

Important Questions

What is a Telephone Education Workshop?

A Telephone Education Workshop is a way for you to get the most up-to-date information from leading experts without leaving your home or office. All you need is a telephone to be connected to the workshop.

Who will benefit from this Telephone Education Workshop series?

This telephone education workshop series offers cancer survivors and their loved ones a better idea of what to expect after treatment ends. The information discussed during these calls is designed primarily for cancer survivors who have recently completed their cancer treatment, but you may find the information helpful even if you were treated a long time ago.

How will this series help you?

The person who has come through a cancer experience is indelibly affected by it.

Fitzhugh Mullan, MD

Ending cancer treatment can be both exciting and challenging. Most people are relieved to be finished with the demands of treatment, but many also feel sadness and worry. Many are concerned about whether the cancer will come back, and what they should do after treatment. One of the hardest things to face after treatment is not knowing what happens next.

When treatment ends, people often expect life to return to the way it was before they were diagnosed with cancer. Understanding what to expect after cancer treatment can help survivors and their families plan for follow-up care, make lifestyle changes, stay hopeful and make informed decisions about the future.

Workshop Schedule

Tuesdays
1:30 - 2:30 p.m. Eastern Time

Part I April 25, 2006

Stress Management Tips for Survivors

Rick Dickens, MSW

Cancer Survivor
Program Coordinator for Blood Cancers
Project Coordinator, Mind/Body Program
CancerCare

Suzanne Lechner, PhD

Director of Psychosocial Support and Research
Braman Family Breast Cancer Institute
UM Sylvester Comprehensive Cancer Center
Assistant Professor of Psychiatry
Miller School of Medicine
University of Miami

David Spiegel, MD

Wilson Professor in the School of Medicine
Associate Chair
Department of Psychiatry and Behavioral Sciences
Stanford University School of Medicine

Part II May 23, 2006

Is It My Cancer or Am I Getting Older?

Beth McManus

Cancer Survivor
Grants Specialist
Winthrop University Medical Center

Patricia A. Ganz, MD

Professor, UCLA Schools of Medicine and
Public Health
Division of Cancer Prevention and
Control Research

Jonsson Comprehensive Cancer Center

Stephanie A. Studenski, MD, MPH

Professor of Medicine
Director of Research
Division of Geriatric Medicine
University of Pittsburgh

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Part III June 20, 2006

Managing Your Costs of Recovery

Martha E. Gaines, JD, LLM

Cancer Survivor
Director, Center for Patient Partnerships
Clinical Professor of Law
University of Wisconsin Law School

Randy Retkin, JD

Director, Legal Health
New York Legal Assistance Group (NYLAG)

Neil Schlackman, MD

Senior Partner
Healthcare Executive Partners, LLC

Karen Hartman, MSW

Survivorship Program Coordinator
CancerCare

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educational grants from**



LIVESTRONG
LANE ARMSTRONG FOUNDATION

Registration Form

The Fourth Annual Cancer Survivorship Series: Living With, Through & Beyond Cancer

Name _____

Address _____

City _____

State _____ Zip _____

*Telephone Number (_____) _____

*Please give us the telephone number where you
can be reached the day of the Workshop.

E-mail Address

Check workshop(s) you would like to attend:

4/25 _____ 5/23 _____ 6/20 _____

Are you a healthcare professional?

Yes No

Register online at www.cancercare.org
or mail this registration form to:
Carolyn Messner, DSW, LCSW-R
Director of Education and Training
CancerCare
275 Seventh Avenue
New York, NY 10001

For more information, call CancerCare at
(800) 813-HOPE
(212) 712-8080
www.cancercare.org
teled@cancercare.org

CancerCare

CancerCare is a national non-profit organization that provides free professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. CancerCare programs - including counseling, education, financial assistance and practical help - are provided by trained oncology social workers and are completely free of charge. Founded in 1944, CancerCare now provides individual help to more than 90,000 people each year, in addition to the 1.4 million people who gain information and resources from its website. Find out more about CancerCare by calling **1-800-813-HOPE (4673)** or at **www.cancer.org**.

National Cancer Institute

The National Cancer Institute (NCI) is a component of the National Institutes of Health (NIH), one of eight agencies that compose the Public Health Service (PHS) in the Department of Health and Human Services (DHHS). The NCI, established under the National Cancer Act of 1937, is the Federal Government's principal agency for cancer research and training. The National Cancer Institute coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination and other programs with respect to the cause, diagnosis, prevention and treatment of cancer, rehabilitation from cancer and the continuing care of cancer patients and the families of cancer patients. To find out more about NCI, call **1-800-4-CANCER (1-800-422-6237)** or visit our Web Site at **www.cancer.gov**.

Lance Armstrong Foundation

The Lance Armstrong Foundation (LAF) believes that in your battle with cancer, knowledge is power and attitude is everything. From the moment of diagnosis we provide the practical information and tools you need to live strong. We serve our mission through public health, advocacy, research and education, including **LIVESTRONG™**, the LAF's comprehensive resource for people living with cancer. The LAF was founded in 1997 by cancer survivor and champion cyclist Lance Armstrong and is located in Austin, Texas. For more information, please visit **www.laf.org** and **www.livestrong.org** or call **(512) 236-8820**.

Intercultural Cancer Council

The Intercultural Cancer Council (ICC) promotes policies, programs, partnerships, and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations in the United States and its associated territories. The ICC provides a forum to identify shared problems and develop collaborative solutions; promotes new partnerships to address the cancer crisis in our communities; convenes the National Biennial Symposium Series on Minorities, the Medically Underserved and Cancer; facilitates issue advocacy; and offers electronic networking and cancer education. For more information about ICC, call **1-877-243-6642** or visit our Web Site at **www.iccnetwork.org**.

Living Beyond Breast Cancer

Living Beyond Breast Cancer is a national nonprofit education and support organization dedicated to empowering all women affected by breast cancer to live as long as possible with the best quality of life. Programs and services include: conferences; teleconferences; the Survivors' Helpline (**888.753.5222**), a toll-free information and support line; the website **www.lbbc.org**; free quarterly newsletters; publications for African-American and Latina women; informational recordings; networking programs; and workshops and trainings for healthcare providers. LBBC offers survivors free copies of the consumer-focused publications *Getting Connected: African-Americans Living Beyond Breast Cancer* and *Celebramos el Manana: Latinas que Sobreviven el Cancer del Seno*. Call 610.645.4567 or email **mail@lbbc.org** for more information.

National Coalition for Cancer Survivorship

National Coalition for Cancer Survivorship (NCCS) is the oldest survivor-led cancer advocacy organization in the country and is a highly respected authentic voice at the federal level, advocating for quality cancer care for all Americans and empowering cancer survivors. Patient education is also a priority for NCCS. Free patient resources, such as NCCS's award-winning *Cancer Survival Toolbox®* (featuring the new module "Living Beyond Cancer"), are also available. For more information, please visit **www.canceradvocacy.org** or call **1-877-NCCS-YES (1-877-622-7937)**.



CANCERcare®
Connect

CancerCare

Presents

The Fourth Annual Cancer Survivorship Series: Living With, Through and Beyond Cancer

Tuesdays
1:30 - 2:30 p.m. Eastern Time

April 25, 2006
May 23, 2006
June 20, 2006

No Phone Charges Apply

A free Telephone Education
Workshop Series for cancer
survivors, their families, friends
and healthcare professionals



CANCERcare®
Reaching Out With Help & Hope