

9th International Thyroid Cancer Survivors' Conference

October 27-29, 2006 • Orlando, Florida

International Plaza Resort & Spa (formerly named Sheraton World), 10100 International Drive, Orlando, Florida 32821

Program Preview — Updated Oct. 24, 2006

We're proud to present our schedule as of October 24th. At the conference, you will receive our Daily Update Bulletin. To find out more, visit our web site www.thyca.org, call toll-free, or e-mail thyca@thyca.org or conference@thyca.org.

Friday, October 27, 2006

8:00 a.m. Registration Desk Opens in Conference Central. Caribbean A

Walk-in conference attendees and registrations are welcome each day. Scholarships are available.

Purchase tickets for Saturday Night's Dinner/Auction Fundraiser for Thyroid Cancer Research.

The Survivors' Creative Expressions Exhibit opens.

Visit the Resource Information Tables for Educational Materials from ThyCa and other organizations.

9:30 – 9:45 a.m.

101 Welcome and Morning Announcements. Sara Brenner, ThyCa Volunteer. *Coral A*

9:45 – 10:45 a.m. Getting To Know Each Other

111 Open Mike Survivors'/Caregivers Roundtable. Joel Amromin, ThyCa Volunteer. *Coral A*

112 Open Mike Survivors'/Caregivers Roundtable. Joan Axthelm, ThyCa Volunteer. *Caribbean B*

113 Open Mike Survivors'/Caregivers Roundtable. Marla Friedman, ThyCa Volunteer. *Coral B*

114 Open Mike Survivors'/Caregivers Roundtable. Kevin Macolley, ThyCa Volunteer. *Mediterranean B*

115 Open Mike Survivors'/Caregivers Roundtable. Peggy Melton, ThyCa Volunteer. *Mediterranean C*

116 Open Mike Survivors'/Caregivers Roundtable. Gail Schuler, ThyCa Volunteer. *Caribbean C*

11:00 a.m. – 12:00 p.m.

121 Thyrogen Update: Recombinant Human TSH for Preparing for RAI Scan/Thyroglobulin Testing in Papillary and Follicular Thyroid Cancer. Ernest L. Mazzaferri, M.D., Endocrinologist, and Michele Balint, Genzyme Therapeutics. *Coral A*

122 Medullary Thyroid Cancer: An Up-To-Date Overview. Jan Halzel, Pharm.D., ThyCa Volunteer. *Caribbean B*

123 Surgical Overview, Including Minimally Invasive Techniques. Eugene P. Chambers, M.D., Surgeon. *Coral B*

124 Roundtable: Caregivers' Issues. For caregivers only. Jon Guljord, Todd Larson, and Lee Melton, ThyCa Volunteers. *Mediterranean B*

125 Quality of Life: The "Good" Cancer—A Study of Patients' Views. Lynda Mules, M.S. *Mediterranean C*

126 Roundtable: Anaplastic Thyroid Cancer. Clayton Twigg and Rose Twigg, ThyCa Volunteers. *Caribbean C*

12:15 – 12:50 p.m. Lunch and Learn Roundtables. Bring your lunch.

131 Ask a Doctor What You Need to Know About Your Recent Diagnosis of Thyroid Cancer. Ernest L. Mazzaferri, M.D., Endocrinologist. *Coral A*

132 The Importance of Genetic Testing in Medullary Thyroid Cancer. Jan Halzel, Pharm.D. *Caribbean B*

133 Voice Issues: Prevention and Solutions. Eugene P. Chambers, M.D., Surgeon. *Coral B*

134 Being in Clinical Trials: The Patient's Perspective on What To Consider. Patti Malloy, ThyCa Volunteer. *Mediterranean B*

135 Roundtable: Long-Term Survivors' Experiences and Issues, Including Coping with a Recurrence. Theresa Wickerham, ThyCa Volunteer. *Mediterranean C*

136 Roundtable: Workplace Issues. Rebecca Lord and other ThyCa Volunteers. *Caribbean C*



Thank you for coming to the 9th Annual ThyCa Conference!
We are delighted that you are here.

Friday, October 27, 2006 — *continued***1:00 – 2:15 p.m.**

- 141 Papillary and/or Follicular Recurrence Risk Factors and How They Affect Initial Treatment and Follow-Up.** Steven L. Waguespack, M.D., Endocrinologist. *Coral A*
- 142 Roundtable: Medullary Thyroid Cancer.** Wendy Hull, ThyCa Volunteer. *Caribbean B*
- 143 Overview of Diagnostic Thyroid Cancer Scans and When to Get a Second Opinion.** Donald Margouleff, M.D., Nuclear Medicine Physician. *Coral B*
- 144 Maintain Your Frame: Nutrition for Survivors of All Types of Cancer, and Caregivers.** Cyndy Mondelus, M.S., Nutrition Specialist. *Mediterranean B*
- 145 Using the ATA Guidelines and Understanding Levothyroxine Issues.** David S. Cooper, M.D., Endocrinologist. *Mediterranean C*
- 146 Being an Effective Self-Advocate.** Rebecca Lord and Other ThyCa Volunteers. *Caribbean C*
- 147 Anaplastic Thyroid Cancer: Treatment, Research, Clinical Trials.** Ernest L. Mazzaferri, M.D., Endocrinologist. *Board Room*

2:30 – 3:45 p.m.

- 151 Ask a Doctor about the First Five Years Dealing with Papillary and Follicular Thyroid Cancer.** Steven L. Waguespack, M.D., Endocrinologist. *Coral A*
- 152 Drugs in Research: Introduction to Targeted Therapies for Medullary Thyroid Cancer.** Jan Halzel, Pharm.D., Pharmacist, ThyCa Volunteer. *Caribbean B*
- 153 What's On The Horizon and Needed for Thyroid Cancer Research and ThyCa-Funded Research Projects.** Ernest L. Mazzaferri, M.D., Endocrinologist. *Coral B*
- 154 Relationship Changes During Cancer Treatment: A Session for Caregivers and Survivors.** Dana Nolan, M.S., L.M.H.C., Mental Health Counselor. *Mediterranean B*
- 155 Starting a Local ThyCa Support Group: Discussion for Prospective Support Group Facilitators.** Sara Brenner, ThyCa Local Support Groups Coordinator. *Mediterranean C*
- 156 Pain Management and Palliative Care: Clinical, Legal, and Ethical Issues in Managing Chronic or Severe Pain.** Sunil Panchal, M.D., Anesthesiologist, Coalition for Pain Education. *Caribbean C*
- 157 Roundtable: Pediatric Thyroid Cancer.** ThyCa Volunteers. *Board Room*

4:00 – 5:15 p.m.

- 161 Ask a Doctor about Thyroid Cancer Scans and New Imaging Techniques.** Donald Margouleff, M.D., Nuclear Medicine Physician. *Coral A*
- 162 Medullary Thyroid Cancer: Treating Liver Metastases.** Mira Milas, M.D., Surgeon. *Caribbean B*
- 163 Long-Term Management of Papillary and Follicular Thyroid Cancer, Including the Use of Ultrasound.** Ernest L. Mazzaferri, M.D., Endocrinologist. *Coral B*
- 164 Pediatric Thyroid Cancer: Answering Your Questions About Treatment, Testing and Research.** Steven L. Waguespack, M.D., Endocrinologist. *Mediterranean B*
- 165 Coping with Thyroid Cancer and Other Health Issues at the Same Time.** Jan Scheuerman and other ThyCa Volunteers. *Mediterranean C*
- 166 Ask a Doctor about Being a "Newcomer" to Thyroid Cancer.** Mark Lupo, M.D., Endocrinologist. *Caribbean C*

5:30 – 6:30 p.m.

- 171 ThyCa Volunteer Appreciation Reception, Annual Meeting, and Informal Social Time with Refreshments.** Free. Bring your suggestions for strengthening ThyCa's support services! Stay for conversation, drinks, and snacks! *In the Florida Bay One Room in the Tower.*

5:00 – 9:00 p.m. Your choice for dinner.

- 181 Optional Special Event: Dinner at Pizzeria Uno.** Eat Out and Raise Money for ThyCa's Research Funding. Up to 20% of the sales generated by presenting your ThyCa Form (in Conference Central) to the cashier will be donated back to ThyCa. Pizzeria Uno offers pizza, hamburgers, chicken and fish dinners, and more. At 8350 International Drive, 2.5 miles north of the hotel. Choose your dinner time and companions, or sign up to be part of a group in Conference Central.
- 182 Dinner for Medullary Families.** See Jan Halzel or Wendy Hull for details.

Saturday, October 28, 2006

8:00 a.m. Registration Desk Opens in Conference Central. *Caribbean A*

Walk-in conference attendees and registrations are welcome. Scholarships are available. Purchase tickets for Tonight's Dinner/Auction Fundraiser for Thyroid Cancer Research. Visit the Exhibits.

8:00 – 9:00 a.m. Early-Bird Sessions

201 Issues with Your Mouth, Salivary Glands, and Teeth from Radiation Treatment: Differences in Issues with Radioactive Iodine and External Beam Radiation. Mark S. Chambers, M.S., D.M.D., Oral Medicine Specialist. *Coral A*

202 Roundtable: Patient/Physician Communication and Coordination. Mira Milas, M.D., Surgeon, and Peggy Melton, ThyCa Volunteer. *Caribbean B*

203 Fine Needle Aspiration (FNA) of Thyroid Nodules: Usefulness, Limitations, and When to Get a Second Opinion. Kraig S. Lerud, M.D., Pathologist. *Coral B*

204 The Function of Institutional Review Boards in the Clinical Trials Process. David M. Flory, Ph.D., Compliance and Special Projects Coordinator. *Mediterranean B*

205 Roundtable: Anaplastic Thyroid Cancer. Clayton Twigg and Rose Twigg, ThyCa Volunteers. *Mediterranean C*

9:00 – 9:10 a.m.

211 Morning Announcements. Sara Brenner, ThyCa Volunteer. *Coral A*

9:15 – 10:30 a.m.

221 Ask a Doctor about Surgical Issues Including Additional Surgery of the Neck and Lymph Nodes. David Myssiorek, M.D., Surgeon. *Coral A*

222 Roundtable: Medullary Thyroid Cancer. Jan Halzel, Pharm.D., ThyCa Volunteer. *Caribbean B*

223 What's the Latest in Thyroglobulin Testing? Carol A. Spencer, Ph.D., F.A.C.B., Thyroglobulin Researcher. *Coral B*

224 Pediatric Thyroid Cancer: Answering Your Questions. Steven L. Waguespack, M.D., Endocrinologist *Mediterranean B*

225 Ask an Attorney about Legal Issues: Disability Issues Related to Employment Rights, Sources of Disability Benefits. Carol Ponton, J.D., Attorney. *Mediterranean C*

226 Complementary Approaches for Well-Being—Sharing What We Find Helpful. Sally Snyder, ThyCa Volunteer. *Caribbean C*

10:45 a.m. – 12:00 p.m.

231 Ask a Doctor about Voice Issues: Causes, Prevention, Treatment Approaches. David Myssiorek, M.D., Surgeon. *Coral A*

232 Medullary Thyroid Cancer: Information and Interim Data with SAHA and Other Targeted Therapies. Matthew D. Ringel, M.D., Endocrinologist. *Caribbean B*

233 Ask a Doctor What You Need to Know about Your Recent Diagnosis of Thyroid Cancer. Mira Milas, M.D., Surgeon. *Coral B*

234 Financial Management During Crisis or Long-Term Illness. Glinder Stephens, M.S., Financial Issues Educator. *A new topic this year. Good money management skills can help reduce stress in a money crunch resulting from illness, accident, or other events. Learn techniques to stretch household income to meet the family's needs. Mediterranean B*

235 Ask an Attorney about Legal Issues: Health Insurance, Coverage, Claims Denials, Appeals, Options When Uninsured. Mark Nation, J.D., Attorney. *Mediterranean C*

236 Preparing for a Radioiodine Scan or Radioiodine Treatment: Coping with Hypothyroidism, Easy Tips for Using Low-Iodine Snacks and Recipes, Planning Time off Work or School. Leah Guljord, ThyCa Volunteer. *Caribbean C*

This conference was created for you, by volunteers. We invite you to plunge into this event. Ask questions, write down the answers, share your story, listen to others. Find the balance of support and education that you need. Take what works for you and leave the rest.



Saturday, October 28, 2006—*continued*

12:15 – 12:50 p.m. Lunch and Learn Roundtables. Bring your lunch.

241 Learn About the International Thyroid Cancer Study Group, Its Cooperative Relationship with ThyCa, and Working Together for Research for Cures. Matthew D. Ringel, M.D., Endocrinologist, and Dwight Vicks, ThyCa Volunteer. *Coral A*

242 Roundtable: ThyCa's Person-To-Person Network, How To Get Involved and Give Support. Peggy Melton, ThyCa Volunteer. *Caribbean B*

243 Roundtable: If You're New To Papillary or Follicular Thyroid Cancer. Sheila Becker and Evelyn Gross. *Coral B*

244 Roundtable: Young Adults Group. Cheri Lindle, ThyCa Volunteer. *Mediterranean B*

245 Roundtable: Men's Issues for Thyroid Cancer Survivors. Joel Amromin, ThyCa Volunteer. *Mediterranean C*

246 Fitness and Exercise While On and Off Thyroid Medication. Sara Brenner, ThyCa Volunteer. *Caribbean C*

1:00 – 2:15 p.m.

251 Consider the Facts: Radioiodine Scans, Treatments, Potential Early and Late Side Effects. Douglas Van Nostrand, M.D., Nuclear Medicine Physician. *Coral A*

252 Medullary Thyroid Cancer: Targeted Therapies. Steven I. Sherman, M.D., Endocrinologist. *Caribbean B*

253 What's New in the Treatment of Advanced Thyroid Malignancies? Robert C. Smallridge, M.D., Endocrinologist. *Coral B*

254 Making Life a Little Easier: Self-Help Tools for Your Home. Mary Sue Kennington, M.Ed., Family and Consumer Educator. *A new topic this year. Helpful ways to simplify, save time, organize, and handle your daily routines to reduce stress and improve well-being.* *Mediterranean B*

255 Ask an Attorney about Legal Issues: Employment and Workplace Issues. N. James Turner, J.D., Attorney. *Mediterranean C*

256 Roundtable: Young Adults Group. Steven G. Waguespack, M.D., Endocrinologist. *Caribbean C*

2:30 – 3:45 p.m.

261 Ask a Doctor about Nuclear Medicine Issues. Douglas Van Nostrand, M.D., Nuclear Medicine. *Coral A*

262 Medullary Thyroid Cancer: Clinical Trials Discussion. Robert C. Smallridge, M.D., Endocrinologist. *Caribbean B*

263 Papillary and Follicular Thyroid Cancer: Discussion of Clinical Trials and Targeted Therapies. Steven I. Sherman, M.D., Endocrinologist. *Coral B*

264 Effective Communication Principles and Techniques To Use in Your Personal Life, Medical Settings, and at Work. Michael Desiderio, M.B.A. *Mediterranean B*

265 Ask a Doctor About Pregnancy and Parenting When Dealing with Thyroid Cancer. Rena V. Sellin, M.D., Endocrinologist. *Mediterranean C*

266 Anaplastic Thyroid Cancer: Treatment, Research, Clinical Trials. Matthew D. Ringel, M.D., Endocrinologist. *Caribbean C*

4:00 – 5:15 p.m.

271 Ask a Doctor About What's Next in Treatment and Clinical Trials. Matthew D. Ringel, M.D., Endocrinologist. *Coral A*

272 Medullary Thyroid Cancer: Managing Yourself, Including Bone Health, Nutrition, and Maintaining Your Weight. Jan Halzel, Pharm.D., ThyCa Volunteer. *Caribbean B*

273 Ask a Doctor about Preparing for Thyroid Surgery for the Patient Dealing with Complex Thyroid Cancer. Mira Milas, M.D., Surgeon. *Coral B*

274 Living with Chronic Illness: Coping Skills. Nedenia Thomas, M.S.W., Social Worker. *Mediterranean B*

275 Ask a Doctor about Familial Papillary or Follicular Thyroid Cancer. Beatriz Tendler, M.D., Endocrinologist. *Mediterranean C*

276 Roundtable: Current and Prospective Local ThyCa Support Group Facilitators. Sara Brenner, ThyCa Volunteer. *Caribbean C*

277 Massage Therapy and Its Benefits for Stress Reduction. Lynda Mules, M.S., Massage Therapist. *Board Room*

6:00 – 9:00 p.m. Saturday Evening Benefit Fundraiser—Tampa Bay Ballroom in the Tower

ThyCa Dinner/Auction To Raise Funds for Thyroid Cancer Research

Tickets for the delicious three-course dinner cost \$50. We welcome added donations (tax deductible).

If you have not yet made your reservation for this wonderful evening,



Sunday, October 29, 2006

8:00 a.m. Registration Desk Opens in Conference Central. *Caribbean A*

Visit the exhibit tables.

8:00 – 9:00 a.m. Early-Bird Sessions

301 Morning Walk and Chat: Exercise for Well-Being. Ron Grafman, ThyCa Volunteer. *Coral A*

302 Your Ideas for Content for the New Medullary Thyroid Cancer Site To Be Added to the ThyCa Web Site. Jan Halzel, Pharm.D., ThyCa Volunteer. *Caribbean B*

303 Using the Myers-Briggs Type Indicator To Understand Yourself and How You Interact with Other People as it Relates to Your Thyroid Cancer Diagnosis. Cheri Lindle, M.Ed., MBTI Trainer and ThyCa Volunteer. *Coral B*

304 Roundtable: Living with Thyroid Cancer. Jo Walker, ThyCa Volunteer; other ThyCa Volunteers; and Rita Banach, President, Thy'vors, Canadian Thyroid Cancer Support Group. *Mediterranean B*

305 Fundraising for Research: Moving Toward Our Dream of Cures for all Thyroid Cancer. Leah Guljord, ThyCa Volunteer. *Mediterranean C*

306 Roundtable: Update on ThyCa's Involvement in Alliances, Networking, and Patient Advocacy; Sharing Ideas for Increasing Thyroid Cancer Awareness and Education. Cherry Wunderlich, ThyCa Volunteer. *Caribbean C*

9:00 – 9:10 a.m.

311 Morning Announcements. Sara Brenner, ThyCa Volunteer. *Coral A*

9:15 – 10:30 a.m.

321 Ask a Doctor about Follow-Up for Papillary and Follicular Thyroid Cancer: TSH Levels, Bone and Heart Issues, Thyroglobulin, Other Tests. Michael Karl, M.D., Endocrinologist. *Coral A*

322 Roundtable: Medullary Thyroid Cancer. Jan Halzel, Pharm.D., ThyCa Volunteer. *Caribbean B*

323 Organizing and Publicizing a Support Group Speaker or Free Half-Day or One-Day ThyCa Educational Workshop. Sara Brenner and Theresa Wickerham, ThyCa Volunteers. *Coral B*

324 Looking for the Funny Side: Positive Attitudes, Humor, and Healing for Coping During Illness. Tammy Kilhullen and Theresa Wickerham, ThyCa Volunteers. *Mediterranean B*

325 Getting Involved: Volunteering and Becoming Active in ThyCa. Gary Bloom and Leah Guljord, ThyCa Volunteers. *Mediterranean C*

326 Discussion About Anaplastic Thyroid Cancer, Including Treatment Options and Considering a Clinical Trial. R. Michael Tuttle, M.D., Endocrinologist. *Caribbean C*

10:45 a.m. – 12:00 p.m.

331 Ask a Doctor about Imaging Issues: Ultrasound, RAI Scans, PET Scans, CT Scans, MRI, Others. A. Cahid Civelek, M.D., Nuclear Medicine Physician. *Coral A*

332 Targeted Therapies for Medullary Thyroid Cancer. Barry D. Nelkin, Ph.D., Thyroid Cancer Researcher. *Caribbean B*

333 Ask a Doctor about Extensive Thyroid Surgery, Including Neck Dissection and Surgery for Neck Spread or Distant Metastases. Douglas B. Villaret, M.D., Otolaryngologist. *Coral B*

334 Memory Skills Workshop: The Seven Fundamentals of Memory and How To Use Them. Scott Hagwood, National Memory Champion. *Mediterranean B*

335 Roundtable: Perspectives of Parents and Siblings. Louise Samuel and other ThyCa Volunteers. *Mediterranean C*

336 Roundtable for Young Adults: Treatment, Testing, and Timing Decisions in Different Situations with Family, School, and Work. R. Michael Tuttle, M.D., Endocrinologist. *Caribbean C*

Sunday, October 29, 2006

12:10 – 12:40 p.m. Lunch and Learn Roundtables. Bring your lunch.

- 341 Thyroid Cancer Review.** R. Michael Tuttle, M.D., Endocrinologist. *Coral A*
- 342 Medullary Thyroid Cancer: Information About Targeted Therapies.** Lori J. Wirth, M.D., Medical Oncologist. *Caribbean B*
- 343 Papillary and Follicular Thyroid Cancer: Targeted Therapies.** Barry D. Nelkin, Ph.D., Thyroid Cancer Researcher. *Coral B*
- 344 Coping with Fatigue Connected with Treatment or Testing.** Tammy Kilhullen and Peggy Melton, ThyCa Volunteers. *Mediterranean B*
- 345 Caregiver Role in Support and Advocacy.** Todd Larson and Lee Melton, ThyCa Volunteers. *Mediterranean C*
- 346 Roundtable: Coping with Voice Issues.** Jan Scheuerman, ThyCa Volunteer. *Caribbean C*

12:45 – 2:00 p.m.

- 351 Treating Thyroid Cancers Using a More Aggressive Approach with Chemotherapy and Radiation in Clinical Trials.** Lori J. Wirth, M.D., Medical Oncologist. *Coral A*
- 352 Radioimmunotherapy as a Treatment for Advanced Medullary Thyroid Cancer.** R. Michael Tuttle, M.D., Endocrinologist. *Caribbean B*
- 353 Thyroid Disease Basics: Overview of Normal Thyroid Function, Diagnosing and Treating Hypothyroidism, Hyperthyroidism, and Graves' Disease; and Thyroid Nodules.** Vineeth Mohan, M.D., Endocrinologist. *Coral B*
- 354 Roundtable: Getting Involved, Volunteering for ThyCa.** ThyCa Volunteers. *Mediterranean B*
- 355 Giving and Receiving Support by E-Mail.** ThyCa Volunteers. *Mediterranean C*

2:15 – 3:00 p.m.

- 361 Ask a Doctor about Thyroid Cancer Care.** Vineeth Mohan, M.D., Endocrinologist. *Coral A*
- 362 Roundtable: Medullary Thyroid Cancer.** Jan Halzel, Pharm.D., Wendy Hull, and Kathryn Wall, ThyCa Volunteers. *Caribbean B*
- 363 Roundtable: Papillary and Follicular Thyroid Cancer, Florida Attendees.** Marla Friedman and Kevin Macolley, ThyCa Volunteers. *Coral B*
- 364 Roundtable: Papillary and Follicular Thyroid Cancer.** Gail Schuler and Theresa Wickerham, ThyCa Volunteers. *Mediterranean B*
- 365 Roundtable: Anaplastic Thyroid Cancer.** Rose Twigg, Clayton Twigg, ThyCa Volunteers. *Mediterranean C*

3:00 – 3:30 p.m.

- 371 Conference Wrap-Up; Your Feedback and Suggestions for Next Year.** Conference Team. *Coral A*

Thank you for coming! We hope to see you in the coming year! Come to support group meetings, a free half-day or one-day workshop in the spring, and the 10th International Thyroid Cancer Survivors' Conference in October 2007. Please take flyers home with you. Visit our web site for more information.



We would like to send a special thank-you to all the presenters who contributed to this wonderful weekend. We appreciate your donation of your time and your expertise, your support of ThyCa, and your commitment to the well-being of thyroid cancer survivors and caregivers.
Thank you.