

## BREAST CANCER REHAB & WELLNESS SUMMIT 2016

### Session 1

Foods which are effective against cancer	Dr David Wilkinson
Physiotherapy interventions for physical impairments – scenar	Lorna Golomic
Upper limb impairment explained and how a surveillance system can work to reduce this experience.	Prof Delva Shamley
Exercise and fitness tips to get people started	Carol Michaels
The use of relaxation training	Eeris Kallil
AWS/ cording assessment and treatment.	Emad Beshar
Physiotherapy: Early and continued support For breast cancer patients in hospital care ( Italy)	Laura Mutti
Being Trauma Sensitive	Linda Conyard

### Session 2

Acupuncture for post-breast cancer side effects care	Dr Kelley Mondesire
Oncology Massage	Jamie Elswick
How hypnosis can help	Avinom Lerner
Three key platforms for yoga	Mariane Cirone
Living not just surviving	Alene Nitzki
Neuro muscular conditions after breast cancer	Dr Michael Stubblefield MD

Emotional healing through labyrinth, imagery and journaling Pilates for post breast cancer care: research and principles Mastectomy and prosthetic options- with an artistic edge	Dr Robin Dilley Naomi Aaronson Wendy Smith
How personal trainers and fitness industry meets needs of breast cancer survivors. Andrea Leonard	
Yoga therapy: A review of research and practice	Annette Loudon
Breast Q: A patient impact rating tool	Dr Andrea Pusic

Treatments for tight tissue, pain and lymphoedema

Susan Nichols

Pilates practice: Chair exercises

Naomi Aaronson

STRAIT method: Interventions for scar tissue

Marjorie Brook

A survivor program run by partnering between groups

***Fly Fishing in Australia***

#### **Session 4**

ASTYM therapy for mastectomy scar tissue.

***Claire Davies***

Stillness meditation

***Rii Mitchell***

Oxidative stress: How to help our clients improve their inner eco-system (PART A)

***Shira Litwack***

E resources to help people after breast cancer

***Trish Duke***

An Argentina Physical Therapist experience managing lymphoedema:

hospital and community

***Andrea Melendi***

Italy/ Milan: Early hospital based lymphatic system interventions

***Stella Maris Glowinski***

Precautions for Massage therapy for breast cancer clients

***Eeris Kallil***

Oncology Massage: Trauma sensitive -respecting an individual's complexity **Jamie Elswick**

#### **Session 5**

Massage techniques to soften AWS/ cording

***Laura Mutti***

Treatment of Sexual Dysfunction and breast cancer.

***Susannah Haarmann***

Pilates: Practice Pilates exercises from post

breast cancer program- mat and standing.

***Naomi Aaronson***

Oxidative stress: How to help our clients improve their inner eco-system (PART B)

***Shira Litwack***

Update of AWS/ cording and mastectomy scar conservative physical treatments.

***Elisabeth Josenhans***

Connecting breast cancer clients to therapy services with a web based program.

***Karen Anderson***

Re- connecting neck, shoulder, spine and pelvis after breast cancer ***Eeris Kallil***

#### **Session 6**

Scar tissue: Assessment methods to determine severity.

***Denise Stewart***

Distress severity measurement and triage management system in Canada. ***Dr Linda Carlson***

Death and dying: Who is having this conversation

***Linda Conyard***

The benefits of Reiki for people after cancer diagnosis

***Jane Van De Velde***

Pinc and Steel: How this physical training program has been effective.

***Lou James***

Early prevention and intervention of arm lymphoedema

***Karin Johansson***

How the Spa industry is becoming cancer aware.

***Julie Bach***

Can we prevent Chemo induced neuropathy?

***Dr Janet Schloss***