

# 2019 Seeds of Hope Cancer Survivors Day Conference and Celebration

## *Nutrition – Eat Well, Heal Well, Live Well*

**Opening Ceremony:** [Susan Smarr, MD](#) (Physician in Chief, Santa Clara)  
[Efren Rosas, MD](#) (Physician in Chief, San Jose)

**Keynote** (11:30am to 11:45am)

- **Food is Medicine**

Nearly 40% of the most common cancers can be prevented- what role does food play in this?

*Speaker: Donald Abrams, MD, Moderator: Michael Wong, MD*

### **Educational Sessions**

- **Cancer Fighting Diet: What Does the American Institute for Cancer Research Recommend?** (12:00pm to 12:30pm)

Obesity associated cancer risk, does sugar feed cancer? What is impact of meat, alcohol and the microbiome?

*Speaker: Donald Abrams, MD, Moderator: Minggui Pan, MD* (Medical Oncology Chief KP Santa Clara)

- **Alkaline, Paleo, Ketogenic, Macrobiotic or Vegan: Are Any Really Anti-Cancer?** (12:45pm to 1:15pm)

Navigating the diet craze maze, what is the rationale behind it and does it promote health?

*Speaker: Donald Abrams, MD, Moderator: William Ho, MD* (Complementary and Integrative Medicine Chief KP San Jose)

- **Useful Nutrients and Supplements for Cancer Survivors** (1:30pm to 2:00pm)

Vitamin D, Calcium/Magnesium, Mushrooms, turmeric, probiotics- do they really help?

*Speaker: Donald Abrams, MD, Moderator: Amy Lei, MD* (Medical Oncology KP Santa Clara)

- **Making Every Bite Count- Harnessing the Cancer Fighting Power of Plant Based Foods** (2:15pm to 2:45pm)

Cooking demonstration

*Speaker: Linda Shiue, MD, Moderator: Anzomette Pittet, RD* (Dietician KP Santa Clara)

**Closing Ceremony:** [Mark DuLong, MD](#) (Assistant Physician in Chief, Santa Clara)  
[Meena Pai, MD](#) (Assistant Physician in Chief, San Jose)

### **Guest Speakers:**

**Dr. Donald Abrams** is an Integrative Oncologist at the UCSF Osher Center for Integrative Medicine. He is a Professor of Clinical Medicine at UCSF, and a practicing oncologist at the Zuckerberg San Francisco General Hospital and Trauma Center where he was chief of Hematology and Oncology from 2003 to 2017.

Dr. Abrams has been providing Integrative Medicine consultation to people living with and beyond cancer with an emphasis on nutrition and cancer. He co-edited an Oxford University Press textbook in Integrative Oncology with Dr. Andrew Weil. In 2010, Dr. Abrams served as president of the Society for Integrative Oncology.

**Dr. Linda Shiue** is a primary care doctor and professionally trained chef. As the Director of Culinary Medicine for Kaiser Permanente, she has authored multiple articles for [GET FIT KP San Francisco](#), inspiring people to prepare healthy foods for the holidays and all year round.

**Dr. Keith Fabisiak** is a pediatrician and avid gardener. He will be demonstrating “A sustainable Food Solution in Your Own Backyard: Organic Home Farming with Dr Keith Fabisiak.

### **Educational Booths**

#### **Acupuncture**

Meet with our certified acupuncturists to learn about how acupuncture promotes the flow of vital life energy (called “qi” or “chi”) and how stimulating key points in the body can help manage the side effects of cancer treatment.

#### **All About Sleep**

Talk to a sleep specialist and learn how to get a good night's rest

**Oncology Clinical Trials** Kaiser Permanente is an active and leading participant in several national cooperative trials. Learn about available clinical trials at KP San Jose and Santa Clara and how participation can improve care standards. Check out the many survivorship studies that are on-going.

## **Complimentary Integrative Medicine**

Learn ways to use non-traditional healing approaches and techniques that help with coping and symptom management to improve wellness and quality of life

## **Genetics**

The genes you are born with may contribute to your risk of developing certain types of cancer. We can help you understand your risk for disease.

## **Heart Health**

Do you know the signs and symptoms of a heart attack? Learn about preventive care for heart health as well as how to manage your cholesterol, blood sugar, blood pressure, and weight.

## **Health Education**

Our Health Education Department has resources and programs to help you maintain and improve your health and wellness. Learn how this team of health professionals can help you achieve and maintain lifestyle changes such as healthy eating, exercise, and stress management to take care of yourself and loved ones.

## **KP Pet Therapy Team and Volunteer Services**

Come meet the pets that help to cheer up our patients through their cancer treatment and ways that you can participate in our volunteer services

## **Refreshed Skin Therapy**

Aestheticians will be available with tips for taking care of your skin as well as skin consultations.

## **Supportive Care Services (Pain & Relief and Life Care Planning)**

Learn about symptom management, life care planning, financial support information and other support resources.

**Life Care Planning** - Peace of mind comes from knowing that your values and wishes are honored in health care decisions. Get information on how to make an advance health care directive form. **Free notary available.**

## **Nutrition/Food Zone**

### **Food is Medicine – Healthy Eating and Weight Management**

What is the association of obesity and cancer development and prevention (**NCI**) How can food be used to fight and prevent cancer? What role does alcohol play in this? Learn from dieticians which foods are most nutritious and how to build healthy, balanced meals.

### **Minimizing Toxin Loads Through Organic Foods, Food Storage, and Cooking Methods**

Learn more about the toxins that exist in the products that we use on a day to day basis- especially endocrine disrupting compounds that have been associated with cancer.

### **Organic Farming**

Not only does this benefit the environment by improving fertility, soil, and biodiversity, but it also reduces environmental exposure to toxic materials associated with the development of cancer.

### **Pharmacy and Natural Medicines**

Learn from our pharmacists about supplements and possible interactions with your current medications

### **Fresh Approach**

Healthy, local produce can be an unattainable luxury for many families in the Bay Area. Learn how to access different programs, like the Mobile Farmers' Market for affordable locally-grown fruits and produce.

### **Second Harvest Food Bank**

As a KP Community Grant Recipient, they help promote and simplify enrollment into the Cal Fresh Program. This program allows those in need to buy groceries and fresh produce at participating stores and farmers' markets.

Learn more about eligibility: <https://www.shfb.org/get-food/calfresh/#eligibility>

## **Food Donation** (next to Second Harvest Food Bank)

1 in 3 children and 1 in 4 adults in Silicon Valley are food insecure. Food donation can help fight hunger in our community.

## **Prevention and Cancer Education Zone**

After diagnosis and treatment for cancer, it is even more important to keep up with screenings for other cancers as well as learn about other preventative steps

### **Colorectal Cancer -including the “Colon Experience” Inflatable Tunnel**

FIT test is a simple test that you can do in the convenience of your home, come see how it is done

### **HPV Related Cancer and HPV Vaccination**

HPV vaccination early in life may prevent HPV related cancers later in life

### **Liver Cancer and Hepatitis Treatment and Prevention**

Hepatitis C treatment now may prevent Hepatitis C related liver cancers in the future

### **Prostate Cancer and Men’s Health- including the “Prostate Experience” Inflatable Tunnel**

Men’s health is not limited to prostate cancer. What other factors can impact a man’s quality of life?

### **Skin Cancer Awareness**

Learning your ABCDE and SPF may save lives

### **E-Cigarettes, smoking related cancers, and ways to stop smoking**

Can you “vape” just flavors? What are e-cigarettes?

### **Breast, cervical, and ovarian cancer and Women’s Health**

Menopausal symptoms, bone health, early cancer detection and prevention are just a few issues to evaluate at this booth

## **Community Resources**

### **American Cancer Society**

Check out our Look Good Feel Better demonstration table and get information about prevention, treatment, and survivorship as well as programs such as Road to Recovery (transportation), Reach to Recovery (breast cancer support), and I Can Cope. To learn more, visit their website at [www.cancer.org/](http://www.cancer.org/)

### **Asian American Cancer Support Network**

Learn about the educational, supportive, and diverse network of resources available to not only Asian-Americans, but to everyone. Check out the limited-edition survivorship gift basket. To learn more, visit their website at [aacsnet.org](http://aacsnet.org)

### **Bay Area Cancer Connections**

Dedicated to providing compassionate support and comprehensive information to those affected by breast cancer in the San Francisco Bay Area. To learn more, visit their website at [bccconnections.org/](http://bccconnections.org/)

### **Cancer Care Point**

Provides hope and help for individuals and families in Silicon Valley whose lives are touched by cancer. They provide a vast array of programs and classes including imagery, massage therapy, yoga, nutrition consults, and support groups, as well as transportation and financial resources. To learn more, visit their website at [www.cancercarepoint.org/](http://www.cancercarepoint.org/)

### **Leukemia/Lymphoma Society**

Dedicated to funding blood cancer research and providing education and services to patients and their families with leukemia, lymphoma, and myeloma. Pediatric Spanish- speaking support program with Latinas Contra Cancer at [www.lls.org](http://www.lls.org)

### **Living Strong Living Well**

A twelve-week small group strength and fitness training program for cancer survivors who have become deconditioned or chronically fatigued from their treatment and/or disease- to help build muscle mass and strength, increase flexibility and endurance and improve functional ability and quality of life. To learn more, visit their website at [www.lslw.stanford.edu](http://www.lslw.stanford.edu)

### **The Next Step Boutique**

A woman’s boutique established to accommodate the special needs of women who have experience breast cancer - [www.nextstepboutique.com](http://www.nextstepboutique.com)

## **Activities**

### **Chair Massage**

Relax with a chair massage delivered by the massage therapists from the National Holistic Institute. Sessions are 5-10-minutes long.

### **Games**

Challenge your knowledge and win at multiple booths and activities.

### **Healthy Light Bites**

Reward your taste buds with a multitude of healthy light bites (that reflect the cancer fighting diet) located around the event and come to the cooking demonstration to learn how to make it

### **Hair Donation**

Donate your long hair and receive a complementary haircut and style by one of our stylists from Bella-Balance.

### **Kid's Fun Zone**

Provide opportunities to help children learn how to choose foods and activities that can reduce their cancer risk, as well as arts and crafts activities including building your own herb garden.

### **Memory Activity**

Access ways to sharpen your memory and concentration by speaking to experts and learning exercises that you can do to boost your memory.

### **Mindful Eating (20-minute sessions at 11:10am, 12:00pm, 2:10pm, 2:40pm)**

Learn to become "in tune with our hunger cues" to allow us to make better food choices that are both nourishing and satisfying.

### **Mobile Farmers' Market**

Visit and purchase affordable, locally-grown, quality fresh fruit and produce.

### **Mobile Health Vehicle**

Schedule a cancer screening, pick up a FIT kit and more for Kaiser members.

### **Organic Home Farming Demo (30-minute sessions at 12:30pm, 2:30pm)**

Learn how simple it is to grow your own food with Dr. Fabisiak.

### **Photo Booth**

Capture the moment with friends, family, staff, and fellow cancer survivors.

### **Rehabilitation Services Zone**

We have specialists who can help manage lymphedema and get your questions answered about anything from compression garments to getting set up with a specialized rehabilitation program that fits your needs- come experience what our rehabilitation zone can offer

### **Reiki (15-minute sessions between 12:30pm-3:30pm)**

Massage masters utilize a series of hand positions to help promote stress reduction and relaxation. Early sign-up available.

### **Survey (12:30pm-3:00pm) and Raffle Prizes (1:30pm, 2:00pm, 2:30pm, 3:05pm)**

Turn in your survey to redeem your gift and stay tuned in throughout the day for all our nutritional raffle prizes!

### **Tai Chi (30-minute sessions at 12:30pm, 1:30pm, 2:30pm)**

This simple, gentle, flowing movement reduces stress and increases balance, inner peace, and flexibility.

### **Yoga (30-minute sessions at 12:45pm, 1:20pm, 1:55pm, 2:30pm)**

Experience how yoga can help reduce stress, increase range of motion, improve circulation, and manage chronic pain.

### **Zumba (15-minute sessions at 1:00pm, 2:00pm, 2:45pm)**

Latin inspired dance fitness program with infectious music and easy to follow dance moves that will tone and strengthen your body.

Chair of Seeds of Hope: [Anita Lee, MD](#) (Radiation Oncology- Santa Clara)

Co-Chair Seeds of Hope: [Pilar Ivanov, MD](#) (Chief Medical Oncology- San Jose)