

## Medical Breast Training Program

<b>Session Nine: Health and Optimal Wellbeing</b>	
<p><b>Course Description:</b> In this course, participants will learn about the critically important healthy lifestyle habits such as exercise, healthy diet, alcohol, and tobacco avoidance that can help reduce risk of incident and recurrent breast cancer. Integrative medicine topics, as well as resilience and exercise will be covered in detail.</p>	
<p>Learning Objectives:</p> <ul style="list-style-type: none"> <li>• Describe the role of healthy lifestyle habits including regular exercise, healthy diet, alcohol, and tobacco avoidance as it relates to breast cancer prevention and reduction in recurrence risk</li> <li>• Identify integrative health modalities and supplements that may be considered during and after breast cancer treatment</li> <li>• Recognize the signs of distress, and how to encourage resilience and social connections with breast cancer patients during treatment and in survivorship</li> </ul>	
30 Minutes	Nutrition, Weight Management and Fasting <i>Dawn M. Mussallem, D.O.</i>
Objectives	<p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss the importance of good nutrition and weight management during and after breast cancer treatment</li> <li>• Detail suggestions for helping patients be successful with implementation of these important lifestyle habits</li> </ul>
30 Minutes	Exercise <i>Raul A. Rosario Concepcion, M.D.</i>
Objectives	<p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define what is meant by exercise, and how much is recommended for most survivors</li> <li>• Discuss specific benefits of exercise as it relates to outcomes post breast cancer treatment</li> </ul>
30 Minutes	Evidence-Based Integrative Therapies During & After Breast Cancer <i>Stacy D. D'Andre, M.D.</i>
Objectives	<p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define what is meant by integrative medicine</li> <li>• Demonstrate various integrative strategies that have been shown to be helpful for women during and after breast cancer treatment</li> </ul>
30 Minutes	Distress, Resilience, Social Connections <i>Kristin A. Lothman, M.S.W., L.C.S.W.</i>
Objectives	<p>Objectives:</p> <ul style="list-style-type: none"> <li>• State the prevalence of distress for those going through or after breast cancer treatment</li> <li>• Describe the role of resilience and social connections in survivorship</li> </ul>
<p><b>Livestream</b>  <b>August 27, 2022</b>  <b>9:00 a.m. –</b>  <b>12:00 p.m. CT</b></p>	Optimizing Health and Wellness Case & Potpourri: Integrative Therapy, Hormones, Legal and Supportive Care Case Discussion (5)

<p><i>Juliana (Jewel) M. Kling, M.D., M.P.H., Ruth Heisey, M.D., Mariam AlHilli, M.D., Stacy D. D'Andre, M.D., Elizabeth (Liz) M. Valencia, M.D., J.D., Kristin Lothman, M.S.W, L.C.S.W.</i></p>
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