16th Annual Cancer Conference:
Sharing Knowledge & Inspiring Hope
Friday, November 1, 2019
Conference Schedule

8:30–9:30 a.m.  Check-In  Lobby  Breakfast  Lobby  Resource Fair  Second Floor

9:30–9:40 a.m.  Welcome  Auditorium  Rina Bello, Executive Director

9:40–10:35 a.m.  The Power of Hope  Auditorium  David B. Feldman, Ph.D.

10:35–10:50 a.m.  Personal Stories  Auditorium  Janice Fishman & Denise Pagett

10:50–11:40 a.m.  Finding Health After Cancer  Auditorium  Living with & Beyond Cancer  Dr. Lidia Schapira, M.D., FASCO

11:40 a.m.–12:30 p.m.  Lunch  Lobby  Resource Fair (ends after lunch)  Second Floor

We Are Grateful to Our Presenting Sponsor

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Information Disclaimer

Our information is compiled from numerous sources and should not be considered complete. It is also important to recognize that our information cannot substitute for medical care, and should not be used for the purpose of diagnosis or treatment. Each medical condition is unique. We strongly advise you to consult your physician with questions about your own situation, or about any of the information we have provided as it may relate to your specific case.
12:40–1:30 p.m. **BREAKOUT SESSION I**

**Navigating Health Insurance**
Dayana R. Pelayo, Esq.  
Room 1730

**One Approach to Integrative Medicine: Ayurvedic Medicine**
Dr. Rucha Kelkar, BAMS, PT, DPT  
Auditorium

**Cancer and Fasting: When is Less More?**
Charis W. Spielman, M.P.H., RD, CSO, CNSC  
Room 1740

**Clean Beauty, Wellness, & Self-Care with Lipstick Angels**
Kerri Stimson, Program Manager  
Room 1720

1:40–2:30 p.m. **BREAKOUT SESSION II**

**Updates in Metastatic Breast Cancer**
Suleiman Alfred Massarweh, M.D.  
Room 1740

**Updates in the Treatment of Ovarian Cancer**
Gillian Hsieh, M.D.  
Room 1730

**Cancer and Your Legal Rights: Five Legal Tips**
Dayana R. Pelayo, Esq.  
Room 1720

**Updates in the Treatment of Early Stage Breast Cancer**
Jiali Li, M.D.  
Auditorium

2:40–3:30 p.m. **PLENARY SESSION**

**Bugs, Drugs, and Cancer**
Ami S. Bhatt, M.D., Ph.D.  
Auditorium

3:30–3:40 p.m. **RAFFLE AND CLOSING**

Raffle Drawing and Closing  
Auditorium

**Lanyard Color Key**

Gray  General Admission
Purple  Health Professional/Community Health Advocate
Burgundy  Family/Caregiver/Friend
Teal  Ovarian Cancer
Green  Metastatic Cancer
Orange  Newly Diagnosed/In-Treatment
Navy  Post-Treatment

The defining lanyard colors are meant to spark conversations with others in similar or different situations. We hope the lanyards will help you establish new connections throughout the day!
Speakers

David B. Feldman, Ph.D.

David B. Feldman, Ph.D., is considered to be among the top experts on hope in the field of psychology. Currently holding the McCarthy Endowed Professorship in Counseling Psychology at Santa Clara University, his research and writings have addressed such topics as hope, meaning, and growth in the face of highly stressful circumstances. The inspiration for his work comes from his most important teachers: many individuals with trauma and serious illness he has seen experience growth and embrace their lives despite significant adversity. He has authored three books, including Supersurvivors: The Surprising Link Between Suffering & Success, and The End-of-Life Handbook: A Compassionate Guide to Connecting with and Caring for a Dying Loved One. In addition, his work has been published in numerous scientific journals as well as featured in popular publications, including SELF; O, The Oprah Magazine; Time; and Harvard Business Review. In addition, he writes regularly for Psychology Today and hosts About Health and on KPFA Radio in the San Francisco Bay Area as well as the Psychology in 10 Minutes podcast. For more information, please visit http://www.davidfeldmanphd.com.

Janice Fishman

Janice Prescott Fishman received her B.A. in architectural history and design from Smith College in Northampton, Massachusetts. Love of art led her to express her creativity as a type designer for companies on the East Coast and West Coast. After moving to Silicon Valley, she worked for several start-ups and at Apple as a Relationship Manager. Following her passion for food and great coffee, Janice worked as a Key Account Development Manager for Peet’s Coffee. Janice was diagnosed with ovarian cancer in April 2016. Janice now volunteers at BACC, where she enjoys supporting clients with breast and ovarian cancer. In her spare time, Janice collects cookbooks, cooks, and experiments with watercolors.

Denise Pagett

Denise Pagett has been advocating for women throughout her adult life. A graduate of BIOLA University Conservatory of Music, specializing in Opera, and continuing postgrad work at AMDA in NYC studying under Julliard coaching, she spent her childhood through age thirty as a regularly performing and recording artist in a variety of musical styles, including classical, R&B, pop, gospel. Upon beginning a family, she shifted her interest to law, specifically advocating for women and children experiencing domestic violence. She has represented and negotiated in hundreds of high conflict Family Law court appearances throughout two decades until retiring. Originally from Los Altos, she spent her adult life in South Orange County, California, while bicoastal in New York City and Miami. Denise currently advocates for the patient experience, through encouraging development of self-advocacy and communication skills necessary to work as an effective team with doctors and medical staff within both hospital and outpatient environments. An avid sailor and horsewoman, her favorite past-time is watching polo in Santa Barbara. She is currently trying to learn to cook beyond salad, which her daughter finds hilarious now that she’s grown.
Speakers

Dr. Lidia Schapira
Dr. Lidia Schapira is Associate Professor of Medicine at Stanford University School of Medicine and Director of Cancer Survivorship at the Stanford Comprehensive Cancer Institute. She graduated from Dartmouth Medical School and trained at the Beth Israel Hospital in internal medicine. She completed a hematology and oncology fellowship at the Brigham and Women's Hospital in Boston, followed by a research fellowship in Aging at Harvard Medical School.

Dr. Schapira's clinical focus is in treatment of breast cancer and the needs of cancer survivors. She is a co-Principal Investigator based at Harvard in a longitudinal study of young women with breast cancer and has an active clinical career at the Stanford Cancer Center. Dr. Schapira has pioneered research and initiatives designed to strengthen patient and family-centered cancer care, advocating for better communication between patients and cancer teams and supportive interventions. She holds leadership roles in national and international societies (American Society of Clinical Oncology and Multinational Association of Supportive Care in Cancer) and serves as Editor-in-Chief of ASCO's website for the public, Cancer.Net, and Consultant Editor for Art of Oncology for the Journal of Clinical Oncology. Throughout multiple clinical, editorial, and educational activities, Dr. Schapira has devoted her career to improving the experience and outcomes of patients and families with cancer, and the education of cancer clinicians.

Dayana R. Pelayo, Esq.
Dayana R. Pelayo is a Staff Attorney at the Disability Rights Legal Center’s Cancer Legal Resource Center (CLRC) in Los Angeles, California. Ms. Pelayo provides legal assistance to people with cancer-related legal issues through CLRC’s national telephone assistance line, she creates materials for publication, and conducts educational trainings on various legal topics. Prior to this position, Ms. Pelayo was an associate with a small plaintiff-side employment law firm, and a post-bar law clerk with the U.S. Equal Employment Opportunity Commission.

Ms. Pelayo holds a J.D. from the University of California Hastings College of the Law, and a B.A. in History from the University of California, Berkeley. She is a member of the State Bar of California. Ms. Pelayo is fluent in Spanish.

Dr. Rucha Kelkar, BAMS, PT, DPT
Dr. Rucha Kelkar, BAMS, PT, DPT is the Director of Ayurbliss - Ayurveda, Physical Therapy and Yoga Integrative Wellness Center (www.ayurbliss.com). Her clinic is located in San Mateo, California.

She received her Doctor of Ayurveda degree from the University of Pune, India; Master’s degree in Physical Therapy from California State University, Long Beach; and Doctoral degree in Physical Therapy from The College of St. Scholastica, Minnesota. She holds a certification in Yoga, and recognition as an Ayurvedic Yoga Therapist.

Dr. Kelkar is an accomplished clinician, educator, speaker, and writer with experience of over 17 years. She has an extensive clinical knowledge base in Ayurveda and Physical Therapy. At the clinic, she incorporates the rehabilitative knowledge of physical therapy with the timeless wisdom of Ayurveda and Yoga.

She is a faculty member for leading Ayurveda schools and has been a presenter at multiple National Ayurveda Conferences. She conducts various workshops and teaching programs on Ayurveda online and at her center in San Mateo, CA. She mentors students of Stanford Medical School for their Integrative Medicine Clerkship.

With an extensive clinical experience in Physical Therapy, Ayurvedic therapies, Ayurvedic consultations, Yoga Therapy, Panchakarma, and teaching, Dr. Kelkar is determined to provide quality service to her students and patients.
Speakers

Charis W. Spielman, M.P.H., RD, CSO, CNSC
A Registered Dietitian for nearly 40 years, Charis has experience working with oncology patients in a variety of settings. Currently, she is the oncology dietitian for El Camino Health Cancer Center clinic, infusion center, and radiation oncology department. To ensure the best care for those with cancer, she is a board-certified specialist in oncology nutrition. She also maintains a certification in nutrition support, with experience both in the intensive care unit at El Camino Health and with a home care IV company assisting pediatric and adult patients who require tube feedings or IV nutrition at home.

In addition to working with patients, Charis serves as the Editor-in-Chief of the Nutrition Care Manual, Client Education Library for the Academy of Nutrition and Dietetics.

She is a native Californian with a Bachelor of Science in Dietetics and Master's in Public Health from San Jose State University. Married to a cancer survivor, she is a Masters swimmer and enjoys gardening, travel, yoga, and YES, cooking and eating.

Kerri Stimson, Program Manager
Kerri Stimson’s passion for makeup grew from an early recognition of its potential as a powerful tool of expression and empowerment. She has worked as a professional makeup artist for over a decade in New York, Los Angeles, and San Francisco. During this time, she has developed operational and leadership skills in a variety of roles in the health, beauty, and wellness industries. As the general manager for one of San Francisco’s premier yoga schools, she deepened her personal and professional commitment to holistic wellness and well-being. Kerri studied makeup artistry in New York, completing the Make-up Designory (MUD) program. She holds a B.A. in Liberal Studies from SUNY Purchase, with emphasis on Literature, Linguistics, and Philosophy.

Suleiman Alfred Massarweh, M.D.
Dr. Massarweh specializes in breast cancer, with a particular expertise in adjuvant therapy for hormone-receptor positive breast cancer, metastatic breast cancer, and male breast cancer. His research background is in studying endocrine therapy action and resistance mechanisms, as well as targeted therapy to overcome it. His outpatient practice is exclusively dedicated to patients with breast cancer and his philosophy is centered around providing his patients with compassionate expert care. Cancer education and promoting clinical practice innovation is an integral part of his academic and leadership mission.
Speakers

**Gillian Hsieh, M.D.**
Gillian Hsieh is a gynecologic oncologist at the Palo Alto Medical Foundation. She completed medical school and residency in obstetrics and gynecology at Baylor College of Medicine. She moved to the Bay Area in 2015 for a fellowship in gynecologic oncology at the University of California, San Francisco, and Stanford University. Dr. Hsieh is interested in surgery and chemotherapy for gynecologic malignancies, as well as clinical trials and targeted therapies. She is an investigator within the Sutter Cancer Research Consortium. Her most recently published research centers upon analysis of RNA-seq data sets. Her published algorithm, MACHETE, (to identify novel gene fusions which may be drivers of malignancy), is in use by the National Cancer Institute (NCI) Seven Bridges Cancer Genomics Cloud and the Stanford Cancer Institute.

**Dr. Jiali Li, M.D.**
Dr. Jiali Li is a medical oncologist who specializes in treating people with breast, colon, and lung cancers, as well as blood diseases. She has research training at Stanford University and University of California, San Francisco. Her clinical research was directed at developing immunotherapy and identifying specific molecular markers in cancer treatment.

With her strong research background, Dr. Li is encouraged by the continuing, powerful advances in clinical science. She brings the newest and most applicable trial data to patient care, giving her patients the benefit of the latest and most effective treatment options.

**Ami B. Bhatt, M.D.**
Ami Bhatt is a physician scientist with a strong interest in microbial genomics and metagenomics. She received her M.D. and Ph.D. from the University of California, San Francisco. She then carried out her residency and fellowship training at Harvard's Brigham and Women's Hospital and Dana-Farber Cancer Institute, and served as Chief Medical Resident, 2010-2011. She joined the faculty of the Departments of Medicine (Divisions of Hematology and Blood & Marrow Transplantation) and Genetics at Stanford University in 2014 after completing a post-doctoral fellowship focused on genomics at the Broad Institute of Harvard and MIT. Professor Bhatt has received multiple awards for her academic scholarship including the Chen Award of Excellence from the Human Genome Organisation (HUGO).

Her team's research program seeks to illuminate the interplay between the microbial environment and host/clinical factors in human diseases. Her translational laboratory develops and applies novel molecular and computational tools to study strain level dynamics of the microbiome, to understand how microbial genomes change over time and predict the functional output of microbiomes. These innovations facilitate much improved (1) measurement of the types and functions of microbes in patients with non-communicable diseases, (2) understanding of the interactions between microbial genes, gene products, and host cells, and (3) testing of the impact of microbially targeted interventions in clinical trials.

In addition to carrying out research at Stanford University, Professor Bhatt has active collaborations world-wide including in Nigeria and South Africa. She is committed to ensuring that advances in research touch the lives of individuals in all income settings – and thus, in her spare time, enjoys volunteering for the nonprofit she co-founded, Global Oncology, and serves as the Director for Global Oncology for Stanford's Center for Innovation in Global Health.
This list includes trustworthy websites for information on breast and ovarian cancer. Our website has an extensive collection of online resources to help you find reliable information. Visit bayareacancer.org/library to browse our library catalog, view the latest research news, and browse local and national resources. If you would like assistance finding and understanding information, contact the BACC helpline at 650-326-6686.

1. **National Cancer Institute** is available at: cancer.gov or call 800-422-6237
   This site is useful for treatment summaries that reference the medical literature with links to relevant abstracts.

2. **MedlinePlus** is available at: medlineplus.gov
   This website is maintained by the National Library of Medicine and has useful, patient-friendly information, including a drug information database with side effects grouped according to frequency of occurrence and seriousness.

3. **PubMed** is available at: ncbi.nlm.nih.gov/pubmed
   This searchable database from the National Library of Medicine includes over 21 million citations for biomedical literature from MEDLINE, scientific journals, and online books.

4. **National Comprehensive Cancer Network** is available at: nccn.org
   NCCN provides treatment summaries and clinical practice guidelines for oncology in a patient-friendly format.

5. **Cancer.Net** is available at: cancer.net
   This website is maintained by the American Society of Clinical Oncology and is useful for easy-to-read summaries of the latest research news as well as for other information and support.

6. **American Cancer Society** is available at: cancer.org or call 800-227-2345
   This site has easy-to-read patient information, details regarding support programs, and local contacts.

7. **CancerCare** is available at: cancercare.org or call 800-813-4673
   CancerCare is useful for its Connect Education Workshops, counseling helpline, telephone support groups, and easy-to-read publications.

8. **National Coalition for Cancer Survivorship** is available at: canceradvocacy.org
   This is the oldest survivor-led advocacy organization working on behalf of people with all types of cancer and their families.

9. **ClinicalTrials.gov** is available at: clinicaltrials.gov
   This searchable database from the National Institutes of Health contains information about private and federally funded clinical trials in the United States and around the world. It also has a results database that provides outcome information on trials that have been completed.
10. **CURE is available at: [www.curetoday.com](http://www.curetoday.com)**
    CURE magazine is the largest consumer magazine in the United States that focuses entirely on cancer. This website also contains the latest news in cancer research, blogs, message boards, and easy-to-understand information.

11. **Medscape Oncology is available at: medscape.com/oncology**
    This site provides summaries of the latest news in cancer research, and links to primary research articles.

12. **BreastCancer.org is available at: breastcancer.org**
    This site is useful for easy-to-read treatment information as well as supportive care information and interactive forums.

13. **Living Beyond Breast Cancer (LBBC) is available at: lbbc.org**
    LBBC offers publications, webinars, and annual conferences (including one dedicated to people living with metastatic breast cancer).

14. **Susan G. Komen Foundation is available at: komen.org or call 877-465-6636**
    This site is useful for news summaries, medical information, advocacy, and more. The “Questions to Ask the Doctor” set is available to print for free or order from the website.

15. **BreastCancerTrials.org is available at: breastcancertrials.org**
    This site offers a Trial Alert Service for all clients with breast cancer who complete an online profile.

16. **National Ovarian Cancer Coalition (NOCC) is available at: ovarian.org or call 888-682-7426**
    NOCC provides education and awareness about ovarian cancer through a toll-free helpline, peer support, pamphlets, and local chapters.

17. **Foundation for Women’s Cancer is available at: foundationforwomenscancer.org or call 800-444-4441**
    Established by the Society of Gynecologic Oncology, this organization provides comprehensive information about gynecologic cancer risk, early detection, and optimal treatment. Printed materials, telephone education workshops, survivors’ courses, and webinars are available.

18. **Ovarian Cancer Research Alliance is available at: ocrahope.org or call 866-399-6262**
    This organization offers impressive resources for people dealing with ovarian cancer, including Survivors Teaching Students and Woman to Woman volunteer programs, webinars, and other educational information.

19. **American Society of Clinical Oncology (ASCO) at: cancer.net/research-and-advocacy/introduction-cancer-research/evaluating-cancer-information-internet**
    This site offers clear guidelines on evaluating treatment information.
The Exhale Moment  Free of charge.

Three-month program for those who are post-treatment.

Exhale Moment Kickoff Day: Saturday, January 25, 10:00 a.m.–3:00 p.m.
Mondays, 2:30–4:00 p.m.
January 27: The New Normal/Finding Equilibrium
February 3: Anxiety
February 10: Grief
February 24: Anger
March 2: Family and Friends
March 9: Coping with Medical Appointments
March 16: Self-Care
March 23: Setting Goals/Closing

One-on-One Support:
Buddies for Breast or Ovarian Cancer

The Buddy Program connects you with someone who has had a similar breast or ovarian cancer diagnosis or treatment experience. We match you, as best we can, by age, diagnosis, or any other aspect of your situation that is important to you. Buddies provide emotional support, empathy, and a chance to talk with someone who has “been there.” You can request a Buddy at any point along your journey.

Please call the BACC Helpline at 650-326-6686 to request a Buddy.

Free of charge.
We are grateful to our
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Thank you to Oracle for their ongoing support of BACC’s Annual Cancer Conference!

Conference participants always appreciate the opportunity to learn, be heard, and be understood. Oracle makes that possible by providing such an extraordinary space for this annual event.
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**Our Mission:** To transform treatment decisions and outcomes in cancer by delivering clinically actionable diagnostics and services for patients.

**Our Vision:** To revolutionize the treatment of cancer throughout the patient journey.

CONQUERING CANCER WITH SCIENCE AND COMPASSION

The Stanford Cancer Institute (SCI) is working to unravel cancer’s secrets and to transform the latest detection, diagnosis, treatment and prevention discoveries into the most advanced patient care available. The SCI offers advanced treatments for breast and gynecologic cancers, combining medical innovation with a commitment to supportive, attentive care. Translational medicine is the cornerstone of Stanford’s cancer treatment programs, combining new advances with compassionate care and supportive services.

cancer.stanford.edu

“Today I am cancer free!”
Paula, Breast Cancer Stanford Patient
Gift Bag Donations

THANK YOU to these generous donors for providing goodies for the conference tote bags! We’re grateful for their support!

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Volunteer
Join our team of dedicated volunteers who provide services to clients as well as assist in the day-to-day operations of our Resource Center. Visit bayareacancer.org/volunteers for more information.

Become a BACC Supporter
We love it when families and groups get involved. You can support our cause by creating your own fundraising event. Whether you are running in a marathon or organizing a bake sale, you can help raise money and awareness for BACC! Visit bayareacancer.org/donors for more information.

Donate
Programs and services are provided free of charge thanks to the support of our generous community of donors. Every dollar counts! Visit bayareacancer.org, then click Donate.

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