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So your Cancer Treatment is Over: Now What?

Northern California Cancer Center hosts free Conference for Cancer Survivors and their Caregivers Saturday, December 1 Mission Bay Conference Center, San Francisco www.nccc.org

FREMONT, CA – November 1 - Now that your cancer treatment has ended, what do you do? How will you adjust to the "new normal?" What do you need to know to stay safe? Who will take care of your medical needs? In order to aid cancer survivors, their support networks, and health professionals in dealing with the profound practical challenges of living day-to-day after the completion of one's treatment regimen, the Northern California Cancer Center (www.nccc.org) will host a free conference, "**Now What? The New Normal of Cancer Survivorship After Treatment.**"

Recently awarded by the National Cancer Institute with its "cancer center" designation through its partnership with the Stanford Cancer Center, NCCC hosts the cancer survivors conference for cancer patients, their friends and families, caregivers, and the professional medical community on Saturday, December 1, 8am until 3:30pm, at the Mission Bay Conference Center (Owens Street @ 16th Street). The conference is co-sponsored by the Stanford Cancer Center and Mills-Peninsula Health Services.

"The conference will focus on a number of critical post-treatment challenges ranging from physical and psychosocial issues to the need for patient advocacy as the individual moves from his/her cancer doctor to a primary care physician," said Pamela Priest Naeve,

NCCC Director of Community Education. "This is an amazing opportunity for cancer patients to reduce the confusion and isolation that is often experienced after treatment, to meet others going through similar experiences and to learn practical strategies for coping with day-to-day life activities. Caregivers and health professionals will share best practices for supporting their patients while hearing direct testimonials from survivors on how they are getting on with their lives."

There are more than 10 million cancer survivors in the US and the survival rates continue to improve. Many individuals find that post-treatment issues are poorly understood and inadequately managed. While individuals try to move on with their lives, they often keep looking over their shoulder, wondering when the cancer will return. Some patients who complete treatment for one cancer are not aware that they may be at increased risk for another kind of cancer. Some experience long-term side effects including cardiac problems. For them, and often for their physicians as well, there are inadequate answers. The conference will address these issues and shed light on moving forward.

Conference speakers will include the following: David Spiegel, MD (Stanford), Judith Luce, MD (UCSF), Natalie Ledesma, RD (UCSF), Connie Holmes, EdD (East Bay Cancer Support Group), John Andrews (survivor), Naomi Comfort, JD (private practice), Nikki Chun, MS, CGC (Stanford), Jeanne Alexander, MD (Kaiser Permanente), Janice Azebu, DO (Kaiser Permanente), Paul Turek, MD (UCSF), Lori Hope (survivor), Andrew Lasher, MD (California Pacific Medical Center), Jeremy Bornstein, PhD (California Pacific Medical Center), and Allegra Lewis, RN, Palo Alto Medical Foundation.

Afternoon breakout sessions will address topics ranging from intimacy and sexual function to fertility, communication, genetic counseling and family risk, and care giving. This conference has been designed to meet the educational needs first and foremost of cancer survivors, their family and friends, and their caregivers, as well as primary care and oncology care physicians, nurses, social workers, therapists, health educators, medical office staff, students and other health care professionals.

Registration for this event is free. For more information about the conference or to register, please go to www.nccc.org. You can also email us at: education@nccc.org or call 1-888-315-5988.

The Northern California Cancer Center (www.nccc.org) is an established, nationally recognized leader dedicated to understanding the causes and prevention of cancer and to improve the quality of life for individuals living with cancer. NCCC has been working with scientists, educators, patients, clinicians, and community leaders successfully since 1974, and is an active partner with Stanford University's Cancer Center. NCCC is a 501(c) 3 nonprofit with over 170 employees and a \$15 million operating budget.