

# 3<sup>rd</sup> Breast Cancer Rehabilitation & Wellness ONLINE Summit 2018-19

The Breast Cancer Rehabilitation & Wellness Online Summit is an international educational project, founded and co-ordinated by Denise Stewart, Occupational Therapist from Brisbane, Australia

1. The Summit launch Dec 1-8 2018

2. After Dec 8 2018 sponsor websites will have the program available throughout 2019.

3. Purchase options are available at the website

**Day 1** Dec 1 9am AEST (Australia) open until 9am next day

**Overview of exercise:** Carolyn Jones Physiotherapist , Australia

**Breakfast option:** Dr David Wilkinson Surgeon, Australia

**Adhesion and scar assessment:** An De Goef Physical Therapist, Researcher , Belgium

**Return to work:** Lisa Vento Nielsen Coach, USA

**Cancer fatigue- three types:** Jo Muirhead + Kylie Warry Rehabilitation Counsellors, Australia

**Lymphoedema care in a remote Australian desert community:** Fiona Gordon Lymphoedema Therapist, Australia

**Day 2:** Dec 2 9am AEST ( Australia) open until 9am next day

**The seven essentials:** Dr Veronique Desaulniers Chiropractor, Coach, USA

**Gut Microbiome and anti- cancer therapy:** Shannon Carlin Naturopath, Nutritionist Australia

**Never miss cording / AWS:** Denise Stewart Occupational Therapist , Australia

**Exercise: A community care model:** Deborah Hughes Exercise Trainer USA

**Foot Care:** Kitiboni Rolle Adderley Physical Therapist, Bahamas

**Tips to manage fatigue:** Lou James Physical Therapist, New Zealand

**Nordic walking :** Laurence Westcott + Patrick Burtscher Nordic walking trainers Australia

**Day 3** Dec 3 9am AEST ( Australia) open until 9am next day

- Sexuality for women of all ages:** Dana Danofree Lingerie design, sales USA
- Sexual Expression:** Dr Anita Elias Sexual health medicine, Australia
- Vaginal tissue care:** Emma McGeorge Non-practicing Physiotherapist, Australia
- Lat Dorsi Reconstruction: A review of side effects** Carin Drejier Occupational Therapist, South Africa
- Managing Stress and anxiety** Dr Robin Dilley Clinical Pyschologist USA
- Aesthetics for comfort and care:** Angela Noviello Beauty Therapist, OTI Instructor Italy

**Day 4** Dec 4 9am AEST ( Australia) open until 9am next day

- Advocacy, Acupuncture and Stress:** Kelley Mondesire TCM, USA
- Yoga therapy for Survivors:** Jean DiCarlo Wagner Yoga Therapist and trainer USA
- Yoga practice:** Linda Scheele Yoga therapist USA
- Exercise and Balance:** Carol Michaels Oncology Exercise Trainer USA
- Hair Care** Morag Currin Oncology Esthetician , Trainer OTI, USA

**Day 5** Dec 5 9am AEST ( Australia) open until 9am next day

- Nutritional Medicine:** Translating research Dr Julie Baartz Nutritional Medicine, Australia
- Relationships matter:** Samantha Clutton Clinical Pyschologist , Australia
- Relaxation to bring joy:** Alison Potts Meditation Guide, Australia
- Iron Bra- care for scar and adhesions :** Marjorie Brook Massage Therapist, Scar Educator , USA
- Beauty in a bra** Tina Doueihy Lingerie Designer and sales, Australia
- Body image and laterality:** Ben Boyd Physical Therapist , Researcher, USA

## Day 6

Dec 6 9am AEST ( Australia) open until 9am next day

**Nordic walking** Stephen Mahony Physiotherapist, NW Trainer Australia

**Nordic walking research:** Andrea Diblasio Researcher , Italy

**Cupping deep adhesions** Laura Mutti Physical Therapist, Italy

**Cardiotoxicity assessment and care:** Susannah Haarmann Physical Therapist, Educator USA

**Cooked breakfast:** Dr David Wilkinson Surgeon, Australia

**Breast reconstruction – shared decision making:** Terri Coutee Advocate, Educator , USA

## Day 7

Dec 7 9am AEST ( Australia) open until 9am next day

**Healthy weight on a plate:** Louise Kerr Nutritionist Australia

**I missed ALND scar and adhesion severity:** Denise Stewart Occupational Therapist , Australia

**Ear TENS for anxiety, depression and pain:** Emrys Goldsworthy Myotherapist, Educator Australia

**Radiation fibrosis- soft tissue treatments:** Jocelyn Kope Physical Therapist, Lymphoedema  
Therapist South Africa

**Surgery: Possible short term and long term effects:** Kristin Carroll Physical Therapist USA

## Day 8

Dec 8 9am AEST ( Australia) open until 9am next day

The entire program will be active and open for 24 hrs .