
Presenting Sponsors and Honorary Chairs:

Mary and Leonard Sommer

A TIME TO HEAL CANCER FOUNDATION



TUESDAY, MAY 7, 2024

EMBASSY SUITES OMAHA-LA VISTA
CONFERENCE CENTER

2024 Registration Information

Keynote Speaker:

Dr. Joann Sweasy

Conference Underwriting:

THE DR. C.C. AND MABEL L. CRISS MEMORIAL FOUNDATION



PRESENTING SPONSORS
AND HONORARY CHAIRS:
**Mary and Leonard
Sommer**

Leonard and Mary Sommer both lost spouses to cancer. In their respective life experiences, they embraced the importance of supporting them with physical, emotional and spiritual needs, all hallmarks of A Time to Heal's philosophy.

The Sommers' commitment to A Time to Heal is rooted in their journeys and experience with their loved ones. They have a deep appreciation for the significant impact A Time to Heal makes on the lives of those dealing with cancer and the many consequential aspects to the patient and their families.



A Time to Heal's mission is to provide support, education and empowerment so cancer survivors and their caregivers may create their best lives.

To learn more about our FREE programs and ways to support our mission, visit our website: www.atth.org



KEYNOTE SPEAKER:
Dr. Joann Sweasy

Director of the Fred & Pamela Buffett Cancer Center and the Eppley Institute for Research in Cancer and Allied Diseases

Joann B. Sweasy, PhD, is an internationally recognized cancer center director and an expert in DNA repair. Dr. Sweasy previously served as the Director of the University of Arizona Cancer Center in Tucson, where she led to the renewal of its National Cancer Institute Comprehensive designation in 2022.

As a National Institutes of Health-funded researcher since 1994, Dr. Sweasy's research has centered on genetics, cell biology and biochemistry of DNA repair and the roles of aberrant DNA repair in cancer and autoimmunity. For this work, she was awarded the 2016 Environmental Mutagenesis and Genomics Society Award.

Dr. Sweasy's commitment extends beyond research. She also served as Associate Director for Basic Sciences at the Yale Comprehensive Cancer Center and Director of Graduate Studies of the Yale Microbiology Program. She has served as a member of the panel that reviews all NCI Cancer Centers. Dr. Sweasy is currently the Vice President/President-elect of the American Association of Cancer Institutes.



Art of Living Beyond Cancer Conference Schedule

Tuesday, May 7, 2024 | Embassy Suites Conference Center
12520 Westport Pkwy, La Vista, NE 68128

| 7:15-8:00 a.m. REGISTRATION/BREAKFAST/VISIT EXHIBITORS | | | |
|---|--|---|---|
| 8:00-9:00 a.m. MORNING KEYNOTE Speaker: Dr. Richard Deming, Above + Beyond Cancer | | | |
| TIME | ALL ARE WELCOME | PROFESSIONALS TRACK | ALL ARE WELCOME |
| SESSION ONE 9:00-10:00 a.m. | Survivorship "Power Tools" for Healing (Dr. Stephanie Koraleski and Dr. Kay Ryan) | Genetic Susceptibility to Cancer (Terri Blase) | A New Era of Cancer Prevention: Addressing Social Determinants of Health (Dr. Ali Khan) |
| 10:00-10:30 a.m. Social Time / Visit Exhibitors | | | |
| SESSION TWO 10:30-11:30 a.m. | What is Brain Fog and Can It Improve? (Dr. Adam Mills) | Impact of New, Targeted Therapies (Dr. Apar Kishor Ganti) | Living Above and Beyond Cancer: Survivorship Health and Well-being (Dr. Richard Deming) |
| 11:30 a.m.-1:00 p.m. LUNCHEON AND KEYNOTE Keynote Speaker: Dr. Joann Sweasy, Director - the Fred & Pamela Buffett Cancer Center and the Eppley Institute for Research in Cancer and Allied Diseases | | | |
| TIME | ALL ARE WELCOME | PROFESSIONALS TRACK | ALL ARE WELCOME |
| SESSION THREE 1:00-2:00 p.m. | The Cancer Effects on Fertility and Menopause (Dr. Maud Doherty) | Advances in Radiotherapy (Dr. Charles Enke) | Calming Your Mind and Body: Relaxation, Meditation, and Mindfulness (Dr. Adam Mills) |
| 2:00-2:30 p.m. Afternoon Break / Visit Exhibitors | | | |
| SESSION FOUR 2:30-3:30 p.m. | Lymphedema Surgery and Therapies What's Right for Me? (Dr. Sean Figy) | Don't Break My Heart: Cardiology and Cancer (Dr. Shantanu Patil) | Survivor Panel: Your Questions Answered (Moderator: Dr. Christopher D'Angelo, Survivors: Steve, Shannon, & Leslie) |
| 3:30 p.m. ADJOURN | | | |

SESSION DESCRIPTIONS



MORNING KEYNOTE: 8:00 A.M. - 9:00 A.M.

Richard Deming, MD | Above + Beyond Cancer

Many cancer survivors face lingering physical, psychosocial, emotional, financial, spiritual and philosophical issues – perhaps for the rest of their lives. Survivorship care, when provided in a holistic manner, addresses all of these issues. Young adults have additional concerns related to fertility, relationships, employment and meaning of life. We will discuss these issues and describe how a combined Survivorship Clinic/Integrative Oncology Program can address survivors' needs.

SESSION ONE: 9:00 A.M. - 10:00 A.M.

Breakout One:

Survivorship “Power Tools” for Healing

Stephanie Koraleski, PhD and Kay Ryan, PhD, RN

Going through a cancer diagnosis and cancer treatment can leave a person feeling afraid, weakened, or even powerless. A Time to Heal teaches participants to use “Power Tools”; simple strategies that can be practiced by anyone to help a person with healing and moving forward with their life. The purpose of this session is to discuss the rationale and use of “Power Tools” in the Survivorship journey, and to demonstrate and practice two highly successful power tools (imagery and gratitude) with participants.

Breakout Two:

Genetic Susceptibility to Cancer

Terri Blase, MS, CGC

Approximately 5-10% of all cancers are hereditary, meaning an individual inherited a gene mutation that increases their susceptibility to certain cancers. Identification of an inherited mutation in a cancer susceptibility gene can be useful in many aspects of providing exceptional patient care. During this session case examples will be used to demonstrate how to identify at-risk individuals and to describe the increased cancer risks associated along with potential changes to medical management recommendations as a result of an inherited gene mutation.

Breakout Three:

A New Era of Cancer Prevention: Addressing Social Determinants of Health

Ali S. Khan, MD, MPH, MBA

Social determinants of health (SDOH) are the conditions in which we are born, grow, work, and live that tremendously impact our everyday lives. As we strive to improve the health and well-being of our communities, SDOH can no longer be treated as a secondary or distant influence on health. In an era of unprecedentedly high chronic disease rates, addressing SDOH is a valuable tool in the fight against diseases like cancer, while making equitable healthcare a more tangible reality for all.

SESSION DESCRIPTIONS



SESSION TWO: 10:30 A.M. - 11:30 A.M.

Breakout One:

What Is Brain Fog and Can It Improve?

Adam C. Mills, PhD

Nearly every individual dealing with cancer has experienced Brain Fog at some point, and many survivors experience Brain Fog months after finishing treatment. Brain Fog includes difficulties with memory, attention, completing tasks, and more. Dr. Adam Mills from the Fred & Pamela Buffett Cancer Center at Nebraska Medicine will (1) define and provide examples of Brain Fog; (2) discuss what we do and don't know about Brain Fog; (3) teach strategies that may help improve symptoms; and (4) provide resources that may be available to help individuals experiencing Brain Fog.

Breakout Two:

Impact of New, Targeted Therapies

Apar Kishor Ganti, MD

Molecularly targeted therapies have revolutionized the management of select subgroups of patients with various cancers. These agents target specific pathways that are responsible for the growth of cancer cells and therefore have a relatively better safety profile. Examples include imatinib for chronic myeloid leukemia, Osimertinib for EGFR mutant non-small cell lung cancer, and BRAF inhibitors for malignant melanoma. This discussion will focus on a variety of targeted therapies for different malignancies along with their mechanism of action, common uses and side effect profiles.

Breakout Three:

Living Above and Beyond Cancer: Survivorship Health and Well-Being

Richard Deming, MD

The World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This applies to cancer survivors as well. While the risk of recurrence of cancer or the development of a second cancer is something that survivors worry about, we believe that focusing on optimal health and well-being is a better way to approach survivorship. We will discuss the issues and concerns that survivors face as they continue on with life after cancer treatment. We will also present an example of a robust cancer survivorship program that focuses on resilience, meaning, purpose and joy.

SESSION DESCRIPTIONS



LUNCHEON KEYNOTE: 11:30 A.M. - 1:00 P.M.

Joann Sweasy, PhD | Fred & Pamela Buffett Cancer Center

During this keynote address, Dr. Sweasy will highlight some of the cutting-edge research currently taking place at the Fred & Pamela Buffett Cancer Center, including the genetic basis of cancer development. Dr. Sweasy will also present an overview of the Fred & Pamela Buffett Cancer Center, including their vision for the future.

SESSION THREE: 1:00 P.M. - 2:00 P.M.

Breakout One:

The Cancer Effects on Fertility and Menopause

Carolyn Maud Doherty, MD

In this session we will discuss the options for patients who have been diagnosed with cancer to preserve their future fertility. We will discuss the timing, options and resources available to assist patients. For women undergoing breast cancer treatment, menopause can start earlier and feel more extreme. Common questions about cancer-related menopause will be discussed.

Breakout Two:

Advances in Radiotherapy

Charles A. Enke, MD, FASTRO, FACR

This session will focus on new radiation therapy technologies that are available now or very soon and how they are being used to benefit patients receiving radiation therapy. You will learn what are the new game changers in radiation therapy, updates on multimodality therapy that include radiation therapy and how the combination can improve outcomes. Ongoing radiation therapy (radiology) research and the exciting possibilities that are taking place locally will also be presented.

Breakout Three:

Calming Your Mind and Body: Relaxation, Meditation, and Mindfulness

Adam C. Mills, PhD

Anxiety is a normal but difficult experience through the cancer process. Thankfully, there are several different evidence-based treatment options that can provide relief. Dr. Adam Mills from the Fred & Pamela Buffett Cancer Center at Nebraska Medicine will present on (1) the types of anxiety we can experience; (2) the multiple approaches to help manage anxiety, including relaxation exercises, mindfulness, meditation; and (3) which of these strategies might be the best fit for you.

SESSION DESCRIPTIONS



SESSION FOUR: 2:30 P.M. - 3:30 P.M.

Breakout One:

Lymphedema Surgery and Therapies: What's Right For Me?

Sean C. Figy, MD

Anyone who has had lymph nodes removed or radiated is at risk for lymphedema for the rest of their lives. The National Cancer Institute calls lymphedema "one of the most poorly understood, relatively underestimated, and least researched complications of cancer or its treatment." Learners will explore different lymphatic surgeries and therapies in order to better understand their different roles in management of post oncologic secondary lymphedema. Expected outcomes and candidacy for different lymphatic surgeries will be discussed as well as expected post operative courses.

Breakout Two:

Don't Break My Heart: Cardiology and Cancer

Shantanu Patil, MD, MBBS

Today's cancer patients should not become the heart disease patients of tomorrow. In this important session, learn about preventing, monitoring and managing cardiomyopathy. What are the common types and causes of cardiomyopathy? Should I be screened before and/or after treatment, and what is the best method of imaging? What is the best way to determine if I have cardiomyopathy? How do I manage it, if I do have it? Dr. Patil will answer these questions and many more as he presents case examples for discussion.

Breakout Three:

Survivor Panel: Your Questions Answered

Moderator: Christopher R. D'Angelo, MD

Survivors: Steve Jensen, Shannon Justice and Leslie McFadden

How did cancer change your outlook on life? How do you manage the never-ending list of side effects? How important is advocacy in your cancer journey? We'll answer these questions and more, so join Leslie, Shannon, and Steve for a survivor panel you won't want to miss! Bring your questions as we learn from those who share your journey - cancer survivors themselves.

MEET OUR PRESENTERS



Richard Deming, MD

Morning Keynote

Survivorship Health Going Forward: What Should I Be Doing?



Dr. Richard Deming is director of Mercy Cancer Center and founder of Above + Beyond Cancer in Des Moines, Iowa. He received his medical degree at Creighton University in Omaha. Dr. Deming is known in the community for the compassionate care he provides cancer patients and their families. He is involved in many national, state and community organizations and is the recipient of numerous awards. He is dedicated to the principals of human dignity, social justice, and compassion. His greatest ambition is to encourage others to pursue lives of meaning, purpose, passion and compassion.

Stephanie Koraleski, PhD

Survivorship "Power Tools" for Healing



Dr. Stephanie Koraleski is a psychologist specializing in psycho-oncology, the care of cancer survivors. She worked in the cancer survivorship field for over 25 years, both in the Behavioral Health Department at Nebraska Methodist Hospital and as co-founder and executive director of A Time to Heal Cancer Foundation. She has co-authored five books and has presented on cancer survivorship at numerous local, regional, national and international conferences. Dr. Koraleski is a long-time member of the institutional review board of Methodist Hospital and has volunteered with the American Cancer Society, the Nebraska Ovarian Cancer Coalition, Wings of Hope, the Nebraska Cancer Coalition and served on the boards of the Omaha Women's Fund, Duchesne Academy, the College of St. Mary, and A Time to Heal.

Kay Ryan, PhD, RN

Survivorship "Power Tools" for Healing



Dr. Kay Ryan is a nurse and educator with a great deal of experience in health promotion and higher education. She is co-author and co-founder of A Time to Heal, a whole person wellness rehabilitation program for people who have gone through cancer diagnosis and treatment. She has published numerous peer-reviewed research articles and has presented internationally on topics related to health promotion and cancer survivorship. Dr. Ryan served on the board of the National Wellness Association for many years and taught as a visiting professor at the National University of Ireland at Galway. She currently teaches online classes for A Time to Heal, local Veterans, and Nebraska Methodist College.

Terri Blase, MS, CGC

Genetic Susceptibility to Cancer




Terri Blase is a licensed and certified genetic counselor at the Munroe-Meyer Institute's Department of Genetic Medicine at UNMC. Terri received her Masters of Science degree in Genetic Counseling at California State University, Northridge in 2005 and is certified by the American Board of Genetic Counseling. Terri currently provides Genetic Counseling to patients with significant personal and/or family histories of cancer. She is also the Director of Genetic Counseling Services at UNMC. Terri enjoys teaching others and sharing her love of her profession by being a clinical rotation supervisor for Genetic Counseling graduate students and serving on the Advisory Board for the UNMC Genetic Counseling Education Program.

MEET OUR PRESENTERS



Ali S. Khan, MD, MPH, MBA

A New Era of Cancer Prevention: Addressing Social Determinants of Health


A circular portrait of Dr. Ali S. Khan, a man with short dark hair and glasses, wearing a dark suit, a light blue shirt, and a patterned tie.

Dr. Ali S. Khan is retired Assistant Surgeon General of the United States who now serves as Dean of the College of Public Health at the University of Nebraska, and as Professor of Epidemiology. He spent 25 years at the CDC tackling bioterrorism, health equity, emerging infectious diseases, and climate change. He has responded to and led numerous domestic and international public health emergencies, including Ebola, severe acute respiratory syndrome (SARS), and COVID. Dr. Khan serves as a steering member of the WHO's Global Outbreak and Alert Response Network. He is the author of "The Next Pandemic", editor of the Control of Communicable Diseases Manual and on the editorial board of Public Health Reports. Dr. Khan received his Doctor of Medicine from the University of New York and completed a joint residency in internal medicine and pediatrics at the University of Michigan. He later went on to pursue a Masters of Public Health (MPH) from Emory University and a Masters in Business Administration (MBA) from the University of Nebraska, Omaha.

Adam C. Mills, PhD

What is Brain Fog and Can It Improve?


Calming Your Mind and Body: Relaxation, Meditation, and Mindfulness

A circular portrait of Dr. Adam C. Mills, a man with short brown hair and glasses, wearing a dark suit, a blue shirt, and a patterned tie.

Dr. Adam Mills is a clinical health psychologist at Nebraska Medicine. In 2017, he brought co-located psychological support to the cancer center, and since then, he has been the primary psychologist in cancer care at Nebraska Medicine. He works alongside oncologists, nurse case managers, social workers, and other specialists to help patients navigate this difficult experience. He also works with individuals dealing with a variety of other medical issues, including organ failure and neurological issues. Dr. Mills grew up in Sioux Falls, South Dakota, and received his undergraduate degree at UNL. He completed his clinical psychology doctoral training at Oklahoma State University and his residency at the Medical University of South Carolina. He lives in Papillion with his wife and two boys.

Apar Kishor Ganti, MD

Impact of New, Targeted Therapies

A circular portrait of Dr. Apar Kishor Ganti, a man with short dark hair, glasses, and a mustache, wearing a dark suit, a white shirt, and a patterned tie.

Dr. Apar Kishor Ganti is a physician-scientist, who completed his medical training and a residency in Clinical Pharmacology in Pune, India. He subsequently completed an Internal Medicine residency, a Medical Oncology fellowship and a Master's Program in Clinical and Translational Research in the United States. Dr. Ganti specializes in the care of patients with head and neck, thyroid, and lung cancer at the Omaha VA Medical Center and UNMC. Dr. Ganti serves as the Associate Director of Clinical Research at the Fred and Pamela Buffett Cancer Center. In addition, he is a member of the Respiratory Committee of the Alliance for Clinical Trials in Oncology. He is the Chair of the Small Cell Lung Cancer Committee of the National Comprehensive Cancer Network and the VA Clinical Science Research & Development Centralized Data Monitoring Committee. Dr. Ganti's research interests are focused on development of novel treatment approaches for patients who are not candidates for standard therapies. His laboratory is focused on evaluating new pathways in head and neck and lung cancer and identifying novel prognostic and predictive biomarkers for these malignancies.

MEET OUR PRESENTERS



Carolyn Maud Doherty, MD

The Cancer Effects on Fertility and Menopause

Dr. Doherty specializes in reproductive endocrinology and infertility at Methodist Hospital. She attended the University of South Dakota Sanford School of Medicine. She completed her residency and a reproductive endocrinology and infertility fellowship at Rush Medical college at Rush University in Chicago. In her free time, she likes to golf, ski, scuba dive, travel and spend time with her children and grandchildren.



Charles A. Enke, MD, FASTRO, FACR

Advances in Radiotherapy

Dr. Enke has served as the inaugural department chair for 26 years. He received his medical degree from the University of Iowa and completed residency in radiation oncology at the Medical College of Wisconsin. He is ABR board certified. He received Fellow-American Society of Radiation Oncology and Fellow-American College of Radiology. He focuses on prostate cancer and lymphoma. He and his wife Carol have 6 children. He lists his job description as "Gopher". He gathers what patients, staff and faculty need to be successful.



Sean C. Figy, MD

Lymphedema Surgery and Therapies: What's Right For Me?

Dr. Sean Figy is an Assistant Professor of Surgery and Reconstructive Microsurgeon at the University of Nebraska Medical Center. After he graduated from Siena College, he attended medical school at the University of Toledo College of Medicine, where he was elected into both Alpha Omega Alpha and the Gold Humanism Honor Society. He completed his Integrated Plastic Surgery Residency at the University of Massachusetts Medical School. After residency, Dr. Figy completed a fellowship in Reconstructive Microsurgery and Complex Reconstruction at The Ohio State University. Since joining faculty at the University of Nebraska, Dr. Figy has been instrumental in the development of the Nebraska Medicine Lymphedema Program, which has been identified as a Lymphedema Cancer Center of Excellence by LE&RN.



Shantanu Patil, MD, MBBS

Don't Break My Heart: Cardiology and Cancer

Dr. Shantanu Patil is a cardiologist with CHI Health with a focus on preventive cardiology and cardio-oncology. He is an assistant professor of medicine with the Creighton School of Medicine and is actively involved in teaching medical students, residents, and fellows. He has authored over 25 research papers in cardiology and given talks on lipid management and cardiovascular diseases. In cardio-oncology clinic, his goal is to identify, monitor and treat cardiovascular disease caused by cancer treatment. He collaborates with oncologists and other team members to help get the most effective cancer treatment with minimal heart damage.

MEET OUR PRESENTERS



Leslie McFadden

Survivor Panel: Your Questions Answered

Ms. Leslie K. McFadden is a triple negative Breast Cancer survivor, mother and grandmother. Leslie is a native of Omaha, NE and is an Assistant Director at a local community college. In 2020, Leslie underwent spinal fusion surgery. Shortly after the fusion, she discovered a lesion in her breast while completing a self-examination. This later led to a diagnosis of Stage III Breast Cancer. During the cancer journey, Leslie experienced severe side effects. After treatment, she signed up for ATTH's Survivorship 101 course. She was able to gain additional self-awareness with support and fellowship with other cancer survivors. Leslie's journey encourages her to share her story and advocate for monthly self-exams and mammograms.

Steve Jensen

Survivor Panel: Your Questions Answered

Steve Jensen is a husband, brother, and son. Before his diagnosis, life was easy. Steve was always playing it safe, working and saving for retirement. He was diagnosed with Stage 3 prostate cancer in February 2021. After a prostatectomy and 39 rounds of radiation, Steve was cancer free in February 2022! Steve's prostate cancer support group facilitator referred him to the Survivorship 101 course and later the Navigating Brain Fog class offered through A Time to Heal. This experience and many influential members of his care team helped him commit to NOT letting fear hold him back from new experiences. He is ready to educate and volunteer for the cancer community. If you get the chance, ask him about earning a "cancer call sign"!

Shannon Justice

Survivor Panel: Your Questions Answered

Shannon Justice is a dedicated genealogist, cemetery preservationist, entrepreneur, family woman and cancer survivor. In late 2021, a diagnosis of de novo metastatic breast cancer blindsided her and left her dazed, confused, and broken. Shannon is known for embracing new opportunities and challenges with a positive attitude and strong will. After two invasive surgeries, Shannon pulled herself up with the aid of her care team—and continues to travel her path with passionate dedication, steadfast determination, and a new motto: "I'm going to live until I die." Shannon currently spends her precious time working on projects she is passionate about, including breast cancer awareness and supporting her pink sisters.

Christopher R. D'Angelo, MD

Survivor Panel: Your Questions Answered

Dr. D'Angelo is an assistant professor in the Division of Hematology & Oncology at the University of Nebraska Medical Center. After obtaining a bachelor's degree from Northwestern University, Dr. D'Angelo attended medical school at the University of Illinois College of Medicine, graduating with AOA honors. He completed a residency in Internal Medicine at the University of Chicago Hospitals and Clinics and a fellowship in Hematology/Oncology at the University of Wisconsin. Dr. D'Angelo treats patients with lymphoma, multiple myeloma, or non-malignant blood conditions. He specializes in stem cell transplantation for these diseases as well as cellular therapy options including CAR-T cell therapy.

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INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by University of Nebraska Medical Center and A Time to Heal Cancer Foundation. University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Nebraska Medical Center designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Nebraska Medical Center designates this activity for 6.0 ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.

This program meets the criteria for an approved continuing education program for Licensed Physical Therapists. Pending approval.

This program meets the criteria for an approved continuing education program for Licensed Occupational Therapists. Pending approval.

Social work continuing education credits will be provided. Pending approval.

We thank our **2024 Conference Advisory Committee** for assisting with aligning experts to session topics and aiding in the continuing education credit approval process!

Brenda Helget, Executive Director
A Time to Heal Cancer Foundation

Kelly Mand, Director of Programs
A Time to Heal Cancer Foundation

Adam C. Mills, PhD
Psychology - Nebraska Medicine

Becky Gehringer, PT
Methodist Hospital

James Armitage, MD, Professor
Division of Oncology & Hematology - UNMC

Kyle Skiermont, PharmD
VP Pharmacy & Oncology - Nebraska Medicine

Raegan Varnado, MSW, LIMHP
Oncology Social Worker - CHI Health

Rebecca Evans, OT
EmpowerMe Wellness



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