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 1-888-337-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.
CancerCare, 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.

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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 Thrombocytopenia (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
Kriststina 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 RelatedWeight 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
Kriststina 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

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

connect@cancercare.org