

Saturday, May 18, 2019 — 18th Annual Thyroid Cancer Survivors' Mid-Atlantic Workshop

Program Schedule

8:00 a.m. – 3:30 p.m.

Registration, information and resource tables. *Edu 4*

8:00 – 8:50 a.m.

Informal conversation: getting acquainted with each other.

Cal Pierce, ThyCa Volunteer. *Edu 2&3*

8:50 – 9:00 a.m. Welcome. Cal Pierce, ThyCa Volunteer. *Edu 2&3*

9:00 – 9:50 a.m.

Talk with a surgeon about your thyroid cancer, including voice and swallowing issues. Vaninder K. Dhillon, M.D., Otolaryngologist. *Edu 2&3*

Roundtable: coping with a diagnosis, during treatment, and over the long term. Vanda White, ThyCa Volunteer. *Edu 4*

9:50 – 10:05 a.m. Break

10:05 – 10:55 a.m.

Papillary and follicular thyroid cancer: treatment and follow-up for different risk levels. Leila Shobab, M.D., Endocrinologist. *Edu 2&3*

Roundtable on health promotion: sharing experiences with diet, exercise, and other complementary approaches to well-being. Cal Pierce, ThyCa Volunteer. *Edu 4*

10:55 – 11:10 a.m. Break

11:10 a.m. – 12:00 p.m.

I-131 (radioactive iodine) therapy in thyroid cancer management. When is I-131 used/not used in treatment, dose decisions, preparation, and follow-up, and monitoring. Douglas Van Nostrand, M.D., Nuclear Medicine Physician. *Edu 2&3*

11:10 a.m. – 12:00 p.m. continued

Roundtable: coping with stress and fears around a cancer diagnosis, treatment, and testing. Cherry Wunderlich, ThyCa Volunteer. *Edu 4*

12:00 – 12:30 p.m. Lunch Break

(Get your lunch anytime in the morning and bring it to a session. Come in as soon as you have your food. The Cafeteria is on the Second Floor.)

12:30 – 1:30 p.m.

Thyroid hormone therapy, testing, and dosing, including synthetic (T4), NDT, and T3. Can my lifestyle affect how I feel? Cristiane J. Gomes Lima, M.D., Endocrinologist. *Edu 2&3*

Roundtable: talking about our thyroid cancer journey. Gary Bloom. *Edu 4*

1:30 – 1:45 p.m. Break

1:45 – 2:35 p.m.

Ask a doctor your questions about your long-term thyroid cancer management, including how the latest ATA guidelines impact managing of your care. Jill M. Paulson, M.D., F.A.C.E., F.A.C.P., Endocrinologist. *Edu 2&3*

Roundtable: how can you get involved in ThyCa: Thyroid Cancer Survivors' Association? Gary Bloom. *Edu 4*

2:35 – 2:45 p.m. Break

2:45 – 3:30 p.m.

Questions you haven't asked yet, workshop highlights, your feedback, and drawing for prizes. Gary Bloom. *Edu 2&3*

Thank You to our Speakers...

Vaninder K. Dhillon, M.D., Otolaryngologist,
Johns Hopkins Medicine, Bethesda, MD
Cristiane J. Gomes Lima, M.D., Endocrinologist,
MedStar Washington Hospital Center, Washington, DC
Jill M. Paulson, M.D., F.A.C.E., F.A.C.P., Endocrinologist,
George Washington University, Washington, DC
Leila Shobab, M.D., Endocrinologist,
MedStar Washington Hospital Center, Washington, DC
Douglas Van Nostrand, M.D., Nuclear Medicine Physician,
MedStar Washington Hospital Center, Washington, DC

Thank You to our Workshop Organizers and Volunteers

- *ThyCa Support Groups in Baltimore, Northern Virginia, and Washington, DC (Silver Spring)*: Gary Bloom (ThyCa Executive Director), Hilary Bloom, Ronni Emden, Sheldon Lehner, Cal Pierce, Bruce Rubin, Barbara Statas, Michele Mariani Vaughn, Vanda White, and Cherry Wunderlich.
- Plus numerous “unseen” ThyCa Volunteers around the country who helped: Toll-Free Number Team, Email Team, and more

Special Thanks to...

Holy Cross Hospital • American Thyroid Association

How To Help — Visit www.thyca.org for details

- Give Thyroid Cancer Awareness brochures to your friends and relatives.
- Become a ThyCa Volunteer — New volunteers welcome at any time
- Become a ThyCa Member — One year \$25, 2 years \$45, Lifetime \$225
- Donate to ThyCa's Rally for Research for Thyroid Cancer Research
- Support Thyroid Cancer Awareness Month — each September, worldwide.
Sponsored by ThyCa

Come to the ***22nd International Thyroid Cancer Survivors' Conference • October 18-20, 2019 • Denver, Colorado***

Welcome to the

Thyroid Cancer Survivors' 18th Mid-Atlantic Workshop

Saturday, May 18, 2019

FREE

8:00 a.m. - 3:30 p.m.

Holy Cross Hospital, Education Center off the Main Lobby
1500 Forest Glen Road, Silver Spring, MD



Sponsored by

**ThyCa: Thyroid Cancer
Survivors' Association, Inc.SM**

www.thyca.org

A nonprofit 501(c)(3) organization of thyroid cancer survivors, family members, and health care professionals.

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