

# Third Annual Long-Term Effects of Cancer Survivorship Conference Highlights

It was held April 5, 2014, at Central United Methodist Church, in Albuquerque, with 120 Participants in attendance.

There were 4 Sponsors (NM Dept. Of Health, ASEA, Home Care Assistance, and Quantum Biofeedback of New Mexico) and 2 Exhibitors (UNM CFL, Kay Rogers)

## Key-note Speakers

*Dava Gerard MD, FACS, Surveyor, Commission on Cancer and Administrator, Presbyterian Healthcare Services, Cancer Service Line –The Journey: From Surviving to Thriving—* Managing cancer as a chronic condition involves attending to physical symptoms, emotions, nutrition, fitness, and setting future goals. In learning to manage the cancer experience as chronic, it is useful to obtain the needed information and resources for survivorship care planning. It is also valuable to utilize creativity to move beyond surviving to thriving, which is about really living.

“This was a perfect talk for me right now – Thank You!”

*Arti Prasad, MD, DOM, Center for Life, University of New Mexico,—Holistic Cancer Survivorship—*Integrative medicine attends not only to physical health, but also to emotional, environmental, occupational, intellectual, social, and spiritual aspects of wellness. The integrative treatment modalities at the Center for Life are available to help cancer survivors manage treatment side effects during treatment and can help rebuild the body, mind, and spirit post-treatment.

“Very interesting statistical data; appreciated the Wellness discussion.”

Thanks to the Key-note Speakers above, and leaders of the Break Out sessions on next page.

## Break-out Sessions

*Complementary & Alternative Medicine - Acupuncture - Dr. Li Xu Ph.D., DOM, Hypnosis - Jean Stouffer, CHt, & Biofeedback - Diania DeCant*

Dr. Li Xu shared the benefits of Acupuncture and Oriental Medicine that have been proven to help cancer patients as well as survivors to alleviate pain, stress, and fatigue before, during, and after cancer treatments. Jean Stouffer discussed the benefits of hypnotherapy and then demonstrated the use of guided imagery to relieve stress and to relax.

“I learned about how to make better decisions for my wellbeing and to share with others. “

*Pain Management - Brian Starr, MD, Director, Pain Consultation and Treatment Center UNM*

Discussed the different types of cancer pain – acute, chronic, and neuropathic—and the different methods of treating this pain – medication, interventional, and complementary. The session was interactive and largely dedicated to responding to participants’ specific questions about pain and pain management.

“Excellent discussion; knowledgeable; and thoughtful.”

***Stress Management – Aromatherapy - Kay Rogers, DOM, Certified Master Acugems™, LMT, CHNP;  
Yoga - Patti Lentz, PT***

Kay Rogers demonstrated the use of aromatherapy for relaxation. She went on to describe the influence of different scents on the body's vibrations and how to decrease stress in 21 seconds. Patti Lentz continued the relaxation with a guided yoga practice, instructing participants to explore their bodies' abilities with curiosity and care.

“Enthusiastic and informative. Thanks for taking your time to inform us.”

***Stress Management – Mindful Meditation & Yoga – Michelle Duval, MA, Director, The Mindful Center***

Introduced the study and practice of mindfulness meditation: what it is, how to do it in our daily lives to reduce stress, manage pain, help with sleep issues, weight issues, healing processes, and more, and how it enables our ability to participate in our own health and well-being.

“This was so what I needed at this point in my recovery journey – it just resonated.”

***Optimum Nutrition / Mindful Movement – Strategies for Holistic Cancer Survivorship – Emile Brough, DOM, LMT, RMTI & David Lang, LMT, COMT***

Provided a review of nutrition in long-term survivorship and the importance of movement with an emphasis on respecting the body. Interactive demonstration of movement was included in the presentation with those attending actively participating.

“This was a great session.”

**If you want to help plan or offer input for next year's conference,  
please let someone on the Board know.**