Living Beyond Cancer A–Z

A UT Health San Antonio MD Anderson Cancer Center

SYMPOSIUM

Mays Cancer Center

UT Health San Antonio MD Anderson Cancer Center
What Cancer Cannot Do

Cancer is so limited...
It cannot cripple love.
It cannot shatter hope.
It cannot corrode faith.
It cannot eat away peace.
It cannot destroy confidence.
It cannot kill friendship.
It cannot shut out memories.
It cannot silence courage.
It cannot reduce eternal life.
It cannot quench the Spirit.

Author: Dr. Robert L. Lynn
What is Cancer?

Cancer
From Wikipedia, the free encyclopedia

Cancer /ˈkænsər/ (listen), known medically as a malignant neoplasm, is a large group of different diseases, all involving unregulated cell growth. In cancer, cells divide and grow uncontrollably, forming malignant tumors, and invade nearby parts of the body. The cancer may also spread to more distant parts of the body through the lymphatic system or bloodstream. Not all tumors are
Changes in cause of death: 1900-2000

- Tuberculosis, 194.4
- Pneumonia or influenza, 202.2
- Gastrointestinal infections, 142.7
- Heart disease, 137.4
- Cerebrovascular disease, 106.9
- Nephropathies, 88.6
- Accidents, 72.3
- Cancer, 64.0
- Senility, 50.2
- Diphtheria, 40.3

Courtesy of Raymond DuBois, MD
UT Health San Antonio MD Anderson Cancer Center

- Cancer Care region of 4.5 Million
- Cancer Research
- Educating the Cancer Physicians, Nurses, Scientists of the Future
Our Mission: Decreasing the burden of cancer in San Antonio, South Texas and Beyond
What is cancer survivorship?

Who is a cancer survivor?

**NCCN (National Comprehensive Cancer Network):**
An individual is considered a cancer survivor from the time of diagnosis through the balance of his/her life

What is cancer survivorship?

**Survivorship:** The process of living with, through and beyond cancer
Why is survivorship care important?

Number of survivors has increased

3 million survivors in 1971  15.5 million survivors in 2016

Improvements in cancer treatment mean more people are living longer after a cancer diagnosis than in years past.

Many survivors experience physical or psychosocial effects (long-term and late effects)
Cancer Survivor = OVERCOMING Your Cancer
What Tools can help YOU be a Survivor?

• Knowledge

• Partnership with your healthcare team

• Physical “Wellness”

• Emotional “Wellness”
Living Beyond Cancer A-Z

Goals:

• Learn more about key science breakthroughs in cancer

• Learn about how important nutrition, physical activity, and wellness is to battling and recovering from cancer

• Learn more about the diagnosis and treatment of your cancer

• Provide “tools” to help you on your journey as a Cancer “Survivor”

• Build community
Who is here today?

Breast, 186
Endocrinology, 19
Colon, 56
Liver-Biliary, 46
Prostate, 41
Bladder-Kidney, 21
GYN, 62
Head-Neck, 25
Heme, 54
Sarcoma, 14
Melanoma-Skin, 21
Lung, 21
Brain, 11
Sarcoma, 14
Melanoma-Skin, 21
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Welcome and Overview</td>
<td>Ruben Mesa, MD, FACP</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>Genes and Cancer</td>
<td>Patrick Sung, DPhil</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Immune System in Cancer</td>
<td>Tyler Curiel, MD, MPH</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Nutrition/Recovery</td>
<td>Laura Tenner, MD</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Break</td>
<td></td>
</tr>
</tbody>
</table>
| 10:30 AM   | Harnessing Lifestyle Change for Cancer Prevention and Control | Lorenzo Cohen, PhD  
|            |                                                | Alison Jefferies, Med    |
| 11:30 AM   | How Not to Be My Patient                       | Edward Creagan, MD       |
| 12:00-1:00 PM | Lunch                                         |                          |
### Schedule – Breakouts 1

**1:00-3:15 PM**  
**Disease Specific Breakout Sessions**

<table>
<thead>
<tr>
<th>Room</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>ALTC Room 3.301</td>
<td>Breast Cancer</td>
</tr>
<tr>
<td>ALTC Room 1.102</td>
<td>Endocrine Cancers</td>
</tr>
<tr>
<td>ALTC Room 2.202</td>
<td>GI-Colorectal Cancer</td>
</tr>
<tr>
<td>ALTC Room 1.107</td>
<td>GI-Gastric, Liver, Biliary, Pancreas Cancers</td>
</tr>
<tr>
<td>ALTC Room 1.105</td>
<td>GU-Prostate Cancer</td>
</tr>
<tr>
<td>ALTC Room 2.217</td>
<td>GU-Bladder, Kidney Cancers</td>
</tr>
<tr>
<td>ALTC Room B113/115</td>
<td>Gynecological Cancers</td>
</tr>
<tr>
<td>ALTC Room 2.211</td>
<td>Head/Neck Cancers</td>
</tr>
<tr>
<td>ALTC Room 2.213</td>
<td>Hematologic Cancers</td>
</tr>
<tr>
<td>ALTC Room 2.219</td>
<td>Melanoma/Cutaneous Cancers</td>
</tr>
<tr>
<td>ALTC Room 2.203</td>
<td>Neurological Cancers</td>
</tr>
<tr>
<td>ALTC Room 1.130</td>
<td>Sarcoma</td>
</tr>
<tr>
<td>ALTC Room 2.215</td>
<td>Thoracic Cancers</td>
</tr>
</tbody>
</table>
### Schedule – Breakouts 2

**3:30-5:00 PM**

<table>
<thead>
<tr>
<th>Location</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALTC Room 3.301</td>
<td>Mindfulness / Spirituality</td>
</tr>
<tr>
<td>ALTC Room 1.103</td>
<td>End of Life</td>
</tr>
<tr>
<td>ALTC Room 3.302</td>
<td>Family Caregivers-Wonders &amp; Worries</td>
</tr>
<tr>
<td>ALTC Room B113/115</td>
<td>Meditative Movement</td>
</tr>
<tr>
<td>Holly Auditorium</td>
<td>Role of Integrative Medicine in Cancer Care</td>
</tr>
</tbody>
</table>
Meeting Ground Rules

• This meeting is for YOU, any question is a good question
• Feel free to get up and move about as you need to
• Feel free to ask questions of faculty in between sessions
• We are happy to discuss your disease in general, but on the fly second opinions are bad medicine for both you and us
Housekeeping Items

• Volunteers noted throughout event with name tags

• Restrooms located in the Holly foyer and ALT-C building

• Lunch available for pick up in Holly foyer – there will be several locations with seating

• Afternoon break located in ALTC 2.204
Thank You – UT Health San Antonio Faculty & Staff

Sukeshi Arora, MD
Luisa Arellano, PA-C
Elizabeth Bowhay-Carnes, MD
Matthew Butler, MD
Sherri Cervantez, MD
Kathy Crow, MS, PA-C
Richard Crownover, MD, PhD
Tyler Curiel, MD, MPH
Haisar Dao Campi, MD
Angelica Davila, MD
Daniel DeArmond, MD
Enrique Diaz Duque, MD
Maryam Elmi, MD
Mohammed Fakhreddine, MD
Jay Ferrell, MD
John Floyd, MD
Ramona Granda-Rodriguez, MD
Chul Ha, MD
Sarah Hackman, MD
Javier Hernandez, MD
Annie Hung, MD
Jessica Jones, MD
Kathryn Kanzler, PSYD
Lisa Kilpela, PhD
Dharam Kaushik, MD
Brandon Konkel, MD
Edward Kost, MD
Jennifer LaCoss, MD

Hematology/Oncology
Hematology/Oncology
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Hematology/Oncology
Hepatopancreatobiliary Surgery
Radiation Oncology
Hematology/Oncology
Colon and Rectal Surgery
Geriatrics, Hospice & Palliative Medicine, Family Medicine
Thoracic Surgery
Hematology/Oncology
Surgical Oncology
Radiation Oncology
Otolaryngology H & N
Neurosurgery
Endocrinology
Radiation Oncology
Pathology
Urology Oncology
Hematology/Oncology
Hematology/Oncology
Psychiatry & Family and Community Medicine
Psychology
Urology Oncology
Hematology/Oncology
Gynecologic Oncology
Hospice & Palliative Medicine
Thank You – UT Health San Antonio Faculty & Staff

Ying Li, MD, PhD
Michael Liss, MD
Alicia Logue, MD
Ahmed Mansour, MD
Georgia McCann, MD
Frank Miller, MD
Alexis Ortiz, PT, PhD
Sandra Osswald, MD
Nikos Papanikolaou, PhD
Fred Poordad, MD
Rajiv Rajani, MD
Chethan Ramamurthy, MD
Karl Rasmussen, PhD
Robyn Scherber, MD, MPH
Zheng Shi, MD, PhD
Aaron Sugalski, DO
Patrick Sung, DPhil
Robert Svatek, MD
Laura Tenner, MD
Federico Tozzi, MD

Radiation Oncology
Urology Oncology
Colon & Rectal Surgery
Urology
Gynecologic Oncology
Otolaryngology H&N
Physical Therapy
Dermatology/Dermapathology
Radiation Oncology
Hepatology
Orthopaedic Surgery
Hematology/Oncology
Radiation Oncology
Hematology/Oncology
Radiation Oncology
Pediatric Hematology/Oncology
Biochemistry & Structural Biology
Urology Oncology
Hematology/Oncology
Surgical Oncology
Thank You – Visiting Colleagues

**Mayo Clinic, Rochester MN**
Edward Creagan, MD, Medical Oncology

**MD Anderson Cancer Center, Houston, TX**
Lorenzo Cohen, PhD, Integrative Medicine
Gabriel Lopez, MD, Palliative, Rehabilitation and Integrative Medicine
Jeff Myers, MD, H&N Surgery
Miguel Rodriguez-Bigas, MD, Surgical Oncology

**Arizona State University, Tempe, AZ**
Jennifer Huberty, PhD, Research Scientist

**Baylor College of Medicine, Houston, TX**
Timothy Wagner, MD, Radiation Oncology

**Houston, TX**
Alison Jefferies, Med, Education

**Seattle, WA**
Alyssa Kapranopoulos, RYT, Certified Yoga Instructor

**San Antonio, TX**
Leslie Wood, LCSW, Child and Adolescent Therapy
Thank You - San Antonio Cancer Community Partners

- University of Texas System and UT Health San Antonio
- National Cancer Institute (NCI)/ NIH
- MD Anderson Cancer Center
- Peggy and Lowry Mays, Mays Family Foundation
- SA Cancer Council
- San Antonio Cancer Foundation
- Leukemia and Lymphoma Society (LLS) –SA and South TX
- American Cancer Society
- Alamo Breast Foundation
- Susan G Komen
Thank You!!

- Lauren Smith, Este Navarro, Lori Moctezuma
- David Constante, Photography
- Alberto Luevano & Adam Rodriguez, AV Technical Support
- Mike Hamilton & Staff, Facilities Support
- Rudy Lerma & Steve Hallam, Lancer Catering Services
- UT Police Department
Thanks to Many

Volunteers

Caregivers, family members, friends, loved ones

Attendees!