

BRA DAY: SCHEDULE OF EVENTS

THE
PETER GILGAN
CENTRE
FOR WOMEN'S
CANCERS



Canadian
Cancer
Society

BRA & DAY

BREAST RECONSTRUCTION AWARENESS

Closing the loop on breast cancer

TIME (EDT)	EVENT
<p>7:00pm-7:05pm</p> <p>4:00pm-4:05pm (PDT) 5:00pm-5:05pm (MDT) 6:00pm-6:05pm (CDT) 8:00pm-8:05pm (ADT) 8:30pm-8:35pm (NDT)</p>	<p>Opening Event Welcome</p> <p>Welcome from the Peter Gilgan Centre and Women’s College Hospital – Heather McPherson, President & Chief Executive Officer (CEO)</p> <p>Welcome from the Canadian Cancer Society (CCS) – Laura Burnett, Vice President Cancer Information & Support Services</p> <p>Welcome from the Canadian Society of Plastic Surgeons – Dr. Bing Gan, President CSPA</p> <p>Moderator: Mitchell Brown MD, Plastic Surgeon, Toronto and Founder of BRA Day</p>
<p>7:05pm-8:10pm</p> <p>4:05pm-5:10pm (PDT) 5:05pm-6:10pm (MDT) 6:05pm-7:10pm (CDT) 8:05pm-9:10pm (ADT) 8:35pm-9:40pm (NDT)</p>	<p>Keynote Speakers</p> <ol style="list-style-type: none"> 1. Breast Reconstruction with Implants – Sheina Macadam MD, Plastic and Reconstructive Surgeon, Vancouver 2. The Trend for Implant Reconstruction on Top of the Muscle – Tassos Dionisopolous MD, Plastic and Reconstructive Surgeon, Montreal 3. Patient Story on Diep Flap Reconstruction – Maja Adolfo-Piwiek 4. Breast Reconstruction with Tissue from the Tummy – Jennifer Matthews MD, Plastic and Reconstructive Surgeon, Calgary 5. When the Tummy is Not Available: Other Options for Breast Reconstruction with your own Tissue – Ed Buchel MD, Plastic and Reconstructive Surgeon, Winnipeg 6. Techniques for Reconstruction of the Nipple and Areola – Brett Beber MD, Plastic and Reconstructive Surgeon, Toronto 7. Patient Story on the Prophylactic Decision and Implant Reconstruction – Liza Jerome
<p>8:10pm-8:15pm</p> <p>5:10pm-5:15pm (PDT) 6:10pm-6:15pm (MDT) 7:10pm-7:15pm (CDT) 9:10pm-9:15pm (ADT) 9:40pm-9:45pm (NDT)</p>	<p>Intermission</p>

TIME (EDT)	EVENT
<p>8:15pm-9:00pm</p> <p>5:15pm-6:00pm (PDT) 6:15pm-7:00pm (MDT) 7:15pm-8:00pm (CDT) 9:15pm-10:00pm (ADT) 9:45pm-10:30pm (NDT)</p>	<p>Education Sessions – Session A</p> <p>Plastic surgeons and related health care professionals educate women about their breast reconstruction options. Individuals have the option to move between sessions if they are interested in more than one topic. All presentations will be recorded and available for future viewing.</p> <p>WHAT IS 3D TATTOOING AND HOW IS IT DONE?</p> <p>Panelist: <i>Kyla Gutsche, Nipple Tattoo Specialist</i></p> <p>Join Kyla, a recognized expert in micropigmentation for a discussion and demonstration about 3D tattooing for areola and nipple reconstruction.</p> <p>PREVENTATIVE MASTECTOMY AND RECONSTRUCTION FOR PATIENTS AT HIGH RISK</p> <p>Panelists: <i>Jason Williams (moderator), Margie Wheelock, Marty Leblanc and Aletta Poll</i></p> <p>Genetic counsellors and plastic surgeons discuss surgical and non-surgical options for women with genetic predisposition or strong family history.</p> <p>ASK THE SPEAKERS – QUESTIONS AND ANSWERS FROM THE PRESENTATIONS</p> <p>Panelists: <i>Brett Beber (moderator), Sheina Macadam, Jennifer Matthews, Ed Buchel, Tassos Dionisopolous</i></p> <p>Speakers from the opening session are available to answer your questions.</p> <p>HOW DOES RADIATION AFFECT BREAST RECONSTRUCTION?</p> <p>Panelists: <i>Joan Lipa (moderator), John Semple, Laura Snell, Stefan Hofer</i></p> <p>Plastic surgeons discuss the effects of radiation on breast reconstruction and what options are available for women who either have had radiation or may need to undergo radiation in the future.</p> <p>BREAST RECONSTRUCTION DECISION MAKING AND THE PSYCHOSOCIAL PROCESS</p> <p>Panelists: <i>Emma Rinaldo (moderator), Erin Stodola, Lianne Trachtenberg, Shawna Rich and Dana Kendal</i></p> <p>Join us as we discuss ways to support women and their partners, family and friends in the breast reconstruction decision making process. We will explore strategies and tools for coping with distress; developing realistic expectations; and considering personal values and preferences when developing a sense of body positivity.</p>
	<p>Show & Tell Lounge</p> <p>A space where volunteers who have had breast reconstruction open their shirts to show their results. The goal is to help women understand the advantages and risks associated with breast reconstruction so that they may develop realistic expectations of the outcomes. There will be two virtual rooms that attendees may move between:</p> <ol style="list-style-type: none"> 1. Reconstruction using your own tissue and flat and fabulous 2. Reconstruction using implants <p>*Please note that all sessions will be running simultaneously*</p>
<p>9:00pm-9:10pm</p> <p>6:00pm-6:10pm (PDT) 7:00pm-7:10pm (MDT) 8:00pm-8:10pm (CDT) 10:00pm-10:10pm (ADT) 10:30pm-10:40pm (NDT)</p>	<p>Intermission</p>

TIME (EDT)	EVENT
<p>9:10pm-9:55pm</p> <p>6:10pm-6:00pm (PDT) 7:10pm-7:55pm (MDT) 8:10pm-8:55pm (CDT) 10:10pm-10:55pm (ADT) 10:40pm-11:25pm (NDT)</p>	<p>Education Sessions – Session B</p> <p>Plastic Surgeons and related health care professionals educate women about their breast reconstruction options. Individuals have the option to move between sessions if they are interested in more than one topic. All presentations will be recorded and available for future viewing.</p> <p>BREAST IMPLANT SAFETY Panelists: <i>Peter Lennox (moderator), Nick Carr, Mary Helen Mahoney, Dao Nguyen</i> Plastic surgeons discuss the type of breast implants that are currently available and address your questions regarding the safety of breast implants and tissue expanders.</p> <p>WHAT DOES THE FUTURE HOLD FOR RESEARCH IN BREAST RECONSTRUCTION IN CANADA? Panelists: <i>Toni Zhong (moderator) Kelly Metcalfe, Perry Gdalevitch and Claire Temple-Oberle</i> Academic researchers and surgeons discuss what the future holds for research in breast reconstruction and genetic disorders. This will be centered around research in which Canadian women have told researchers what is most important to them.</p> <p>BEFORE AND AFTER MY RECONSTRUCTION; HOW TO BEST PREPARE Panelists: <i>Ron Somogyi (moderator), Thomas Constantine, Glyka Martou and Melinda Musgrave</i> Surgeons discuss what women should know about getting ready for breast reconstruction surgery and steps to take for a quick recovery and return to normal life..</p> <p>HOW DO I CHOOSE WHAT TYPE OF RECONSTRUCTION IS BEST FOR ME? Panelists: <i>Tassos Dionisopolous (moderator), Peter Davison, Amanda Murphy and Joshua Vorstenbosch</i> There are many options for performing breast reconstruction. Plastic surgeons discuss how they work with patients, to determine what reconstructive approach is best suited for them. <i>*Some of these panelists are bilingual and will be able to answer questions in French.</i></p> <p>WHAT ARE MY OPTIONS IF I CHOOSE NOT TO RECONSTRUCT? Panelists: <i>Muriel Brackstone (moderator), Tulin Cil and Heidi Scott</i> Breast reconstruction is an option following mastectomy. Some women may not be good candidates for reconstruction or choose that reconstruction is not for them. This session will discuss approaches to achieve an optimal appearance following mastectomy along with options for prostheses and garments.</p> <p>Show & Tell Lounge</p> <p>A space where volunteers who have had breast reconstruction open their shirts to show their results. The goal is to help women understand the advantages and risks associated with breast reconstruction so that they may develop realistic expectations of the outcomes. There will be two virtual rooms that attendees may move between:</p> <ol style="list-style-type: none"> 1. Reconstruction using your own tissue and flat and fabulous 2. Reconstruction using implants <p>*Please note that all sessions will be running simultaneously*</p>
<p>9:55pm-10:00pm</p> <p>6:55pm-7:00pm (PDT) 7:55pm-8:00pm (MDT) 8:55pm-9:00pm (CDT) 10:55pm-11:00pm (ADT) 11:25pm-11:30pm (NDT)</p>	<p>Final Wrap Up and Thank You</p> <p>Thank you from <i>Elaine Goulbourne, Peter Gilgan Centre for Women’s Cancers, Director, Clinical Resources and Performance</i></p>