

## ***Special Thanks to...***

St. Joseph Medical Center  
Genzyme Therapeutics

## ***For More Information, and Free Support Services, visit [www.thyca.org](http://www.thyca.org)***

- Visit our web site for more information about thyroid cancer treatment, research, and ThyCa's free support groups and other free support services, special events, and publications.
- ThyCa's web site has more than 650 pages of content, as well as links to more than 100 related medical web sites, organizations, and publications.
- More than 50 distinguished physician specialists, plus many other specialists, provide ongoing input and review for the web site's medical information.
- Numerous free downloadable publications are available on ThyCa's web site. These include the *Low-Iodine Cookbook*, thyroid cancer awareness flyers, fact sheets about thyroid cancer, materials in Spanish, and more.

## ***How To Help***

- Give Thyroid Cancer Awareness brochures to your friends and relatives. Help raise awareness of thyroid cancer and the importance of early detection, treatment, and lifelong follow-up. Tell them about ThyCa's free support services, educational events, and web site.
- Become a ThyCa Volunteer —  
We welcome new volunteers at any time.
- Become a ThyCa Member —  
One year \$25, Two years \$45, Lifetime \$225
- Donate to our Rally for Research
- Support Thyroid Cancer Awareness Month—  
September — Sponsored by ThyCa.
- Spread the word, and come to the  
***13th International Thyroid Cancer  
Survivors' Conference***  
**October 15-17, 2010 • Dallas, Texas**
- To find out more, visit the "How To Help" section of our web site [www.thyca.org](http://www.thyca.org)



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# ***Welcome to the*** **Thyroid Cancer Survivors'** **9th Mid-Atlantic Workshop**

**Saturday, May 22, 2010**

**FREE**

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

St. Joseph Medical Center, 7601 Osler Drive, Towson, MD 21204  
(Main Hospital 1st Floor — Noppenberger Auditorium, plus 2 nearby rooms)



*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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# Thyroid Cancer Survivors' Mid-Atlantic Workshop — Saturday, May 22, 2010

## Program Schedule

**8:00 - 8:40 a.m.**

*Room A. Roundtable: Survivors and Caregivers.* ThyCa Volunteers.

**8:40 - 8:55 a.m. Welcome.** Vanda White.

**9:00 - 9:30 a.m.**

*Room A. Roundtable: Survivors and Caregivers.* Vanda White.

*Room B. Roundtable: Questions to Ask When First Diagnosed, Experiences.* Bruce Rubin & Other ThyCa Volunteers.

**9:30 - 9:40 a.m. Break.**

**9:40 - 10:40 a.m.**

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

*Room B. Roundtable: Exploring Clinical Trials.* ThyCa Volunteers.

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

**10:40 - 10:50 a.m. Break.**

**10:50 - 11:45 a.m.**

*Room A. Bone Health Related to Thyroid Cancer.* Errol Rushovich, M.D.

*Room B. Beyond Thyroid Cancer; Attract Your Best Life.*

Gail Weiss Gaspar, M.A.

*Room C. Roundtable: Living With Thyroid Cancer.* Bruce Rubin.

**11:45 a.m. - 12:15 p.m. Break.** (Get your lunch; bring it to the next session)

*Room A. Roundtable: Survivors' and Caregivers'.* ThyCa Volunteers.

**12:15 - 1:10 p.m.**

*Room A. Dentist's Perspective: Overview and Introduction to Salivary Issues and Dysfunction.* Gigi Meinecke, D.M.D.

*Room B. Roundtable: Living With Thyroid Cancer.* Bruce Rubin.

*Room C. Roundtable: Doctor-Patient Communications.* ThyCa Volunteers.

**1:10 - 1:20 p.m. Break.**

**1:20 - 2:20 p.m.**

*Room 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.* Henry G. Fein, M.D., F.A.C.P.

*Room B. Coping with a Recent Diagnosis of Thyroid Cancer: Honoring your Experience, Planning your Strategy, and Discovering New Strengths.* Katherine Satterfield, L.P.C.

*Room C. Survivors' and Caregivers' Discussion.* ThyCa Volunteers.

**2:20 - 2:30 p.m. Break.**

**2:30 - 3:30 p.m.**

*Room A. Ask a Surgeon: Thyroid Surgery Basics, Lymph Node Invasion, Neck Dissection, Surgical Treatment of Neck Spread, Preventing and Solving Voice Issues.* Erin A. Felger, M.D.

*Room B. Roundtable: Family Communications About Thyroid Cancer.* ThyCa Volunteers.

*Room C. Roundtable: Tips for Preparing for Radioiodine, the Low-Iodine Diet, and After Radioiodine.* Vanda White.

**3:30 - 3:40 p.m. Break.**

**3:40 - 4:40 p.m.**

*Room A. I-131 Therapy for Thyroid Cancer: Questions and Answers.* Heather A. Jacene, M.D.

*Room B. Roundtable: Open Discussion.* ThyCa Volunteers.

*Room C. Roundtable: Ask About ThyCa and Getting Involved.* Gary Bloom.

**4:40 - 5:00 p.m. Workshop Discussion & Feedback.** Gary Bloom.

## Thank you to our Speakers...

**Henry G. Fein, M.D.**, Endocrinologist, Sinai Hospital, Baltimore, MD

**Erin A. Felger, M.D.**, Surgeon, Washington Hospital Center, Washington, DC

**Gail Gaspar, M.A.**, Professional Life and Leadership Coach, iDecide Coaching

**Heather A. Jacene, M.D.**, Nuclear Medicine Physician, Johns Hopkins Medical Institutions, Baltimore, MD

**Gigi Meinecke, D.M.D.**, Dentist, University of Maryland School of Dentistry

**Errol Rushovich, M.D.**, Endocrinologist, Center for Bone Health & Division of Endocrinology, Mercy Medical Center, Baltimore, MD

**Katherine Satterfield, L.P.C.**, Licensed Professional Counselor and Life Coach, Falls Church, VA

**Leonard Wartofsky, M.D.**, Endocrinologist, Washington Hospital Center, Washington, DC

## ...and Roundtable Facilitators & Workshop Organizers

**Gary Bloom, Cal Pierce, Angela Proudfoot, Bruce Rubin, Barb Statas, Vanda White, and Cherry Wunderlich**

And the others whose names we didn't have at the time this program was printed

Plus the Numerous "Unseen" ThyCa Volunteers around the country who helped — Toll-Free Number Team, E-Mail Team, Publications Committee, Outreach Committee, and Web Site Team

