

Program *(continued)*

1:30 - 2:45 p.m.

- A. After the First Year: Ask about Follow-Up for Different Situations, for Persistent or Recurrent Disease; TSH Levels; Bone, Heart; Other Issues.** Matthew I. Kim, M.D.
- B. Roundtable: Medullary Thyroid Cancer Management.** Janis I. Halzel, Pharm.D.
- C. Roundtable: Living with Thyroid Cancer.** Gary Bloom
- D. Roundtable: Stress Reduction and Relaxation Techniques: Yoga, Visualization, Other Complementary Approaches.** Ellie Kanipe, Yoga Teacher and Thyroid Cancer Survivor

2:45 p.m. Break - Stretch, snack, chat.

3:00 - 4:15 p.m.

- A. Ask an Endocrinologist: Thyroid Cancer Management in the First Year and Over the Long Term for Low, Moderate, and High-Risk Patients.** Henry G. Fein, M.D., F.A.C.P.
- B. Thyroid Cancer Research—Looking Forward: Two-Part Session:**
1. International Thyroid Oncology Group (ITOG): Why It's for You. Dwight Vicks. *2. What Medical Research Shows About the Use of Dietary Supplements and Other Complementary Therapies Specifically in People with Cancer.* Janis I. Halzel, Pharm.D.
- C. Roundtable: Living with Thyroid Cancer Over the Long Term.** Sara Brenner

4:15 p.m. Break - Stretch, snack, chat.

4:30 - 5:00 p.m. Discussion of the Day's Sessions, Questions, Answers, Workshop Feedback. Sara Brenner and Marion Hammond

Special thanks to...

Organization Supporters...

American Thyroid Association
Genzyme Therapeutics
Sinai Hospital

Volunteers...

Planning Committee: Gary Bloom, Sara Brenner, Marion Hammond, Cherry Wunderlich. *ThyCa Web Site Coordinators:* Betty Solbjor, Massachusetts, and Joel Amromin, California. *Outreach:* Lauri Huber, Illinois; Jo Walker, Arizona; plus *ThyCa's Publications, Outreach, and Toll-Free Number volunteers.* And the other volunteers whose names we didn't have when we printed this program.

How to help:

- Give Thyroid Cancer Awareness brochures to your friends and relatives. Tell them about our free services, events, and web site.
- Become a ThyCa volunteer, member, or both
- Donate to our Rally for Research 2007
- Spread the word about the **10th International Thyroid Cancer Survivors' Conference October 19-21, 2007 • San Francisco, California**

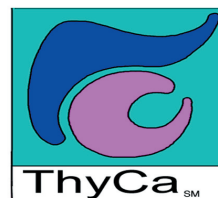
Welcome to the 6th Annual

Thyroid Cancer Survivors' Mid-Atlantic Workshop

Saturday, May 12, 2007

8 a.m. - 5 p.m.

Zamoiski Auditorium, Hecht Building at Sinai Hospital
2401 West Belvedere Avenue, Baltimore, MD 21215



Organized by volunteers from the ThyCa Baltimore, ThyCa Northern Virginia, and ThyCa Washington, DC, Support Groups

Sponsored by:

**ThyCa: Thyroid Cancer
Survivors' Association, Inc.SM**

www.thyca.org

*A national nonprofit 501(c)(3) organization
of thyroid cancer survivors, family members,
and health care professionals.*

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Thank You to our Speakers

Douglas W. Ball, M.D., Endocrinologist, Medullary Thyroid Cancer Specialist, The Johns Hopkins Medical Institutions
Henry G. Fein, M.D., F.A.C.P., Clinical Director of Endocrinology, Sinai Hospital of Baltimore; Faculty, Johns Hopkins University School of Medicine and Uniformed Services University School of Medicine
David Goldenberg, M.D., Head and Neck Surgeon, Director of Head and Neck Surgery, and Associate Professor of Surgery, Pennsylvania State University, Milton S. Hershey Medical Center
Janis I. Halzel, Pharm.D., Pharmacist, Consensus Medical Communications, CO; Member, ThyCa Medical Advisory Council
Heather Jacene, M.D., Nuclear Medicine Physician, The Johns Hopkins Medical Institutions
Matthew I. Kim, M.D., Endocrinologist, Assistant Professor of Medicine, Division of Endocrinology and Metabolism, Johns Hopkins University School of Medicine
Paul W. Ladenson, M.D., Endocrinologist, Director of Endocrinology, The Johns Hopkins Medical Institutions; Past President, American Thyroid Association; Member, ThyCa Medical Advisory Council

to our Roundtable Leaders

Gary Bloom, ThyCa Washington, DC Co-Facilitator and ThyCa Board Chair, is a thyroid cancer survivor.
Sara Brenner, ThyCa Northern Virginia Support Group Co-Facilitator, ThyCa Board Member, and Director of ThyCa Support Groups, is a thyroid cancer survivor.
Gloria Keller, ThyCa Toll-Free Number and Outreach Volunteer, tomorrow celebrates the 43rd anniversary of her successful thyroid cancer treatment.
Marion Hammond, ThyCa Baltimore Support Group Facilitator, is a thyroid cancer survivor.
Ellie Kanipe is a Yoga Instructor and thyroid cancer survivor.
Rebecca Lord, ThyCa Washington, DC Co-Facilitator, is a thyroid cancer survivor.
Barbara Statas, ThyCa Outreach and Publications Volunteer, is a thyroid cancer survivor.
Dwight Vicks, New York, Medullary Thyroid Cancer Caregiver and Treasurer of International Thyroid Oncology Group.

....and thank you for attending the workshop!

Stay in touch!

Our support groups meet in 35 states coast to coast, as well as Costa Rica and Philippines.

For more information

Visit <www.thyca.org> for more than 600 pages of information about thyroid cancer treatment and research and ThyCa's free support services and publications. Download the FREE *Low Iodine Cookbook*, thyroid cancer awareness flyers, and many more free materials.

Program

8:00 a.m. Registration opens. Get acquainted and visit the information tables.

All Day—For your questions one-to-one:

- **Kelli Powell**, Genzyme Representative—For Thyrogen Questions
- **ThyCa Volunteers**—Ask about volunteer opportunities in support services, outreach, publications, fundraising, research advocacy, and more.

8:00 - 9:00 a.m.

- A. Informal Survivors' and Caregivers' Roundtable.** Marion Hammond
- B. Roundtable: Living with Medullary Thyroid Cancer.** Janis I. Halzel, Pharm.D.
- C. If You're New to Thyroid Cancer.** Rebecca Lord

9:00 a.m. Welcome. Sara Brenner and Marion Hammond

9:10 - 9:40 a.m. Support Group Roundtables.

- A. Survivors' and Caregivers' Roundtable.** Sara Brenner
- B. Living with Medullary Thyroid Cancer.** Janis I. Halzel, Pharm.D.
- C. Survivors' and Caregivers' Roundtable.** Marion Hammond

9:40 a.m. Break

9:45 - 11:00 a.m.

- A. If You're New to Papillary or Follicular Thyroid Cancer: After Surgery and During the First Year, Understanding Risk Levels.** Paul W. Ladenson, M.D.
- B. Medullary Thyroid Cancer: Treatment and Testing.** Douglas W. Ball, M.D.
- C. Roundtable: Living with Thyroid Cancer Over the Long Term: Disease-Free or With Persistent or Recurrent Disease.** Gloria Keller

11:00 a.m. Break. Stretch, snack, chat.

11:10 - 12:25 p.m.

- A. Ask a Surgeon: Thyroid Surgery Basics, Lymph Node Invasion, Neck Dissection, Surgical Treatment of Neck Spread, Preventing and Solving Voice Issues.** David Goldenberg, M.D.
- B. Medullary Thyroid Cancer: Targeted Therapies.** Douglas W. Ball, M.D.
- C. Roundtable: Tips for Preparing for a Radioiodine Scan or Treatment: Coping with Temporary Hypothyroidism, Using the Low-Iodine Diet, Tips for the Time After Radioiodine.** Barb Statas

12:30 - 1:30 p.m. Lunch Break and Lunch and Learn Sessions.

Lunch in the hospital cafeteria, or bring your own.

- A. Ask a Nuclear Medicine Physician When to Use Ultrasound, RAI Scans, PET Scans, CT Scans, MRI, and Other Imaging in Thyroid Cancer Management.** Heather Jacene, M.D.
- B. Roundtable: Medullary Thyroid Cancer Management.** Janis I. Halzel, Pharm.D.
- C. Roundtable: Pediatric Thyroid Cancer.** ThyCa Volunteers