



**Navigating your way**  
through hereditary breast and ovarian cancer

## 'Navigating your way - through hereditary breast and ovarian cancer'.

Riccarton Park, Christchurch  
6<sup>th</sup> - 7<sup>th</sup> March 2015

### Conference Overview

Navigating your way through hereditary breast and ovarian cancer is proudly brought to you by The Gift of Knowledge. The Gift of Knowledge was established in 2009 with the aim of providing information and support to people who are impacted by a genetic pre disposition to breast and ovarian cancer. This conference will present the latest in research, techniques and views with the ultimate aim of helping you to make informed decisions. You will get the opportunity to spend time with experts in this field, ask questions and share experiences. As a medical professional, hear first-hand the role you play in your patients journey while learning about advancements in specialities that compliment yours.

The conference is open to anyone interested or concerned about hereditary cancer – individuals and families, support groups and healthcare professionals.

### Conference objectives

This conference is an opportunity for you to ask questions and learn more about:

- Genetic testing – when, how and what impact is technology having?
- Surveillance or surgery - what are the latest risk reducing options?
- Research and clinical trials - what's happening where, what's available to us and when?
- Medical menopause
- Breast and ovarian cancer – what's new?
- Breast reconstruction - what's available and how can we access it?
- The field of fertility
- The role of nutrition in cancer
- Insurance - what's available and how do I protect myself and my family?
- Discussing it with your children - when, how?
- The impact and options available to young people impacted by BRCA

### Conference Registration

Friday 6<sup>th</sup> March

Riccarton Park, 8.00am – 9.00am

**Reflect and Relax**

Racecourse Hotel, 5.30pm – 7.30pm

Saturday 7<sup>th</sup> March

A chance to unwind and spend time with those you have connected with and informally debrief on the information you have heard.



**Navigating your way**  
through hereditary breast and ovarian cancer

## 'Navigating your way - through hereditary breast and ovarian cancer'.

Riccarton Park, Christchurch  
6<sup>th</sup> - 7<sup>th</sup> March 2015

### Agenda – Day One

#### Friday 6<sup>th</sup> March 2015

9.00am – 9.30am	Welcome / acknowledgements/the future of GOK <b>Nicola Coom, Founder, The Gift of Knowledge</b> <b>Jo Domigan, MC</b>
9.30am – 10.30am	Autologous Reconstructions <b>Mr Jeremy Simcock, Plastic and Reconstructive Surgeon and Senior Lecturer</b>
10.30am – 11.30am	Insurance - what's available, how can you protect yourself and your family? <b>John Ashby, Advisor, Lifetime Group</b>
11.30am – 12.30pm	Oncology – what's on the horizon? <b>Professor Bridget Robinson and Medical Oncologist</b>
12.30pm – 1.15pm	Lunch
1.15pm – 2.15pm	Genetic testing – when, how and what impact is technology having? <b>Jan Sullivan, Genetic Associate, Genetic Services New Zealand</b>
2.15pm – 3.15pm	New Zealand Research <b>Dr Logan Walker, Research Fellow, Principal Investigator Mackenzie Cancer Research Group</b>
3.15pm – 3.30pm	Afternoon tea
3.30pm – 4.30pm	All about the ovaries <b>Associate Professor Peter Sykes and Head of Department (Gynaecological Oncologist)</b>
4.30pm – 5.30pm	Hereditary breast cancer – mastectomies, screening, prevention and advancements <b>Dr Birgit Dijkstra, Breast Surgeon</b>
6.30pm – 10.00pm	Breakout 1 - 'Beryl and Sheryl' (Bare all and Share All),  Held in a discreet room on site where people who have had breast reconstructions and nipple reconstruction and tattooing can show and share their experiences tastefully with others who are about to have or are considering this surgery  Breakout 2 – 'Over the ovaries' <b>Facilitated by Hayley MacManus</b>  An opportunity for those impacted by ovarian cancer to talk openly and honestly with people who understand. Your chance to ask questions, share your feelings, frustrations and hopes for the future.



**Navigating your way**  
through hereditary breast and ovarian cancer

## 'Navigating your way - through hereditary breast and ovarian cancer'.

Riccarton Park, Christchurch  
6<sup>th</sup> - 7<sup>th</sup> March 2015

### Saturday 7<sup>th</sup> March 2015

9.00am – 10.00am	Reconstruction: Breast Implants and nipple reconstruction <b>Mr Chris Porter, Plastic and Reconstructive Surgeon and Senior Lecturer</b>
10.00am – 10.30am	Reconstructive Micro Pigmentation (reconstructive tattooing) <b>Shirley Lynch, Permanent Makeup and Cosmetic Tattoo Specialist</b>
10.30am – 11.00am	Morning tea
11.00am – 12.00pm	Fertility options and advancements – what's new? <b>Dr Sarah Wakeman, Medical Director Fertility Associates</b>
12.00pm – 1.00pm	Managing Menopause <b>Dr Anna Fenton, Gynaecological Endocrinologist</b>
1.00pm – 1.45pm	Lunch
1.45pm – 2.45pm	Informing children when and how?
2.45pm – 3.45pm	The role of nutrition in cancer <b>Kaytee Boyd, Director Balanced Wellbeing</b>
3.45pm – 4.15pm	A personal account "Reflecting – two years on" <b>Jody Bews-Hair</b>
4.15pm – 4.45pm	Open discussion and conference close.

**Proudly sponsored by -**

**Lifetime**  
Insurance & Financial Advisers

