



19th Annual CANCER CONFERENCE

Sharing Knowledge and Inspiring Hope

**FRIDAY
NOVEMBER 4, 2022**

Contact Us :

info@bayareacancer.org

650-326-6686

www.bayareacancer.org

Welcome!

Dear Colleagues and Friends,

On behalf of our Board of Directors, staff, and volunteers, we are thrilled that you are joining us for **Bay Area Cancer Connections' 19th Annual Cancer Conference: Sharing Knowledge and Inspiring Hope.**

While we regret that the pandemic has prevented us from hosting the conference in person this year, we are excited for the opportunity to make the conference accessible to a broader audience, near and far. This day has been designed to have something for everyone: whether you are seeking the latest updates in the treatment of breast and ovarian cancer, wanting information on integrative medicine, or looking to expand your network, we come together to share knowledge and inspire each other with hope and resilience.

Our interactive resource fair is back, and we encourage you to visit with all of the wonderful exhibitors to learn more about their services and resources. We're pleased to welcome our generous sponsors, and we thank them for their support of this important event. We would also like to thank our esteemed presenters this year, who generously share their time and expertise with us. The recordings of today's presentations will be available to registered participants to view afterward. We are confident that the quality of the day will be as high as always, and we are so glad you're here.

The Annual Conference gives us cause to celebrate the vibrancy of our community. BACC was created by you and exists for you. I'm so proud of the staff and volunteers and honored to be a part of this community, and we look forward to connecting with all of you.

We want you to have an optimal virtual conference experience. We encourage you to actively participate in each of the sessions, primarily through the chat feature. Please ask questions, raise issues, engage the speakers, and fellow attendees. If you need assistance at any time, please do not hesitate to reach out via email at info@bayareacancer.org, or call the Helpline at (650) 326-6686.

Thank you for sharing this day with us. We hope this day fills you with knowledge, helps you feel inspired by and connected with the BACC community and, most of all, leaves you with hope.

All my best,



Rina Bello
Executive Director

CONFERENCE SCHEDULE

8:00-9:30 a.m.

Virtual Resource Fair

MORNING SESSION

9:30-9:40 a.m.

Welcome and Opening Remarks

Mark Simon, BACC Board President
Rina Bello, BACC Executive Director

9:40-10:30 a.m.

How Hope is Often Misunderstood and Why it's Important

David Feldman, Ph.D.

10:30-10:50 a.m.

Client Stories

Sandra Coss, Breast Cancer
Shea Gerlinger, Ovarian Cancer

10:50-11:45 a.m.

Boosting Nutrition with Plant Proteins, from Breakfast to Dinner

Ayana B. Davis, M.S., RD

11:45 a.m.-
12:30 p.m.

Virtual Resource Fair

BREAKOUT SESSION 1

12:35-1:45 p.m.

Lymphedema

Stanley Rockson, M.D.

Managing Body Image After Surgery

Michelle Fingeret, Ph.D.

Medicinal Mushrooms

Donald Abrams, M.D.

BREAKOUT SESSION 2

1:35-2:35 p.m.

Updates in the Treatment of Early Stage Breast Cancer

Fauzia Riaz, M.D.

Updates in the Treatment of Metastatic Breast Cancer

Lidia Schapira, M.D.

Updates in the Treatment of Ovarian Cancer

Amer Karam, M.D.

AFTERNOON SESSION

2:45-3:45 p.m.

Living Well with Cancer

Kate Beebe DeVarney, Ph.D.

CLOSING

3:45-4:00 p.m.

Closing Remarks

Mark Simon, BACC Board President

Rina Bello, BACC Executive Director

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.

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SPEAKERS



David B. Feldman, Ph.D.

Dr. David B. Feldman is a professor of counseling psychology at Santa Clara University. Considered one of the nation's foremost researchers of hope, his 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: the 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*. Finally, he writes regularly for *Psychology Today* and hosts *About Health* on KPFA Radio. For more information, please visit <http://www.davidfeldmanphd.com>.



Sandra Coss

Sandra is a cancer survivor. She was diagnosed with grade 2 IDC of the left breast ER+ PR+ HER2- in December 2020. Sandra underwent a bilateral mastectomy, chemotherapy, and radiation in 2021. Sandra lives in the Bay Area with her husband and three children.

Sandra is a Mexican immigrant born and raised in Jalisco, Mexico. She is the sixth of seven siblings. Sandra graduated from the University of Guadalajara with a law degree and worked for several years in a law firm. In 2006, she immigrated to the United States after getting married. Sandra has 13 years of experience working with diverse communities of individuals with developmental disabilities and their families. She initially worked as a service coordinator and today is the supervisor for the Service Access Program.

In recent years, Sandra has taught workshops and works diligently to educate and inform the Spanish-speaking community about the services and resources available to people with intellectual and developmental disabilities. Sandra's experience and passion for serving others have led her to become an advocate for the Latino community. Sandra's vision is to empower parents to advocate for their children with disabilities.

SPEAKERS



Shea Gerlinger

Shea Gerlinger is a psychotherapist who has lived in and loved the Bay Area for most of her life. She is an avid hiker, lover of dogs, burritos, puzzles, Orange Theory fitness, and stand-up comedy. As an ovarian cancer survivor, she is committed to raising awareness and supporting research for ovarian cancer, with an emphasis on rare subtypes.

Through the course of her cancer journey, she underwent fertility treatment and ultimately surrogacy and believes strongly that every person with a connection to cancer in California should know about the law (SB 600) passed in 2019 to ensure health plans cover fertility preservation for patients undergoing medical treatments that can compromise their ability to become pregnant, such as chemotherapy.



Ayana Davis, M.S., RD

Ayana Davis is a registered dietitian nutritionist specializing in oncology nutrition. She is the owner of Ayana Davis Nutrition as well as one of the dietitians at the UCSF Health Cancer Center. She works closely with her clients throughout their cancer journey from diagnosis to treatment and into survivorship. She provides individualized recommendations to help optimize their nutrition based on their personal needs. Ayana believes in focusing on a whole foods, plant-centered approach to diet and supports her clients in a step-by-step manner to incorporate more of those foods into their diet.

In her free time, Ayana likes to play with her two children, hike, paddle board, shop at the farmers market, and cook delicious food for her family. She recently joined a women's soccer team and is loving it!

Please see pages 12-14 of this conference program for the recipes that Ayana will be sharing as part of her presentation.

SPEAKERS



Stanley Rockson, M.D.

Dr. Rockson is the Allan and Tina Neill Professor of Lymphatic Research and Medicine at Stanford University School of Medicine. After earning his medical degree from Duke University School of Medicine, Dr. Rockson completed his internship and residency training in internal medicine at Brigham and Women's Hospital of Harvard Medical School. He is a fellow of the American College of Cardiology, Society of Vascular Medicine, American College of Angiology, and American College of Physicians, and a member of the International Society of Lymphology, American Society of Internal Medicine, and the Paul Dudley White Society, among others.

As a Professor of Medicine, Dr. Rockson serves concurrently as Stanford's Chief of Consultative Cardiology and the Director of the Stanford Center for Lymphatic and Venous Disorders. Dr. Rockson is Editor-in-Chief of Lymphatic Research and Biology and sits on the editorial board of Angiology. Dr. Rockson works closely with National Institutes of Health, in an advisory capacity, to advance the agenda for lymphatic research. He has been a frequent invited lecturer at national and international meetings, congresses, and societies. He is a co-founder of the Lymphatic Education and Research Network (LE&RN) and has served as Chair of the inaugural Gordon Research Conference, entitled 'Molecular Mechanisms in Lymphatic Function and Disease.' He is the co-author of *Lymphedema: A Concise Compendium of Theory and Practice* now in its second edition. Dr. Rockson has authored more than 200 scientific papers, reviews, book chapters, and books devoted to various aspects of lymphatic biology and disease, vascular biology, and cardiovascular medicine.



Michelle Fingeret, Ph.D., FAPOS

Dr. Michelle Fingeret is a licensed psychologist who has worked for over 18 years in the oncology setting with a unique focus on addressing body image issues for patients with cancer. She obtained her Ph.D. in clinical psychology from Texas A&M University in 2004, and completed her postdoctoral research fellowship at MD Anderson Cancer Center. Dr. Fingeret worked as an Assistant Professor and then Associate Professor at MD Anderson in the Department of Behavioral Science for 10 years. She then started a consulting practice to expand her work in the specialized area of body image and psychosocial oncology.

While at MD Anderson, Dr. Fingeret developed the only program of its kind in the United States focused on addressing body image issues for cancer patients through a combination of research, patient care services, and educational activities. Her Body Image Research and Therapy Program garnered national media attention, and enhanced the care of cancer survivors struggling with changes to their appearance and bodily functioning.

Dr. Fingeret has published over 50 peer-reviewed research articles, has been awarded numerous grants from the National Cancer Institute and American Cancer Society, and has edited the first academic textbook on body image care for cancer patients. She is a fellow and former president of the American Psychosocial Oncology Society.

SPEAKERS



Donald I. Abrams, M.D.

Dr. Donald I. Abrams is the past chief of the Hematology-Oncology Division at Zuckerberg San Francisco General Hospital, an integrative oncologist at the UCSF Osher Center for Integrative Medicine, and Professor Emeritus of Medicine at the University of California San Francisco. He graduated from Brown University and from the Stanford University School of Medicine. After completing an Internal Medicine residency at the Kaiser Foundation Hospital in San Francisco, he became a fellow in Hematology-Oncology at the University of California Francisco in 1980. During his fellowship, Dr. Abrams spent eight months working in the retrovirology laboratory of Harold Varmus, M.D., during the time that the first cases of AIDS were being diagnosed. He subsequently returned to the clinical arena where he was one of the original clinicians/investigators to recognize many of the early AIDS-related conditions.

He conducted numerous clinical trials investigating conventional as well as complementary therapies in patients with HIV including therapeutic touch, Traditional Chinese Medicine interventions, medicinal mushrooms, medical marijuana, and distant healing. His interest in botanical therapies led him to pursue the two-year Fellowship in Integrative Medicine at the University of Arizona which he completed in December 2004. His particular passion in the field involves nutrition and cancer. Since completing his Fellowship, Dr. Abrams has been providing Integrative Medicine consultation and group medical visits to people living with and beyond cancer at the UCSF Osher Center for Integrative Health. He retired from UCSF in 2020 but is now recalled Emeritus status to continue his clinical work in integrative oncology at the Osher Center.

He co-edited the Oxford University Press textbook in Integrative Oncology with Andrew Weil, M.D. Dr. Abrams was President of the Society for Integrative Oncology in 2010.



Fauzia Riaz, M.D.

Dr. Fauzia Riaz is a medical oncologist specializing in breast cancer at Stanford University. She is also currently a Clinical Assistant Professor in the Department of Medicine at Stanford University School of Medicine. Dr. Riaz is an avid researcher, and completed formal research training during her fellowship at Yale Cancer Center, through their Advanced Health Sciences Research program, culminating in the completion of a Master of Health Sciences. As faculty, she is an active member of the Stanford Breast Oncology Clinical Research Group, and currently serves as the Stanford principal investigator and sub-investigator for several ongoing breast cancer clinical trials, with a research focus in novel therapeutics and approaches to the treatment of breast cancer.

SPEAKERS



Lidia Schapira, M.D., FASCO

Dr. Lidia Schapira is a Professor of Medicine at Stanford and the Director of the Cancer Survivorship Program at Stanford Cancer Institute and Comprehensive Cancer Center. Dr. Schapira is a board-certified medical oncologist with thirty years of clinical experience. Dr. Schapira's clinical practice is dedicated to breast cancer. She was on the faculty at Harvard Medical School and a member of the Breast Oncology Program at the Massachusetts General Hospital from 2002 to 2016 and then joined the faculty at Stanford in 2016. She is a co-investigator in a longitudinal study of young women with breast cancer.

Dr. Schapira is the editor of *Essentials of Cancer Survivorship: A Guide for Medical Professionals*, the former Editor-in-Chief of the American Society of Clinical Oncology's website for the public "Cancer.Net", and serves as Associate Editor for the Journal of Clinical Oncology. She has published over 100 original, peer-reviewed articles in medical journals.



Amer Karam, M.D.

Dr. Amer Karam is a board-certified, fellowship-trained gynecologic surgeon and clinical associate professor in the Stanford Medicine Department of Obstetrics & Gynecology, Division of Gynecology Oncology. He specializes in gynecologic oncology, hospice and palliative care, hereditary gynecologic cancers, laparoscopic and robotic gynecologic surgery, and obstetrics and gynecology.

Dr. Karam attended medical school at the American University in Beirut. He completed his internship and residency at the Johns Hopkins Hospital in Baltimore, Maryland, before completing a fellowship in gynecologic oncology at the University of California Los Angeles and a fellowship in breast surgery at the Memorial Sloan-Kettering Cancer Center. Dr. Karam has a vested interest in minimally invasive and robotic surgery with a practice centered on this approach for the treatment of patients with gynecologic malignancy and complicated pelvic surgery. He is currently the director of Robotic Surgery and Outreach in the Division of Gynecologic Oncology.

SPEAKERS



Kate DeVarney, Ph.D.

Dr. Kate DeVarney is a neuroscientist, a certified medical qigong teacher, and a holistic wellness coach. Kate's own breast cancer experience started at age 34 when a breast lump was unexpectedly found during a routine medical exam. During treatment for a recurrence at age 48, a close friend introduced her to qigong, and she quickly discovered the incredible power of this healing exercise. Her subsequent motivation to become a certified medical qigong teacher in 2014 and a holistic wellness coach, was born out of a deep desire to share this unique blend of Western and Eastern body and mind exercise, and an integrative system of self-care with people living with cancer and other serious illnesses. Her qigong practice further sustained and helped her heal during treatment for a subsequent recurrence in 2019 and from COVID.

Dr. DeVarney is also the President and Chief Operating Officer of Titan Pharmaceuticals in South San Francisco, California, and has worked for the past fifteen years developing treatments for people with opioid addiction and other neuropsychiatric illnesses. Before beginning her career in the pharmaceutical industry, Dr. DeVarney was a practicing neuropsychologist at The University of Pennsylvania School of Medicine and Graduate Hospital in Philadelphia, Pennsylvania, treating patients of all ages with various neurological and neuropsychiatric illnesses.

RESOURCE FAIR

There are two times to visit the resource fair: 8:00 to 9:30 a.m. and 11:45 a.m. to 12:30 p.m. During these times, you can visit each vendor's booth, view the information they have provided, and speak to live representatives.

Our resource fair has three separate halls with organizations and companies to provide you with information about their services. Booths appear in alphabetical order.

Hall A:

AstraZeneca
Bay Area Cancer Connections (BACC)
Bay Area Young Survivors (BAYS)
BreastCancerTrials.org
Breastoration Ink
Cancer and Careers
Charlotte Maxwell Clinic

Hall B:

Emerald Isles Skin Care
FORCE: Facing Our Risk Cancer Empowered
Manta Cares
Mission Hospice and Home Care
National LGBT Cancer Network
National Ovarian Cancer Coalition Arizona (NOCC AZ)

Hall C:

Patient Advocate Foundation (PAF)
Pink Power You at the PJCC
Puma Biotechnology
Shanti's Women Cancer Program
The Second Opinion
Women's Cancer Resource Center (WCRC)
Young Survival Coalition (YSC)

For additional breast and ovarian cancer resources, please [click here](#) for a downloadable PDF.

GOODY BAG DONATION

We would like to thank the generous companies that donated products and discount codes for our conference gift bags you have received. Companies that donated are:

Amyris Labs
Everviolet
The Ginger People

Patch 10
Smarty Pits
The Shower Shirt

Three Lollies
The Tea Spot
Traditional Medicinals

Roasted Chickpeas

3 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
3. Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add other dried herbs and spices to taste.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

2 cups Chickpeas (cooked, rinsed)

2 tsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Red Lentil "Bolognese" Sauce

13 ingredients · 40 minutes · 6 servings



Directions

1. In a pot over medium heat, add oil, onion, garlic and. Cook until the onion begins to soften, about 6-8 minutes. Add the oregano, salt and red pepper flakes and cook for an additional minute.
2. Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are very tender.
3. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup of sauce.

More Flavor

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings

Top with extra red pepper flakes, dried or fresh oregano or nutritional yeast.

How to Use

Serve over veggie noodles, pasta noodles or dip fresh bread in it.

Ingredients

- 1/2 Yellow Onion (finely chopped)
- 1 stalk Celery (chopped)
- 1 Carrot (chopped)
- 4 Garlic (clove, minced)
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tsps Oregano
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes (optional)
- 1 cup Dry Red Lentils (rinsed)
- 2 tsps Tomato Paste
- 3 cups Vegetable Broth
- 1 cup Tomato Sauce
- 2 tsps Balsamic Vinegar (divided)

Curried Tofu Scramble

8 ingredients · 25 minutes · 3 servings



Directions

1. In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
2. Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
3. Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Vegetable Broth

Use avocado oil or extra virgin olive oil instead.

More Flavor

Add mushrooms or fresh herbs to the dish.

Ingredients

- 1 **tbsp** Vegetable Broth
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 15 **3/4 ozs** Tofu (extra firm, drained and pressed to remove water)
- 1 **tsp** Curry Powder
- 1 **tbsp** Nutritional Yeast
- 1/4 **tsp** Sea Salt
- 3 **cups** Arugula

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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.



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