

BREAKOUT SESSIONS

Time	Title	Session Description and Presenter
Session 1 Time: 9:45 a.m.	<u>Can Cancer Be Prevented?</u>	<ul style="list-style-type: none"> ▪ Lifestyle changes can make a difference ▪ Types of cancer most affected by maintaining a healthy lifestyle and why ▪ The 216 things you can do to help prevent cancer <p>Presenter: W. Jarrard Goodwin, M.D., F.A.C.S. Director, UM/Sylvester</p>
Session 2 Time: 9:45 a.m. Will open with brief meditation	<u>Men's Health: How To Be Proactive and Stay Active</u>	<ul style="list-style-type: none"> ▪ Cancer, illness and sexuality ▪ The state of science in screenings: what to screen for and when ▪ A woman's role in men's health <p>Presenters: Raymond Leveillee, M.D., Member of UM/Sylvester's Prostate Bladder and Kidney Cancers Site Disease Group Robert Schwartz, M.D., Chairman of the Department of Family Medicine Mark S. Soloway, M.D., Member of UM/Sylvester's Prostate Bladder and Kidney Cancers Site Disease Group Panelist: Norma Wilson, survivor</p>
Session 3 Time: 9:45 a.m. Will open with brief meditation	<u>Surviving Cancer—The Positive Side</u> <i>Living life to the fullest after cancer</i>	<ul style="list-style-type: none"> ▪ How to be an active patient ▪ Integrating new lifestyle choices ▪ Developing support systems ▪ How to develop "survivor" qualities ▪ How to "go pubic" about your cancer ▪ Patient Bill of Rights <p>Presenters: Beatriz Currier, M.D., F.A.P.M., Courtelis Center for Psychosocial Oncology Peggy Rios, The Wellness Community Joan Scheiner, Survivor</p>
Session 4 Time: 9:45 a.m. Will open with brief meditation	<u>Women's Health—The First Half of Life</u>	<ul style="list-style-type: none"> ▪ Current information on hormones, birth control, and PMS ▪ The state of science in screenings ▪ Sexuality and gynecology ▪ The impact of weight, nutrition, and exercise <p>Presenters: Eli Avisar, F.A.C.S.A., Co-Leader, UM/Sylvester's Breast Cancer Site Disease Group Leo B. Twiggs, M.D. Member of of UM/Sylvester Gynecologic Cancer Site Disease Group Karon Rzad, R.D.C.D.E., LDN, Director of Medical Nutrition Services Shannon Hori, moderator, CBS 4</p>

Time	Title	Session Description and Presenter
<p>Session 5 Time: 11:30 a.m.</p>	<p><u>Genetics, Cracking the Code:</u> <i>Understanding the science of genetics</i></p>	<ul style="list-style-type: none"> ▪ Genome project and scientific breakthroughs ▪ The genetics of cancer ▪ Stem cell research ▪ Genetic testing and implications ▪ Adoption and genetics <p>Prospective Presenters: Talia Donnerberg, MS, CGC, Member of UM/Sylvester's Breast Cancer Site Disease Group Stefan Glück, M.D., Ph.D., F.R.C.P. (C), Clinical Director, Braman Family Breast Cancer Institute Margaret Pericak-Vance, Ph.D., Director of Miami Institute for Human Genomics, Dr. John T. Macdonald Foundation Jefferey Vance, M.D., Ph.D., Chairman, Dr. John T. Macdonald Foundation, Department of Human Genetics and Genomic Medicine</p>
<p>Session 6 Time: 11:30 a.m.</p> <p>Will open with brief meditation</p>	<p><u>Raising Healthy Children & Proactive Parents</u> <i>Connecting the science to meaningful choices for parents</i></p>	<ul style="list-style-type: none"> ▪ Sorting fact from fiction and rumor from truth ▪ Nutrition, exercise and the environment ▪ New vaccines ▪ Drugs, vitamins, probiotics ▪ Construct a family health record <p>Presenters: Steven Lipshultz, M.D., Professor and Chair of Pediatrics Tracie Miller, M.D., Professor of Pediatrics and Epidemiology</p>
<p>Session 7 Time: 11:30 p.m.</p> <p>Will open with brief meditation</p>	<p><u>How to Feel Better:</u> <i>Mind over matter developing a multi-disciplinary team approach to treatment</i></p>	<ul style="list-style-type: none"> ▪ The science behind the Mind-Body Connection ▪ Multi-disciplinary and integrative methods for living longer ▪ Spirituality's role in healing ▪ Proven stress reduction techniques <p>Presenters: Mike Antoni, Ph.D. , Co-leader, UM/Sylvester Biobehavioral Oncology and Cancer Epidemiology Program Rosa M. Caiseda, MSW, Director of Social World Services, UM/Sylvester Courtelis Center for Psychosocial Oncology Nancy Frehling, Survivor</p>
<p>Session 8 Time: 11:30 a.m.</p>	<p><u>New Directions in Research</u> <i>Breaking new Ground</i></p>	<ul style="list-style-type: none"> ▪ Groundbreaking research that impacts diagnosis and treatment ▪ Recruiting the best researchers from around the world ▪ Understanding clinical trials <p>Presenters: Mark D. Pegram, M.D., Associate Director of Clinical and Translational Research, Braman Family Breast Cancer Institute Joseph D. Rosenblatt, M.D., Chief of Division of Hematology/Oncology Joyce Slingerland, M.D., Ph.D. F.R.C.P.(C), Director of Braman Family Breast Cancer Institute</p>

Time	Title	Session Description and Presenter
Session 9 Time: 11:30 a.m.	<u>Looking Healthy and Beautiful in Florida: Our Sun & Your Skin</u>	<ul style="list-style-type: none"> ▪ How much sun is healthy ▪ How to prevent sun damage ▪ Ethnicity and healthy skin ▪ Inspecting your body ▪ Reading labels and choosing products <p>Presenters: Leslie Bauman, M.D., Professor and Director of University of Miami Cosmetic Center Robert Kirsner, M.D., Professor and Vice Chairman, Department of Dermatology and Cutaneous Surgery</p>
Session 10 Time: 11:30 Will open with brief meditation	<u>Creating your personal life plan</u> <i>Integrated Medical Approaches</i>	<ul style="list-style-type: none"> ▪ Creating a life plan ▪ Stress and pain management ▪ Meditation, guided imagery and acupuncture ▪ The power of yoga, music, dance, writing, gardening, art <p>Presenters: Susan Luck, R.N., Earthrose Institute Peggy Rios, Ph.D., Program Director of the Wellness Community – Greater Miami Jon E. Lewis, Ph.D., Director of Research for the Division of Complimentary and Integrative Medicine</p>
Session 11 Time: 2:30 p.m. Will open with brief meditation	<u>Advocating for Good Health</u> <i>Developing a team approach to treatment and care management</i>	<ul style="list-style-type: none"> • Communicating effectively with medical professionals • Effectively navigating on the internet • Become an effective advocate <p>Presenters: Penny Fisher, M.S., R.N., C.O.R.L.N., Clinical Instructor of Department of Otolaryngology and Head and Neck Surgery Julie Kornfeld, MPH, Program Director of National Cancer Institute's Cancer Information Service Donna Lundy, Ph.D., Jennifer Stearn Buttrick, Survivor</p>
Session 12 Time: 2:30 p.m. Will open with brief meditation	<u>Women's Health—The Second Half of Life</u>	<ul style="list-style-type: none"> ▪ Menopause, HRT, osteoporosis and sexuality ▪ The state of science in screenings ▪ The impact of weight, nutrition and exercise ▪ Recording your health plan <p><u>Presentors</u> Michel J. Dodar, M.D., Pathway Program Director and Associate Professor of Department of Family Medicine and Community Health Stefan Glück, M.D., Ph.D., F.R.C.P. (C), Clinical Director of Braman Family Breast Cancer Institute Laurence Sands, M.D., Member of UM/Sylvester Colorectal Cancer Site Disease Group Robert Schwartz, M.D., Chairman of the Department of Family Medicine</p>

Time	Title	Session Description and Presenter
Session 13 Time: 2:30 p.m.	<u>Can Cancer Be Prevented?</u>	<ul style="list-style-type: none"> ▪ Lifestyle changes can make a difference ▪ Types of cancer most affected by maintaining a healthy lifestyle and why ▪ The 216 things you can do to help prevent cancer <p>Presenter: W. Jarrard Goodwin, M.D., F.A.C.S. Director, UM/Sylvester</p>
Session 14 Time: 2:30 p.m.	<u>Men's Health: How To Be Proactive and Stay Active</u>	<ul style="list-style-type: none"> ▪ Cancer, illness and sexuality ▪ The state of science in screenings: what to screen for and when ▪ A woman's role in men's health <p>Presenters: Raymond Leveilee, M.D., Member of UM/Sylvester's Prostate Bladder and Kidney Cancers Site Disease Group Robert Schwartz, M.D. , Chairman of the Department of Family Medicine Mark S. Soloway, M.D., Member of UM/Sylvester's Prostate Bladder and Kidney Cancers Site Disease Group Panelist: Norma Wilson, survivor</p>

Morning life balancing demonstrations 7:30 – 8:30 a.m. sponsored by Shiseido
Afternoon life balancing demonstrations 4:00 – 4:30 p.m. sponsored by Shiseido
V.I.P. Reception at 4:00 p.m. hosted by Dean Pasquale Goldschmidt

Additional Sponsors:
Refreshment break sponsored by Buchanan Ingersoll & Rooney PC
Miami Herald, Presenting Media Sponsor
Deutsche Bank, A.V. Sponsor

wellbeingwell

The Well/Being/Well Conference
April 22, 2008, Hotel Intercontinental Hotel Miami
\$100 per person

Registration Form

Yes, I want to participate

Name:

Mailing address:

Email: Phone:

Session preference	1st choice	2nd choice	3rd choice
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1st breakout 9:30 am	<input type="text"/>	<input type="text"/>	<input type="text"/>
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2nd breakout 11:30 am	<input type="text"/>	<input type="text"/>	<input type="text"/>
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3rd breakout 2:30 pm	<input type="text"/>	<input type="text"/>	<input type="text"/>
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(Please use the session number as it appears on the invitation)

My check is enclosed for \$

I am paying by credit card AMEX VISA MASTERCARD

CREDIT CARD NUMBER

EXPIRATION DATE security code

Name (as it appears on the face of the card)

Signature

I would like to seated at the luncheon with

I cannot attend but would like to make a tax deductible
contribution of \$ to UM/Sylvester

Each participant will need an individual registration form, indicating which breakout sessions are requested. If you are bringing guests, please duplicate this form for each guest, indicating session choices, or call 305-243- 9949. Session requests will be accommodated based on date received. Space is limited. Registration deadline is April 14, 2008. To register or with questions, please contact conference services:

Phone: 305-243-9949, Fax: 305-243-8758, Email:umsylvesterdevelop@med.miami.