

About Us

Founded in 1944, CancerCare is the leading national organization providing free, professional support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by oncology social workers and world-leading cancer experts. To learn more, visit www.cancercare.org or call **800-813-HOPE (4673)**.

CancerCare is pleased to have collaborated with the following organizations in offering these Workshops:

American Cancer Society

www.cancer.org; 1-800-227-2345

American Psychosocial Oncology Society

www.apos-society.org; 1-866-276-7443

American Society of Clinical Oncology

www.cancer.net; 1-888-651-3038

Association of Clinicians for the Underserved

www.clinicians.org; 1-703-442-5318

Association of Oncology Social Work

www.aosw.org; 1-215-599-6093

Be the Match® Patient Services

www.bethematch.org; 1-888-999-6743

Black Women's Health Imperative

www.blackwomenshealth.org; 1-202-548-4000

Blood & Marrow Transplant Information Network

www.bmtinfonet.org; 1-888-597-7674

The Bone Marrow Foundation

www.bonemarrow.org; 1-800-365-1336

Cancer Patient Education Network

www.cancerpatienteducation.org

Cancer Support Community

www.cancersupportcommunity.org; 1-888-793-9355

Caregiver Action Network

www.caregiveraction.org

Joe's House - A Lodging Guide for Cancer Patients

www.joeshouse.org; 1-877-563-7468

International Myeloma Foundation

www.myeloma.org; 1-800-452-CURE (2873)

The LGBT Cancer Project

www.lgbtcancer.org

LIVESTRONG Foundation

www.livestrong.org; 1-855-220-7777

The Max Foundation

www.themaxfoundation.org; 1-888-462-9368

MetaCancer Foundation

www.metacancer.org

MPN Education Foundation

www.mpninfo.org

MPN Research Foundation

www.mpnresearchfoundation.org

Multinational Association of Supportive Care in Cancer

www.mascc.org

National Association of Social Workers

www.socialworkers.org; 1-202-408-8600

National Bone Marrow Transplant Link

www.nbmtlink.org; 1-800-LINK-BMT (1-800-546-5268)

National Center for Frontier Communities

www.frontierus.org; 1-575-534-0101

National Coalition for Cancer Survivorship

www.canceradvocacy.org; 1-888-650-9127

The National Organization for Rare Disorders (NORD)

www.rarediseases.org; 1-800-999-NORD (6673)

National Comprehensive Cancer Network® (NCCN®) -

NCCN Guidelines for Patients®

www.nccn.org/patients

The National Organization for Rare Disorders (NORD)

www.rarediseases.org; 1-800-999-NORD (6673)

NeedyMeds

www.needy meds.org; 1-800-503-6897

Research Advocacy Network

www.researchadvocacy.org

Scott Hamilton CARES Foundation

www.scottcares.org

Vital Options International

www.vitaloptions.org

What is a CancerCare Connect® Education Workshop?

CancerCare Connect® Education Workshops are free and a way for people to learn about cancer-related issues from the convenience of their home or office. Leading experts in oncology provide the most up-to-date information on the telephone.

How do I participate?

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

How do I register?

There are three ways to register:

- Mail this registration form to CancerCare®
- Call **1-800-813-HOPE (4673)**
- Register online at www.cancercare.org/connect

After you have registered, you will receive additional information.

Missed a CancerCare Connect® Education Workshop?

A listing of featured programs is available by calling **1-888-337-7533**, 24 hours a day, 7 days a week. You can also listen to previous workshops on the CancerCare web site. Just log on to www.cancercare.org/podcasts.

Continuing Education Credits

Social Workers: This program is approved for 1.0 Contact Hour to social workers upon verification of completion. The University of Texas MD Anderson Cancer Center is an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607.

Cancer Care, Inc. SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0088

Dietitians: This program has been submitted to the Commission on Dietetic Registration for one Continuing Professional Education Unit (CPEU).

Any questions about Professional Continuing Education Credits should be directed to: connect@cancercare.org.

This activity was supported by an unrestricted educational grant from Incyte. CancerCare's application for continuing education credits for this program was supported by the Diana Napoli Fund.



CANCERCARE CONNECT® EDUCATION WORKSHOP

Living with Myeloproliferative Neoplasms (MPN)

A Three-Part Series

**Wednesdays
1:30 - 2:30 PM Eastern Time**

**March 23, 2016
March 30, 2016
April 13, 2016**

A free CancerCare Connect® Education Workshop Series for people living with myeloproliferative neoplasms, their families, friends and health care professionals

Listen to these workshops over the telephone or connect to our webcast online.



CANCERCARE
Help and Hope

1-800-813-HOPE (4673)
www.cancercare.org
connect@cancercare.org

Workshop Schedule

1:30 - 2:30 PM Eastern Time

Part I **March 23, 2016**

Progress in the Treatment of Myeloproliferative Neoplasms (MPN)

Workshop Topics

- Overview of Myelofibrosis (MF), Polycythemia Vera (PV) and Essential Thrombocythemia (ET)
- Staging and Diagnosing
- Current Standard of Care and New Treatment Approaches
- What to Expect From Treatments
- Understanding Common Symptoms
- Working with Your Health Care Team to Manage Your Symptoms
- Strategies to Reduce Potential Complications of MPN
- The Important Role of Clinical Trials
- Communicating with Your Health Care Team about Staging and Progression
- Talking with Your Doctor about What Symptoms Should Prompt You or Your Caregiver to Call the Office
- Quality-of-Life, Prognosis and Life Expectancy Concerns
- Questions for Our Panel of Experts

Speakers

Srdan Verstovsek, MD, PhD
Professor of Medicine, Director
Hanns A. Pielenz Clinical Research Center for
Myeloproliferative Neoplasms
Department of Leukemia
MD Anderson Cancer Center

Jeanne M. Palmer, MD
Assistant Professor of Medicine
Hematology/Oncology, Mayo Clinic

Victoria Puzo, MSW
Online Support Group Program Coordinator
CancerCare

Workshop Schedule

1:30 - 2:30 PM Eastern Time

Part II **March 30, 2016**

Managing Aches and Pains and Treatment Side Effects from Myeloproliferative Neoplasms (MPN)

Workshop Topics

- Review of the Treatments for PV, ET and MF and Common Treatment Side Effects
- Reducing Complications of Your MPN: What You Need to Know and Do
- Key Concerns to Discuss with Your Doctor and Health Care Team
- When to Call Your Health Care Team between Appointments
- Knowing Which Specific Side Effects, Symptoms, Discomfort and Pain to Report to Your Doctor
- Keeping a Journal of Side Effects, Symptoms, Discomfort and Pain to Report to Your Doctor
- Know the Warning Signs of a Potential Medical Emergency and What to Do
- How Being More Assertive May Improve Your Care and Quality-of-Life
- Questions for Our Panel of Experts

Speakers

Kristina Gowin, DO
Hematologist and Medical Oncologist
Integrative Medicine Specialist
Salish Integrative Oncology Care Center
Research Collaborator, Mayo Clinic Cancer Center
Adjunct Faculty, College of Health Promotion and Wellness, Arizona State University

Victoria Puzo, MSW
Online Support Group Program Coordinator
CancerCare

Workshop Schedule

1:30 - 2:30 PM Eastern Time

Part III **April 13, 2016**

The Role of Nutrition, Exercise and Meditation in Coping with Myeloproliferative Neoplasms (MPN)

Workshop Topics

- Overview of MPN Related Weight Changes
- Coming Up with an Eating Plan That Works for You
- Strategies for Managing Your Weight
- Common Weight-Related, Eating and Hydration Questions to Ask Your Doctor and Health Care Team
- Nutrition Concerns and Eating Tips
- Benefits of Physical Activity and Exercise, i.e. Yoga and Weight Training
- How Meditation and Integrative Medicine May Help You Cope
- Questions for Our Panel of Experts

Speakers

Kristina Gowin, DO
Hematologist and Medical Oncologist
Integrative Medicine Specialist
Salish Integrative Oncology Care Center
Research Collaborator, Mayo Clinic Cancer Center
Adjunct Faculty, College of Health Promotion and Wellness, Arizona State University

Diana L. Bearden, MS, RD, CSO, LD, CNSC
Supervisor, Clinical Nutrition
The University of Texas MD Anderson Cancer Center

Richard Dickens, MS
Men's Cancers Program Director
CancerCare

Victoria Puzo, MSW
Online Support Group Program Coordinator
CancerCare

Living with Myeloproliferative Neoplasms (MPN)

A Three-Part Series

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE* _____

*Please list the phone number where you can be reached on the day of the workshop.

EMAIL _____

NUMBER OF PARTICIPANTS _____

Check workshop(s) you would like to attend:

3/23 _____ 3/30 _____ 4/13 _____

ARE YOU A HEALTH CARE PROFESSIONAL?

YES _____ NO _____

Mail this registration form to:

Carolyn Messner, DSW, MSW, OSW-C
Director of Education and Training
CancerCare®
275 Seventh Avenue
New York, NY 10001

OR

Register online at
www.cancercare.org/connect



CANCERCare®
1-800-813-HOPE (4673)
www.cancercare.org
connect@cancercare.org