

**WOMEN'S HEALTH & BREAST CANCER CONFERENCE**  
**Saturday, October 24, 2015 ■ 9am to 3pm**  
**Columbia Greene Community College- Professional Academic Center**

**PROGRAM**

	Researching Information: <a href="#">SEARCH RESOURCES</a>
9-10am	<b>OPENING PLENARY: MAKING INFORMED MEDICAL DECISIONS</b> — What do you need to know in order to make an informed medical decision? Who should determine which options are right for you? Learn how to assess information, how to weigh benefits and risks, and how to come to informed decisions that fit your lifestyle and your beliefs. <i>Panelists: Samira Khera, MD; Heidi Puc, MD; Elizabeth Boham, MD</i>
10:15-11:15am Workshops Choose one	<b><u>A FUNCTIONAL APPROACH TO BREAST WELLNESS:</u></b> Join Elizabeth W. Boham, physician, nutritionist and young breast cancer survivor as she outlines what each of us can do to create the optimal terrain in our body to stop cancer from growing or spreading. She will review foods and supplements to strengthen immunity, decrease inflammation and act as natural aromatase inhibitors. <i>Speaker: Elizabeth Boham, MD, MS, RD</i>  <b><u>ENVIRONMENT AND BREAST CANCER:</u></b> While traditional risk factors tell us something about the likelihood that a woman might develop breast cancer, they clearly don't tell the whole story. Explore ways in which commonly-found chemicals may interact to affect the risk of developing breast cancer. Learn which environmental chemicals affect metabolic function, weight regulation, and cancer incidence. <i>Speaker: Janet Gray, PhD- Vassar College</i>
11:15- 12	<b>VISUALIZATION-THE BENEFITS OF MINDFULNESS:</b> Research has shown that meditation and other mindfulness practices can benefit cancer recovery. Visualization can stimulate the body's natural defenses, improve mood, lessen pain, help to increase appetite and more. Learn to survive and thrive after a cancer diagnosis. Learn how to ease stress and anxiety and achieve calmness. <i>Speaker: Lee Griggs, LMHC</i>
12-1pm	<b>LUNCH/VENDORS/THE DOCTOR IS IN/MEETING/METASTATIC MEETING</b>
1-2pm Workshops Choose one	<b><u>STRATEGIES FOR PREVENTION OF CANCER RECURRENCE &amp; CASE STUDIES</u></b> Integrative Care for Cancer Patients. Learn how you can improve functioning of the immune system, balance hormones, increase the body's ability to detoxify and decrease inflammation, and how these changes will decrease the risk of cancer. Simple changes in lifestyle, diet and what supplements to take will be reviewed. <i>Speakers: Ron Stram, MD; Heidi Puc, MD, FACP, ABIHM</i>  <b>WHAT TO EAT AND WHY:</b> There is so much confusing information about what is the best diet for cancer prevention and general health. Learn about healthy eating, how to use nutritional supplements and shows simple ways to strengthen your immune system, decrease your risk of cancer and recurrence, and improve your overall health. <i>Speaker: Vicki Barghout, Founder Viver Health</i>
2:15-3pm	<b>CLOSING PLENARY- SURVIVORSHIP 2015: Conference Round-Up</b> — We will summarize the elements of the day's activities and help you identify your own personal strategies for making informed decisions and healthy lifestyle changes in order to reduce your risk of breast cancer or chance of breast cancer recurrence and achieve optimum well-being. <i>Panelists: Ron Stram, MD; Beverly Canin; Samira Khera, MD</i>

Sponsors:

Columbia Memorial Health, Genomic Health, Berkshire Bank, Mid-Hudson Cable, Columbia Greene Media

## **BIOGRAPHIES**

**The conference is free but registration is required. Call 845-339-4673. Email [hopenemiroff@yahoo.com](mailto:hopenemiroff@yahoo.com).**

**Breast Cancer Options provides direct services in the counties of Columbia, Greene, Ulster Dutchess, Orange and Sullivan. [www.BreastCancerOptions.org](http://www.BreastCancerOptions.org)**

**DIRECTIONS TO COLUMBIA GREENE COMMUNITY COLLEGE**

**<http://www.sunycgcc.edu/aboutcgcc/directions.cfm>**