

WOMEN'S HEALTH & BREAST CANCER CONFERENCE- October 24, 2015

BIOGRAPHIES

VICKI BARGHOUT is a breast cancer survivor and founder of Viver Health which educates people about the importance of eating healthy foods and understanding the impact food can have on the body. Viver Health publishes portable pocket guides that empower its users to reduce the risk of disease by integrating healthy food choices with good daily habits. The first guide, "Reduce Your Risk of Cancer" captures her own action plan of melding modern science with back-to-basics food techniques to minimize the side effects of her treatment. By the time of her surgery, her aggressive tumor was undetectable and today she is 5 years cancer free and is happily married with two beautiful daughters.

Vicki has worked in the health care industry for over 15 years, leading various pharmaceutical divisions for Novartis US Oncology Health Economics and Outcomes Research (HEOR) and Pricing, Global Novartis GI Franchise HEOR and Bayer HEOR. Her roles at those companies included implementing patient reported outcomes, health economic endpoints and pricing for development compounds. She has also worked on multiple drug launches and post launch activities focusing on oncology, gastroenterology, neurology, primary care, women's health and diagnostics. For more information on Viver Health go to www.viverhealth.com

ELIZABETH BOHAM MD, MS, RD, is board certified in family medicine, with a strong background in functional and integrative medicine. Dr. Boham is a young breast cancer survivor who understands firsthand how difficult it can be to navigate through the health care system. After being diagnosed at age 30, she became very interested in the causes, prevention and cure of breast cancer. She understands how important it is to look at many different systems in the body when searching for the underlying cause for dysfunction. Using functional medicine methods,

Dr. Boham works with people to decrease their risk of getting ill as well as support their body so that it can heal. She has been very successful in helping patients reverse insulin resistance and diabetes, heart disease, cancers, and autoimmune illnesses. She also has extensive experience in weight control and gastrointestinal dysfunction. She knows that everyone with breast cancer or heart disease is not the same and that it is important to investigate what that individual person's underlying cause of the disease is, when working to help the body function well.

Dr. Boham speaks on topics ranging from Women's Health and Breast Cancer Prevention to Insulin Resistance and Heart Health. She has been an online expert for Self Magazine and has contributed articles to a variety of magazines and books.

BEVERLY CANIN, vice president of Breast Cancer Options, became a patient advocate following a diagnosis of breast cancer in 2000. She is a graduate of and been a mentor for the National Breast Cancer Coalition's (NBCC) Project LEAD, an intensive course for advocates on the basic science of breast cancer and on advocacy issues. She is vice chair of the NYS Breast Cancer Network and Support and Education Network, sister coalitions of 23 NYS community-based breast cancer organizations; an advocate member of the NYS Health Research Science Board and board member of Breast Cancer Action, a national organization whose mission is to achieve health justice for all women at risk of and living with breast cancer.

Beverly has been a consumer reviewer on numerous breast cancer research peer review panels and currently collaborates as patient advocate on research projects at the University of Rochester, NY; Roswell Park Cancer Institute, Buffalo, NY; and City of Hope Cancer Center, Duarte, CA. She attends many professional organization scientific meetings and conferences and has been a faculty presenter twice at the American Society of Clinical Oncologists (ASCO) annual meeting.

JANET GRAY, PhD has been at Vassar College since 1980, first as an National Institute of Mental Health (NIMH) post-doctoral fellow in the Department of Biology and then as a member of the faculty in the Department of Psychology. She is an active participant in the inter-departmental program in Neuroscience & Behavior and directs the multidisciplinary program in Science, Technology, & Society (STS). She has created and taught the Biopolitics of Breast Cancer, a demonstration of her increased interest in learning and teaching about the intersection of environmental and women's health issues. She has turned her research and writing focus towards engaging in the public and scientific conversation on these complex issues. Dr. Gray is the Director of the Vassar College Environmental Risks and Breast Cancer Project, a team effort that has led to the production of a bilingual, interactive, user-friendly CD and website (<http://erbc.vassar.edu/erbc/>), and the principle author of the Breast Cancer Fund's *State of the Evidence: The Connection Between Breast Cancer and the Environment* (2008).

LEE GRIGGS, LMHC- After an injury ended her career as a ballet dancer, Lee Griggs earned a B.A. and an M.A. from SUNY New Paltz in English Literature. For 12 years, she taught high school English, before deciding to pursue a degree in psychology from Marist College. Lee is a Licensed Mental Health Counselor, as well as a Credentialed Alcohol & Substance Abuse counselor who worked for six years at St. Christopher's in Garrison, NY, where she treated homeless men with mental health and addiction issues. Currently, Lee is a psychotherapist at Columbia Memorial Hospital, working in both the inpatient and outpatient units. She has been leading mindfulness-based groups for the past seven years and recently studied Mindfulness-Based Stress Reduction at the University of Massachusetts. Lee has instituted a group at CMH encompassing meditation, mindfulness, and

energy work which helps individuals tap into the mind-body connection that can help reduce stress, improve overall health, and increase quality of life.

SAMIRA KHERA, MS, MD is a Fellowship-trained Board Certified breast surgeon and vein care specialist. Her practice serves Columbia, Greene, and Ulster counties and she is on staff at Benedictine Hospital and Columbia Memorial Hospital, where she sees patients, both men and women of all ages with breast problems. She performs high risk assessment and genetic BRCA testing. Dr. Khera has become known as an expert in all aspects of breast health and vein care treatment options. She performs ultrasound and stereotactic biopsies and mastectomy and lumpectomy and sentinel node biopsy for breast cancer treatment. She is also experienced in partial breast radiation therapy balloon catheter placement for shorter radiation treatment. She will discuss all aspects of breast health from diagnosis to treatment.

HOPE NEMIROFF is Executive Director and founder of Breast Cancer Options, a nonprofit providing breast cancer support, advocacy and education in the Hudson Valley. She is a 20 year survivor of breast cancer. Because of her breast cancer experience she founded Breast Cancer Options and created a one-of-a-kind program, *Companion Advocates* that provides a trained survivor to accompany newly diagnosed patients on initial medical visits. She coordinates support programs and educational services for Breast Cancer Options in six counties.

Hope has been a Consumer/advocate for the New York State Health Research Science Board Breast Cancer Funding Review Committee. She Spearheaded with Sheldon M. Feldman, MD, a research project to study the pesticide and pcb levels in body fat and blood of breast cancer patients and designed the research questionnaire for the project, which was published in 2007. She co-authored with Devra Davis, PhD, and Sheldon M. Feldman, MD, "DDT May Be a Contaminant in Green Tea from China " and was cited for contributing background materials for *'Life's Delicate Balance: Causes and Prevention of Breast Cancer*, by Janette D. Sherman, MD.

Breast Cancer Options is one of the founding members of the New York State Breast Cancer Network, the only grassroots breast cancer network in the United States. She researches and publishes *Breast Cancer News*, a weekly e-mail newsletter and the annual Healthy Lifestyles Calendar which is sent out all over the US.

HEIDI S. PUC, MD, FACP, ABIHM is a Hematologist-Oncologist and Integrative Holistic Medical Specialist, combining her expertise and practice in Oncology with Integrative Holistic Medicine at the Stram Center for Integrative Medicine in Delmar NY. She completed her Fellowship in Medical Oncology/Hematology at Memorial Sloan-Kettering Cancer Center in New York City.

Dr. Puc enjoys teaching traditional and integrative oncology to established and in-training physicians, and has taught as a Clinical Assistant Professor in the Department of Medicine at the Health Science Center at Syracuse, by virtue of her Preceptorship for SUNY Upstate medical students and residents in her private office setting. She has also taught The Healer's Art Course at SUNY Health Science Center, as a co-teacher working with Dr. Lynn-Beth Satterly, a family practitioner, teaching medical students the importance of nurturing themselves in mind, body and spirit during their training years and beyond.

Dr. Puc continues to passionately explore other innovative ways to combine and balance the healing effects of traditional oncology with Integrative, holistic and mind-body practices. She has Energy Medicine Certifications in *Reiki Levels I and II*; and *Basic Pranic Healing*. She is a *Seichim Master*.

RONALD STRAM, MD, is founder of the Stram Center for Integrative Medicine, is board certified in Integrative and Functional Medicine. "I felt a strong connection to my original motives for becoming a doctor and decided to expand my career in a new direction by seeking out the Integrative Medicine fellowship program at the University of Arizona with Dr. Andrew Weil. After successfully completing my two year fellowship training, I felt committed to providing this form of medicine to my own hometown. This inspired me to establish the Stram Center for Integrative Medicine more than ten years ago."

The Stram Center's collaboration between conventionally trained medical doctors and complementary providers is anchored by the respect for the wisdom and science across shared disciplines. More minds working as a team has proved to be more effective in addressing the needs of our patients. Our integrative approach continues to reinforce my belief that healing can occur when a medical environment focuses on the social, emotional, physical, and spiritual needs of individuals with chronic health conditions and their support network. It is my experience that this is the kind of healthcare people are seeking. Every day at the office, I feel privileged to work with my colleagues who share this philosophy of healthcare.