

20th Annual

THE PINK RIBBON TALKS

Breast Cancer Conference



THE PINK RIBBON TALKS



Saturday, October 2, 2021
10:00am until 12:00pm

Via Zoom Video Conference

Celebrating 20 years of Hope & Friendship!

In partnership with:

Novant Health Cancer Institute

Atrium Health Wake Forest Baptist Comprehensive Cancer Center

www.PinkRibbonTalks.org

Made possible by support from:



Cancer Services Mission:

“Enhancing Health, Life & Survivorship”

Programs & Services

- Patient Advocacy
- Medication & Financial Assistance
- Equipment, Supplies, Wigs & Prostheses
- Pink Broomstick® Support Program
- Peer Support for Survivors
- www.CancerDietitian.com
- “Survive & Thrive!” Wellness Groups
- Educational Programs
- Healing Hands Programs
- Lifestyle Programs for Risk Reduction & Early Detection

Programs and Services offered at no cost.

A United Way Partner Agency



We're gearing up for National Breast Cancer Awareness Month!

Today is your day to celebrate hope and friendship! The purpose of this conference is to give you a unique chance to learn from top healthcare professionals and each other. This Conference Handbook is a tool for you to learn about our speakers and take notes about the conference. As our second year to present this conference virtually, we hope you enjoy it! In addition to today, please take advantage of the other special programs scheduled for October, which are listed inside!

Welcome to Cancer Services' 20th Annual "The Pink Ribbon Talks"



Each year, "The Pink Ribbon Talks" grows because of the collaboration with

**Novant Health Cancer Institute &
Atrium Health Wake Forest Baptist
Comprehensive Cancer Center**

We would like to thank them for their continued support.

*Cancer Services is very grateful to these businesses
for being this year's conference sponsors:*



Kathy Bowman
Jamie Calcutt-Flaherty
Sue Kirby
Julie Lanford
Jennifer Maclean
Lindy Milligan
Typhany Morrison-Brooks

Liz Outlaw
Julie Stone
Willonda Thomas
Tori Wall
Claudette Weston
Teresa Willard



Schedule of Events

10:00 am Welcome! Julie Lanford

10:10 am “What’s Up Doc?” Medical Panel

- ◆ Dr. Patty Zekan
Novant Health Cancer Institute
Medical Oncologist & Moderator
- ◆ Dr. Kelly Cronin
Atrium Health Wake Forest Baptist Comprehensive Cancer Center
Radiologist
- ◆ Dr. Jennifer Crook
Novant Health Cancer Institute
Medical Oncologist
- ◆ Dr. Adam Katz
Atrium Health Wake Forest Baptist Comprehensive Cancer Center
Plastic and Reconstructive Surgeon
- ◆ Thuy My Vu, MS, CGC
Atrium Health Wake Forest Baptist Comprehensive Cancer Center
Genetic Counselor

11:20 am “Who Ya Gonna Call?” Expert Panel

- ◆ Julie Lanford, MPH, RD, CSO, LDN
Cancer Services
Wellness Director & Moderator
- ◆ Kathy Bowman
Novant Health Cancer Institute
Breast Nurse Navigator
- ◆ Liz Outlaw
Atrium Health Wake Forest Baptist Comprehensive Cancer Center
Breast Nurse Navigator
- ◆ Felicia Dobson
Cancer Services/Novant Health Cancer Institute
Patient Advocate
- ◆ Typhany Morrison-Brooks
Cancer Services/Atrium Health Wake Forest Baptist
Comprehensive Cancer Center
Patient Advocate

11:50 am Door Prizes and Closing Remarks

Speaker Bios



Julie Lanford MPH, RD, CSO, LDN

Julie is the Wellness Director for Cancer Services. She is a registered dietitian, licensed nutritionist and board certified specialist in oncology nutrition with over 14 years' experience working in oncology. Lanford received a B.S. in Biology from North Carolina State University and a master's degree in public health nutrition from The University of North Carolina at Chapel Hill.

In 2007, Lanford developed www.CancerDietitian.com a healthy living web site for Cancer Services that translates evidence based nutrition guidelines into consumer friendly messages for everyday life. The site has reached thousands of people across the country who are interested in cancer nutrition and the most current topics on healthy lifestyle in our culture.

Her passion is wellness for cancer prevention and survivorship, and she specializes in making healthy living fun! Lanford enjoys life away from work when she is traveling with her personal "circus," a husband, bi-lingual 5th grader, and a very active preschooler.

Lindy Milligan

Lindy is the Survivorship Coordinator for Cancer Services. She began working with Cancer Services as a volunteer after her own battle with breast cancer, 12 years ago. She said once she finished her active treatment, she wanted to "give back" in a way that would help and inspire others. After volunteers for about 6 months, she was hired as a Patient Advocate. After about 5 years, Lindy moved into a newly created role of Survivorship Coordinator, where she creates programs, connects with our survivors and encourages survivors to live their best lives. She celebrated her 10-year anniversary with Cancer Services earlier this year.

Prior to Cancer Services, Lindy worked in Marketing for USAirways/Piedmont Airlines and Wachovia. She has a wonderful husband who was her high school sweetheart, four adult children, and a beloved family rescue dog. Spending time with family, traveling, exercising, scuba diving and hiking are among her favorite ways to enjoy live.



Speaker Bios

Patty Zekan, MD

Dr. Zekan is a Medical Oncologist at Novant Health Cancer Institute and has a particular focus in Breast Cancer. She has been practicing medicine for over 30 years. She comes from a large medical family where 5 out of her 7 siblings became doctors. She earned her medical degree from West Virginia University and came to North Carolina to continue her training at Wake Forest Baptist Medical Center where she completed her Fellowship in Medical Oncology. She is very active in cancer-related programs in the community and currently serves on the Cancer Services Board of Directors. She has only missed one “Pink Ribbon Talks” out of 20 and we always look forward to her sharing her knowledge and kind words with us.

Kelly B. Cronin, MD

Dr. Cronin is the Medical Director and Section Chief of Breast Imaging at Atrium Health Wake Forest Baptist Hospital. Originally, from upstate New York, she came to Winston-Salem for her residency, fell in love with the area, and has been in practice for over 10 years. She earned her medical degree from Upstate Medical University, did a residency at Wake Forest and completed a breast imaging fellowship at Virginia Commonwealth University. She is married and has three beautiful kids. Dr. Cronin is passionate about providing the best possible care in breast imaging and loves working with her patients.

Kathy Bowman, BS, RN, ONN-CG, OCN

Kathy is a breast navigator at the Novant Health Derrick L. Davis Cancer Institute. She has been a nurse for 27 years, 12 of those in oncology (9 years as a GI navigator, 3 years as breast navigator). Kathy is certified in both navigation and oncology. She is very passionate about supporting patients and families in order to make their journey as manageable as possible. Kathy is married and has two children. Her husband is a teacher and coach at West Forsyth High School. Her daughter is married and is a social worker in Raleigh and her son is a sophomore at UNC Chapel Hill.

Speaker Bios



Jennifer Lee Crook, MD

Dr. Crook is a medical oncologist at Novant Health Cancer Institute. She is passionate about patient education, conversation and building a relationship with her patients. She also proudly serves on the Novant Health Breast Cancer Tumor Council. This group brings together physicians from multiple specialties every week, to combine their expertise in the fight against breast cancer. She is a member of the American Society of Clinical Oncology and the American Board of Internal Medicine which helps her keep up with the ever-changing landscape of cancer care. Caring for patients during one of the most difficult times in their lives is personally fulfilling and the opportunity to see survivors in follow-up care, living their best lives is uniquely rewarding. A native of New England, Dr. Crook moved to the Winston-Salem area with her daughter in 2020. She previously served 14 years on active duty in the U.S. Navy. We are very thankful for her military service.

Thuy My Vu, MS, CGC

Thuy Vu is a Certified Genetic Counselor at Atrium Health Wake Forest Baptist Comprehensive Cancer Center. She received her Master's Degree in Genetic Counseling from the University of Arizona. Her 15+ years of clinical practice has focused on hereditary cancer syndromes. She provides education to patients and their families about hereditary cancer syndromes, including the cancer risks, appropriate surveillance and coordination of genetic testing. She has been a speaker at the WFBH Breast Symposium, and presented at national and international conferences. Thuy was a 2021 Patient Advocate Award Recipient in recognition of her dedication and willingness to go over and beyond her job responsibilities to assist her patients and our community. She is passionate about what she does but also relishes her time at home with her husband and 3 kids.

Speaker Bios



Adam J. Katz, MD

Dr. Katz is a Professor of Plastic and Reconstructive Surgery at Atrium Health Wake Forest Baptist and serves as Director of the Plastic Surgery Research Laboratory. After graduating from Duke University and the University of Michigan Medical School, he completed his plastic surgery training at the University of Pittsburgh - including a 3-year fellowship in regenerative medicine research and entrepreneurialism. Dr. Katz's clinical practice spans a variety of reconstructive and aesthetic procedures, with a particular interest in breast reconstruction and body contour surgery. He is certified by the American Board of Plastic Surgery. After nearly 20 years of professional practice he continues to derive meaning and gratification from the relationships he develops with patients. Dr. Katz sincerely values the trust they put in him and considers it an unrivaled privilege to take part in their care. Beyond this, he is energized by training, educating and mentoring the future leaders of his field.

Liz Outlaw, RN, BSN

Liz is a Breast Cancer Nurse Navigator at Atrium Health Wake Forest Baptist Comprehensive Cancer Center. She began her oncology nursing career 24 years ago at Wake. She has held various roles throughout her career including inpatient oncology staff nursing, oncology-based nursing research, inpatient clinical coordination, outpatient medical oncology breast clinic nursing, and Breast Cancer Nurse Navigation. In her current role, Liz has found that helping breast cancer patients from the time of their diagnosis throughout their journey to survivorship is an honor and privilege like no other. She believes that patient and family education is a vital part of Nurse Navigation, and it is of particular interest to her. Outside of work, she enjoys spending time with her family and juggling the active schedules of her five children, one granddaughter, rescue pup, and 18-year-old cat.

Speaker Bios



Typhany Morrison-Brooks

Typhany is the Patient Advocate for Cancer Services, covering our satellite office at Atrium Health Wake Forest Baptist. Born out of the urgent need for answers for her Dad's undiagnosed Crohn's Disease, she became a patient advocate 27 years ago, continuing to learn how to be a bridge for her younger brother with MS and their mother. Call our main office whenever you need that bridge from overwhelmed to peace and answers. Where she can't provide, she will guide! Typhany's time away from work is spent with her two adult sons and caring for her mother and brother. Typhany also has a love for classic hot rod cars and participates in many car shows.

Felicia Dobson, BCPA

Felicia is a Board Certified Patient Advocate and has worked as an advocate with Cancer Services for eleven years. Felicia specializes in customizing support to navigate the healthcare system by collaborating with multidisciplinary teams, educating patients, and providing available resources. Felicia's professional motto is "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Felicia is inspired daily by her husband and four children plus their anxious terrier Deogi (Dog). In her free time, Felicia is often found studying or enjoying great food.

October Events



Registration is required for each program!

October 4th 12—1pm – Breast Cancer Nutrition: Myths & Truths

There is a lot of confusing information out there about food and cancer, and friends and family with good intentions often pass this information along to cancer patients and caregivers without checking for accuracy or scientific basis. Get evidence-based cancer nutrition information from an expert in this session where Julie, a board certified specialist in oncology nutrition, dispels common breast cancer nutrition myths and gives you the truths so that you can optimize your diet for cancer risk reduction, treatment and survivorship.

Speaker: Julie Lanford, MPH, RD, CSO, LDN — Wellness Director at Cancer Services and Author and Creator of cancerdietitian.com

October 20th 4—5:30 pm -- Wellness Wednesday with Hirsch Wellness Network

Cancer Services has partnered with Hirsch Wellness Network to bring you this special session using art, nutrition and movement to improve your wellbeing.

October 21st 12—1:30 pm -- Pink Broomstick Breast Cancer Wellness Group

“Not tonight, honey!”. Come hear experts talk about the sexual side effects caused by breast cancer, treatment and medications. Many people experience this, but very few talk about it!

October 28th 2- 4:00pm -- Art + Wellness with the Sawtooth School!

Art Activity: *Supplies will be available for pick up at Cancer Services.*

Tuesdays in October 12—1pm — Mindfulness Power Hour

Join us for this 4-week introduction to Mindfulness led by Sara Bridges, Oncology Counselor at Novant Health Cancer Institute. Learn the benefits of Mindfulness and how it can help you reduce stress and anxiety. Come spend this valuable hour with us each Tuesday in October (5th, 12th, 19th and 26th).

Tuesdays in October 5:30—6:30 pm — Chair Yoga for Cancer Patients/Survivors/Caregivers

This class is held virtually via WebEx. Contact Sue Evans for sign in information! 336-406-7082 or suevans@wakehealth.edu

Wednesdays in October 9—10:30am — Yoga for Cancer Patients/Survivors/Caregivers

This class is held via Facebook Live and Zoom. Contact Angela Gallagher for details on how to join. 336-414-5942

MY NOTES





PATIENT ADVOCATE AWARDS

2021 Patient Advocate Award Recipients

Thuy My Vu, MS, CGC is a Certified Genetic Counselor at Wake Forest Baptist Health Comprehensive Cancer Center.

Dr. Judy Hopkins is a Medical Oncologist at Novant Health Cancer Institute.

Sheryl Thorpe is a volunteer at Cancer Services. Prior to that, she was a nurse for almost 50 years.

Past Patient Advocate Award Recipients

2020: Rod Hunter, Community Volunteer, Dr. Karen Winkler, Wake Forest Baptist Health, Stacy Sawyers, Novant Health

2019: Peggy Hawkins and Betty Love, Community Volunteers, Dr. Zanetta Lamar, Wake Forest Baptist Health, Brenda Mickey, Novant Health

2018: Sylvia Woodruff, Community Volunteer, Leah Smith, Chaplain, Novant Health, Maria Alejandra Combs, Hispanic Patient Navigator, Wake Forest Baptist Health

2017: Mary Jane Mote, Community Volunteer, Claudette Weston, Community Volunteer, Sarah Crowell, Novant Health, Dr. David Hurd, Wake Forest Baptist Health

2016: Janice Snider, Community Volunteer, Dr. Elizabeth Skinner, Novant Health, Sally Cowhill, RN, Wake Forest Baptist Health

2015: Ardmore Baptist Church Handicrafters,
Community Volunteer, Dr. Glenn Lesser, Wake Forest
Baptist Health, Dr. Susan Hines, Novant Health



2014: Jenny Braswell, Community Volunteer, Dr. Lisa
Evans, Radiation Oncologist, Novant Health, Carla Strom, MLA,
Health Equity Program Manager, Wake Forest Baptist Health

2013: Victoria Friendly, Community Volunteer, Nancy Smith, RN,
Pediatric Oncology Nurse, Wake Forest Baptist Health,
Julie Pope, RN, BSN and Kathy Bowman, RN, BS, *GI Oncology
Nurse Navigator Team*, Novant Health

2012: Teresa Ball, Community Volunteer, Nancy Creel, Oncology
Resource Specialist, Novant Health, Ben Curti, MS, LRT/CTRS
Oncology Recreation Specialist, Wake Forest Baptist Health

2011: Dusty Donaldson, Lung Cancer Survivor, Joanne Henley,
Oncology Chaplain, Novant Health, Judy Lovelace, RN, Wake
Forest Baptist Health

2010: Thea Laydon, Community Volunteer, Cynthia Smart, RN
and Angie Flynn, RN, *Thoracic Oncology Nurse Navigator Team*,
Novant Health, Dr. Bayard Powell, Wake Forest Baptist Health

2009: Linda Miller, Community Volunteer, Dr. Edward Shaw,
Wake Forest Baptist Health

2008: Susan Lyerly, Physician's Assistant, Wake Forest Baptist
Health

2007: Sue Mason, BSW, BSN, MS, Oncology Care Coordinator,
Novant Health, Roger Jordan, Volunteer, Cancer
Patient Support Program, Wake Forest Baptist Health

2006: Sue Carroll, Clinical Nurse Specialist, Hematology/
Oncology, Wake Forest Baptist Health, Laurie Mathis, Breast
Health Navigator, Novant Health

2005: Jan Gordon, Oncology Nurse, Winston-Salem Health Care,
Sandy Wiles, Oncology Nurse, Wake Forest Baptist Health, Jenny
Morris, Community Volunteer

2004: Janice Woodruff, Wake Forest Baptist Health, Nancy
Reynolds, Community Volunteer, Western Piedmont Speak Easy

Save These Dates!

Allegacy's DW Golf Tournament

fundraiser ~ October 14, 2021

Wrapped Up In Ribbons Auction & Benefit

Hosted by Cancer Services ~ April 30, 2022

National Cancer Survivors Day Celebration of Life

Hosted by Cancer Services,
Novant Health Cancer Institute &
Atrium Health Wake Forest Baptist
June 2022

The Pink Ribbon Talks

Hosted by Cancer Services ~ October 1, 2022

Pink Broomstick® Support Program

The Pink Broomstick® Support Program is a referral-based program coordinated by Cancer Services, Inc. and administered through the cancer centers. The program offers survivors emotional and peer support from trained breast cancer survivors. They receive a kit of information, a pink pillow, and a pink broomstick. The pink broomstick exercises can be found at pinkbroomstick.org and are used to help in rehabilitation following surgery.

The Pink Broomstick® Support Program also offers a monthly wellness group that meets (currently via Zoom video conference) the 3rd Thursday at 12 noon. **The Pink Broomstick® Wellness Group** allows survivors to share experiences and gain insightful knowledge from professionals. Wellness Groups give you the opportunity to meet other people dealing with similar situations and offer ways of coping with your illness. Sharing is informal and the support is strengthening. Please join us!



**Celebrating over 65 years of
community service and education!**

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Visit Us Online!

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Dear great Heroic Lady,

*NOW...Go Forward with bells on to
the GRAND BALL of LIFE and fill
your new dance cards with twirls and
whirls of wonder. Your  heart
is deserving and your soul is READY!!*