal of Managed Care and was a Senior Corporate Medical Director at Aetna U.S. Healthcare from 1992-2001 where he was responsible for new program development and directed the National Medical Excellence Program. From 1999-2001, he was Co-chairperson of the New Jersey and Michigan Working Groups that established voluntary agreements among the insurers in those states to cover the routine costs of clinical trial participation for cancer patients.

**Audrey Caspar-Clark, MA, RD, CSO, LDN** is a Clinical Dietitian Specialist with 7 years of experience working with a wide variety of oncology patients and is board certified as a specialist in oncology nutrition. She also has a degree in culinary arts and is interested in cooking with local and sustainably produced foods as part of a healthy and enjoyable diet.

**Ara Chalian MD, FACS** is Associate Professor of Otorhinolaryngology: Head and Neck Surgery at the University of Pennsylvania, where has been on faculty since 1994. Dr. Chalian is nationally and internationally regarded for his surgical expertise in ablative and reconstructive head and neck oncology with particular focus on complex microvascular restorations in skin cancers of the head and neck as well as oropharyngeal and laryngeal cancers. His clinical research and program improvement work in safety and quality of care and administrative and clinical roles in surgical patient safety undergrid his clinical practice. Dr. Chalian extends this matrix of clinical and academic work with a particular focus on care of older adults and geriatric surgical management. He is the current chair of the American Academy of Otolaryngology Geriatric Otolaryngology Committee. Dr. Chalian has authored over 55 peer reviewed clinical and scientific papers and over 15 book chapters.

**Gloria Di Lullo, MSN, CRNP** is an adult oncology nurse practitioner at the University of Pennsylvania Abramson Cancer Center. She has worked in medical oncology for seven years. Gloria is currently the Medical Oncology Content Specialist for ONCOLINK, a free internet based resource for patients, caregivers, and healthcare professionals. Oncolink ([www.oncolink.upenn.edu](http://www.oncolink.upenn.edu)) provides information across the entire cancer trajectory from diagnosis to life after treatment, resources for healthcare professionals, individualized survivorship care plans, and much more.

**Patricia Dooley, MS, CCC-SLP** is the Director of the Division of Speech Language Pathology in the Department of Otorhinolaryngology: Head and Neck Surgery at the University of Pennsylvania. She is a Clinical Specialist in the area of head and neck cancer, with 17 years experience in the diagnosis and rehabilitation of dysphagia, speech, and voice disorders. Her area of clinical interest is in the rehabilitation of dysphagia and voice after partial laryngectomy and chemoradiation therapies.

**Diane Frazee, RN, BSN** is an Oncology Clinical Research Nurse for Abramson Cancer Center for head and neck cancer, with 20 years experience as a chemotherapy oncology nurse and research nurse.

*Video and pictures from this conference will be available on [PennMedicine.org/Abramson/ThyroidConference](http://PennMedicine.org/Abramson/ThyroidConference)*

**Peter Gariti, PhD** is a Clinical Associate Professor of Social Work in Psychiatry at the University of Pennsylvania. He received his bachelors degree in sociology/anthropology from Indiana University of Pennsylvania, his masters degree in social work from Boston University, and his doctoral degree in clinical social work from New York University. He is a recognized expert in manual based training and supervision of medication based trials for the treatment of smoking and other substance use disorders. He has been the lead counselor/clinical supervisor in over 26 medication trials. He has been the principal investigator or co-investigator on a dozen smoking cessation studies conducted at Penn's Center for Studies in Addiction (CSA), Penn's Transdisciplinary Tobacco Use Research Center (TTURC), and Penn's Center for the Treatment and Study of Anxiety.

**Michal Greenberg** is the Associate Director of Special Projects and Major Gifts for Penn Medicine Development. She is responsible for raising vital funds for the Abramson Cancer Center's Patient and Family Services Programs – nutritional counseling and psychosocial counseling, and patient education initiatives – and the growing Integrative Medicine and Wellness Programs – including reiki, acupuncture, and mindful meditation. In addition to raising support for ACC, she also helps to coordinate print and web communications, as well as volunteer initiatives for our ACC Director's Leadership Council and our Young Friends of ACC group. Michal graduated from George Washington University with a degree in American Studies and a minor in Women's Studies.

**Kolin Hoff, MD** is an Assistant Professor of Endocrinology at the University of Pennsylvania. After receiving his medical degree from Hahnemann University, Dr. Hoff completed a residency in Internal Medicine and a three-year Fellowship in Endocrinology at the University of North Carolina at Chapel Hill studying mechanisms of cancer metastasis. He came to the University of Pennsylvania in 2004, where he has won awards for teaching fellows and medical students. His clinical focus is on thyroid cancer and other thyroid diseases and metabolic bone diseases. He is a member of the PENN Thyroid Center, the Abramson Comprehensive Cancer Center, The Endocrine Society and the American Society for Bone and Mineral Research. He is Board certified in Internal Medicine and Endocrinology, Diabetes and Metabolism.

**Brenda Horn, AAS, CCRP** is the senior Clinical Research Coordinator for Head and Neck studies in the Clinical research Unit at the Abramson Cancer Center. She has been coordinating clinical trials and protocols for 7 years, five of those years specializing in head and Neck cancer studies for both the pharmaceutical industry and physician initiated at The University of Penn. She is a patient advocate that sees patients in the clinic setting as well a study coordinator who strives to meet the needs of her patients.

**Mary Catharine Hornberger, MSN, CRNP** is a graduate of Albert Einstein School of Nursing and continued her studies at Temple University. She has been an Oncology nurse for 30 years. Mary Catharine moved back to the area where she started a couple of years ago and decided to work in Radiation therapy here at the Hospital of the University of Pennsylvania.

**Lisa Jones, MD, PhD** is a Clinical Assistant Professor of Radiology at the University of Pennsylvania. After receiving her medical degree and doctoral degree (in Biomedical Engineering) from Johns Hopkins School of Medicine, she completed residency in Diagnostic Radiology at the University of Pennsylvania, followed by a fellowship in Abdominal Imaging, also at the University of Pennsylvania. Dr. Jones is board certified in Diagnostic Radiology. Her interests include ultrasound and imaging of the female pelvis.

**Sarah Kagan, PhD, RN** is Professor of Gerontological Nursing at Penn with appointments as Gerontology Clinical Nurse Specialist at the Hospital of the University of Pennsylvania and in the Department of Otorhinolaryngology: Head and Neck Surgery. Since arriving at the University of Pennsylvania in 1994, she has built a program of cross disciplinary,

*Video and pictures from this conference will be available on [PennMedicine.org/Abramson/ThyroidConference](http://PennMedicine.org/Abramson/ThyroidConference)*

clinical scholarship aimed at understanding the needs and experiences of older adults who have cancer, particularly those who have head and neck cancer. This has resulted in two single authored books - the second forthcoming from Penn Press in 2008; more than a dozen book chapters; and some 35 peer reviewed papers. Dr. Kagan has held numerous visiting professorships at many notable institutions including the University of Washington, Harvard University and the Dana Farber Cancer Center, the University of Hong Kong, and the Karolinska Institute. She was named the John D. and Catherine T. MacArthur Fellow in 2003. Dr. Kagan is the second nurse and second gerontologist ever to be awarded a MacArthur Fellowship.

**Rachel Kelz, MD, MSCE, FACS** is Assistant Professor of Surgery, Surgeon Champion, American College of Surgeons-National Surgical Quality Improvement Program, Hospital of the University of Pennsylvania, Philadelphia, PA Director of Undergraduate Surgical Education, Department of Surgery, University of Pennsylvania, School of Medicine, Philadelphia, PA, Attending Physician Department of Surgery, Division of Endocrine and Oncologic Surgery, Hospital of the University of Pennsylvania, Philadelphia, PA. Rachel Kelz, MD attended medical school at the Yale University School of Medicine New Haven, CT. She went on to do her internship and residency in general surgery at the Hospital of the University of Pennsylvania, Philadelphia, Pa. This was followed by admission to the faculty of the Division of Endocrine and Oncologic Surgery with a practice devoted to endocrine surgery. Dr Kelz has a unique combination of expertise in the clinical care of thyroid cancer patients, medical education and health services research. She is working on uniting patients safety with medical education with the hope to improve patient centered care now and in the future. Her clinical model is focused on multidisciplinary care of the endocrine surgical patient with strong collaborations across the health care system to bring the best care possible to patients with disorders of the thyroid, parathyroid and adrenal glands. She is an active member of the American Thyroid Association.

**Tracy Lautenbach, MSW, LCSW** is an Oncology Social Worker in the Department of Radiation Oncology/Roberts Proton Therapy Center@ The University Of Pa. Hospital. Tracy received her Bachelors and Masters Degree in Social Work from Florida International University in Miami, Florida. She has been a social worker for 21 years. Tracy works in the Radiation Oncology Clinic with a variety of cancer patients including patients with Head and Neck Cancer.

**Virginia LiVolsi, MD** is Professor of Pathology and Laboratory Medicine at the University of Pennsylvania. She received her medical degree from Columbia University College of Physicians and Surgeons and served as resident and Chief resident in Anatomic Pathology at Columbia Medical Center New York. Her areas of expertise include endocrine pathology (especially thyroid tumors), head and neck pathology, and gynecologic pathology. She has held numerous leadership roles in national pathology societies (including the Endocrine Pathology Society, the Association of Directors of Anatomic and Surgical Pathology, and the US Canadian Academy of Pathology (she was President in 2003-2004). She has served as a member and recently chair of the Pathology Panel of the Chernobyl Tumor since 1998; this group examines and categorizes the pathologic aspects of the thyroid tumors that have arisen in the areas affected by the Chernobyl nuclear accident in 1986. Dr. LiVolsi serves on numerous editorial boards of pathology journals and is Co-editor in chief of *Endocrine Pathology*. She has authored and coauthored 345 articles, numerous chapters and reviews and 4 books.

**Erin McMenamain, MSN, CRNP, AOCN, ACHPN** is an Advanced Practice Nurse in the Department of Radiation Oncology at the Abramson Cancer Center of the University of Pennsylvania. Erin has over 25 years of experience as an oncology nurse and over 20 years as an advanced practice nurse. She is presently working in the department of Radiation Oncology at the Hospital of the University of Pennsylvania as an Oncology Nurse Practitioner with the head and neck population. She has presented and published in the areas of oncology and symptom management on a national and international level.

**Faith Mutale, MSN, CRNP** is an Advanced Practice Nurse in the Department of Hematology-Oncology at the

*Video and pictures from this conference will be available on [PennMedicine.org/Abramson/ThyroidConference](http://PennMedicine.org/Abramson/ThyroidConference)*

Abramson Cancer Center of the University of Pennsylvania. She specializes in caring for patients with head and neck cancers.

**Fern Nibauer-Cohen** is the Associate Director of Strategic Marketing Services at Penn Medicine. Prior to joining Penn in August 2008, Fern was the Senior Director of Physicians Services at Fox Chase Cancer Center for 18 years. She completed her yoga teacher's training certification at Yoga on Main in Manayunk in 2003 and completed a specialty certification in teaching yoga to cancer patients from the Integral Yoga Institute in Virginia in 2006. She is currently structuring a yoga program for cancer patients at the Abramson Cancer Center.

**Daniel Pryma, MD** is Assistant Professor of Radiology and Modality Chief of Nuclear Medicine and Molecular Imaging. He has clinical and research expertise in cancer treatments with targeted radiotherapy as well as cancer imaging with PET/CT and SPECT/CT. He specializes in the therapy of neuroendocrine tumors with targeted radioactive molecules.

**Elizabeth Reimet, MD, PT** is Assistant Professor of Physical Medicine and Rehabilitation and the Director of the Cancer Rehabilitation Program at the Abramson Cancer Center. Dr. Reimet received her undergraduate degree in physical therapy from Boston University, she is Board Certified in Internal Medicine and in Hospice and Palliative Medicine, and she completed a Cancer Rehabilitation Fellowship at the University of Pennsylvania. Her clinical areas of interest and expertise include cancer fatigue, chemotherapy induced peripheral neuropathy, and cancer related lymphedema.

**Kava Schafer, MDiv, MA** is staff oncology chaplain and bone marrow transplant chaplain at the Hospital of the University of Pennsylvania. Kava received her MDiv from Harvard Divinity School. Holding a graduate degree in Holistic Spirituality and certified as a spiritual director, she incorporates holistic strategies in her accompaniment of people living with cancer. Chaplain Schafer is also a Reiki master. She has written numerous articles on the role of spirituality, healing and the cancer experience. Kava also maintains a private practice as a spiritual director for individuals, couples and families.

**Phyllis Schiavone-Gatto MSN, CRNP** is a Nurse Practitioner in the Clinical Nutrition Support Department at the University of Pennsylvania. She is a graduate of Villanova University in Adult Primary Care. Presently, she works with the nutrition support team managing patients on Home Parenteral Nutrition. In addition, she sees all the patients who come to the access surgery clinic for feeding tube evaluations, for any issues/problems they may be having with their feeding tubes and for removal. She is in the access clinic every Thursday from 12:30 pm to 4 pm.

**Carolyn Vachani, MSN, RN, AOCN** is an oncology advanced practice nurse at the University of Pennsylvania's Abramson Cancer Center. She has worked in the areas of medical hematology and oncology, bone marrow transplant, clinical research, radiation therapy and staff development. In her current role, she serves as the nurse educator for OncoLink, the Abramson Cancer Center's award winning cancer information website. She serves as the project leader in the development and maintenance of the LIVESTRONG Care Plan and has a strong interest in oncology survivorship care.

**Kimberly Valentino CDA, RDH, MSA** is the Dental Hygienist and Implant Coordinator within the Oral and Maxillofacial Surgery Department at the University of Pennsylvania. In addition to seeing a variety of hygiene patients some of which have very special needs, she is also a liaison between the patients seen both here and other practices. Kimberly is both BLS and ACLS certified which allows her to assist the surgeons and monitor the patients during sedation procedures. Kimberly also teaches within the Dental Hygiene Program several nights per week at Community College of Philadelphia. Her courses include Head and Neck Anatomy, Radiology, Clinical Dental Hygiene

*Video and pictures from this conference will be available on [PennMedicine.org/Abramson/ThyroidConference](http://PennMedicine.org/Abramson/ThyroidConference)*

in addition to a variety of other classes. She is an active member in both the Pennsylvania Dental Hygiene Association along with the American Dental Hygiene Association.

**Karen Yodsnukis, RN, MSN, CRNP** received her Diploma in Nursing from Chestnut Hill Hospital and her Bachelor's & Master's degrees from La Salle University. She began her nursing career as a Perioperative Nurse at Pennsylvania Hospital more than 25 years ago & has been a Nurse Practitioner for 15 years specializing in the pre-operative care of patients. For the past 2 years Karen has worked in Otolaryngology with Dr. Jason Newman, caring for surgical & non-surgical patients with Head & Neck cancer.

## **GUEST EXPERTS**

**Andrew Cohen**, a Senior Vice President and Financial Advisor with Vantage Point Financial Services, Inc., provides unbiased comprehensive financial advice and services to individuals, families, and small businesses. These services include financial and retirement planning, insurance (long-term care and life) analysis, mortgage and banking services and portfolio review. Andy assists private and family foundations, trusts and other non-profit organizations with developing and implementing Investment Policy Statements. In addition to holding his life and health insurance license, Andy is currently FINRA series 7, 63, 65, and 24 registered with Questar Capital Corporation. Andy is a member of the Estate and Financial Planning Council of Southern New Jersey and the Association of Small Foundations. He is also a member of the Professional Advisory Committee of the Jewish Community Foundation of Southern New Jersey. In addition, Andy is a member of the Board of Trustees of the Samost Jewish Family & Children's Service of Southern New Jersey, a community social services agency. Andy has served as the President of the Marjorie B. Cohen Foundation, a Foundation dedicated to educating the public about cancer genetics, since 2001. He is currently a member of the Leadership Council of The Abramson Cancer Center of The University of Pennsylvania.

**Andrew Cohen**, a Senior Vice President and Financial Advisor with Vantage Point Bank and Vantage Point Financial Services, provides unbiased comprehensive financial advice and services to individuals, families, and small businesses. These services include financial and retirement planning, insurance (long-term care and life) analysis, mortgage and banking services and portfolio review. Andy serves as the President of the Marjorie B. Cohen Foundation, a Foundation dedicated to educating the public about cancer genetics since 2001 and serves as a member of the Abramson Cancer Center Director's Leadership Council.

**Kimberly Fleisher, RMT, MEd** is the founder and director of The Reiki School and Clinic in Philadelphia. She has been practicing Reiki for over 16 years. Kim specializes in Reiki education, particularly in the healthcare field. She is the team leader for The Abramson Cancer Center's Reiki Volunteer Program, a program that provides Reiki sessions to patients receiving cancer treatment.

**Greg Heller, Esq** is a trial attorney who practices in Philadelphia. He graduated from Williams College with a BA in physics in 1986 and graduated *cum laude* from the University of Michigan Law School in 1990. He practices with Young Ricchiuti Caldwell & Heller. He has considerable experience using the courts to hold insurance companies accountable for misconduct, and otherwise protecting the rights of patients, insureds, and their families. He serves on the board of the Legal Clinic for the Disabled. In addition to his work representing individuals, he is regularly called upon to advise patient advocacy groups about various aspects of health insurance reform.

**Colleen Schoenhard, RYT 500** is a nationally certified Yoga/Meditation Instructor with Yoga Alliance at the advanced level with twenty-five years of teaching experience and study at the Kripalu Center for Yoga and Health, Omega Institute for Holistic Studies, and some of the best teachers in this field. She teaches Classic Hatha Yoga, Kundalini

*Video and pictures from this conference will be available on [PennMedicine.org/Abramson/ThyroidConference](http://PennMedicine.org/Abramson/ThyroidConference)*

Yoga, Meditation, Integrative Relaxation in group, private classes and workshops in her own studio and for the last fourteen years at The Yoga Garden in Narberth, Pa (Best of Main Line -14 years.) Her involvement with a body/mind, holistic lifestyle became invaluable as she dealt with her own Head and Neck Cancer in 2005. Colleen is a capable, passionate teacher who has witnessed the powerful effects yoga and meditation has had on her students dealing with stress, MS, Crone's Disease, Gulf War Syndrome, cancer, anxiety and depression, divorce, and loss of loved ones.

# Thyroid Cancer Treatment at the Abramson Cancer Center

## 800-789-PENN (7366) or [PennMedicine.org/Abramson](http://PennMedicine.org/Abramson)

The Abramson Cancer Center of the University of Pennsylvania's long-standing program for thyroid cancer is nationally recognized for its treatment capabilities and research efforts.

### **The Penn Difference**

Innovative Research ... Comprehensive Patient Care ... Service Excellence

- Nationally recognized experts
- Multidisciplinary evaluation
- Advanced diagnostic testing, treatments and technologies
- Coordinated care
- Support services
- A reputation for sensitivity and responsiveness
- Personalized attention
- Innovative clinical trials
- The backing of a major research program with immediate translation to patient care

### **Education and Supportive Care Services at the Abramson Cancer Center**

#### **Patient Support Specialists**

Patient Support Specialists are available to support and assist cancer patients and their families throughout the cancer experience. They provide emotional support to patients and families as well as locate educational and community resources.

#### **Nutrition Counseling**

The Cancer Center's Dietitians assess individual nutritional status, review personal nutrition practices, provide advice on diet and nutrition therapies, and can provide education about herbs, cancer diets, and supplements.

#### **Psychosocial Counseling**

A diagnosis of cancer and its treatment can be stressful for both patients and their families. Cancer Counselors provide support, coping techniques and interventions to address personal and relationship issues during the cancer experience.

#### **Integrative Medicine & Wellness**

Our Cancer Center sponsors a range of services and educational workshops throughout the year that help patients and families cope with the cancer experience and improve their overall sense of well being. Examples include acupuncture and stress management.

#### **Pain and Symptom Management**

Our Penn pain and symptom management experts are experienced in helping people with cancer address problems such as pain, nausea and fatigue.

#### **Rehabilitation**

During the course of your care, Penn's Cancer Rehabilitation team is here to help your recovery if needed. The team is comprised of physiatrists and physical and occupational therapists that specialize in treating people with cancer.

#### **Penn Home Care and Hospice Services**

The University of Pennsylvania Health System has dedicated home care and hospice services available to all cancer patients should the need arise during your course of treatment.

*Video and pictures from this conference will be available on [PennMedicine.org/Abramson/ThyroidConference](http://PennMedicine.org/Abramson/ThyroidConference)*



