**Adult Survivorship Program Poised to Go in New, Expanded Directions**

The Adult Survivorship Program at DF/BWCC is a multidisciplinary program that provides post-treatment medical and emotional services to help patients thrive after cancer. A member of the LIVESTRONG Center of Excellence Network, the Program has developed specialty care in medical oncology survivorship, cardiology, endocrinology, gynecology, nephrology, exercise, nutrition, psychosocial concerns, and sexual health, all focused on the unique needs of cancer survivors.

Recently appointed as Director, Dr. Ann Partridge now aims to expand and enhance the Program: “The Adult Survivorship Program is well-poised to build on the work that has been done to date at Dana-Farber. We plan to collaborate with providers and investigators across disease centers and disciplines to develop new and expanded initiatives in survivorship care and research,” Partridge said. The founder and director of Dana-Farber’s Program for Young Women with Breast Cancer, Partridge plans to integrate a survivorship focus in the care of all adult patients with a history of cancer by coordinating with treatment teams to optimize follow-up care, promote positive health behaviors, and assist in the management of late and long-term effects resulting from either cancer or the treatment.

While Dr. Partridge’s new role will require her to assess and address the needs of a variety of cancer survivors, she will continue to direct the Program for Young Women with Breast Cancer and care for women with breast cancer both at diagnosis and in survivorship. She encourages young breast cancer survivors to visit the Program website to learn more. To access the website, please use the following link: [http://www.dana-farber.org/Adult-Care/Treatment-and-Support/Treatment-Centers-and-Clinical-Services/Lance-Armstrong-Foundation-Adult-Survivorship-Program.aspx](http://www.dana-farber.org/Adult-Care/Treatment-and-Support/Treatment-Centers-and-Clinical-Services/Lance-Armstrong-Foundation-Adult-Survivorship-Program.aspx)

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**The Program for Young Women with Breast Cancer**

Established in 2005, the [Program for Young Women with Breast Cancer at Dana-Farber Cancer Institute](http://www.dana-farber.org/Adult-Care/Treatment-and-Support/Treatment-Centers-and-Clinical-Services/Breast-Cancer-Treatment-Center/Program-for-Young-Women-with-Breast-Cancer.aspx) provides comprehensive care and support to young women confronting the challenges of living with and beyond breast cancer. Our mission is to enhance care and education for patients and their families, as well as to advance understanding of the biology of breast cancer and the experience of the disease for younger women through ongoing research focused on young women. Nearly 1600 young women have been enrolled in the program to date.

For further information about the Program, please contact Anne Dowton at adowton@partners.org or (617) 582-7652, or visit our website at: [http://www.dana-farber.org/Adult-Care/Treatment-and-Support/Treatment-Centers-and-Clinical-Services/Breast-Cancer-Treatment-Center/Program-for-Young-Women-with-Breast-Cancer.aspx](http://www.dana-farber.org/Adult-Care/Treatment-and-Support/Treatment-Centers-and-Clinical-Services/Breast-Cancer-Treatment-Center/Program-for-Young-Women-with-Breast-Cancer.aspx)
Supportive Care Services at DF/BWCC That May Be Right for YOU!

**Complementary Therapies**
The Leonard P. Zakim Center for Integrative Therapies provides complementary therapies to patients and their families; offers education on complementary therapies to patients, families, and staff; and advances knowledge of the effectiveness and outcomes of these therapies through peer-reviewed, evidence-based clinical research. The Zakim Center is dedicated to integrating the practice of complementary therapies into traditional cancer care and to making these therapies affordable and accessible to all. Our physicians, complementary therapists, nurses, and other caregivers are trained in both conventional and integrative cancer therapies. They can help patients distinguish between the various forms of complementary therapies and decide which approaches are right for individual needs. Services include: Acupuncture, Creative Arts, Expressive Arts Therapy, Integrative Medicine Consults, Lebed, Therapeutic Movement and Dance, Massage Therapy, Meditation, Music Therapy, Qigong, Reiki, and Yoga. To make an appointment, or for more information, please call (617) 632-3322 or email Zakim_Center@dfci.harvard.edu.

**Nutritional Services**
The Nutrition Department provides nutritional services to adult patients. Registered Dietitians (RDs) work with patients to optimize nutrition during cancer treatment and beyond. Our RDs can help patients manage changes in appetite and weight, deal with side effects of cancer treatment, answer questions about dietary supplements, and develop personalized cancer survivorship wellness plans. The department also conducts seminars and leads group workshops. To make an appointment, please call (617) 632-3006 or email specialty_services@dfci.harvard.edu.

**Sexual Health**
The Sexual Health Program, part of the Adult Survivorship Program, provides a comfortable environment where clinicians address questions and concerns about changes in sexual function and desire due to cancer and cancer treatment. Services are provided for both women and men, individuals and couples. The program is open to all DFCl patients and patients from other hospitals. Clinicians are committed to education, support, and treatment for patients who have experienced changes in their sexual functioning during and after cancer. For more information or to schedule an appointment, please call (617) 632-4523 or email sexualhealthprogram@dfci.harvard.edu.

**Exercise Consultations**
The Adult Survivorship Program offers free consultations with an exercise physiologist. Patients receive a pedometer and a personalized exercise prescription. In addition, patients learn ways to incorporate exercise into their day and about different exercise opportunities for breast cancer survivors. To make an appointment or learn more about our exercise program, please call (617) 632-4523 or email DFCI_AdultSurvivors@dfci.harvard.edu.

**Family Connections**
The Family Connections Program provides supportive resources to parents diagnosed with cancer and their children. The goal is to identify and respond to the needs of parents and children by supporting, supplementing, and empowering parent and child coping as a family. Resources and information offer guidance to help families manage the impact of cancer on their lives and are available at www.dfci.org/familyconnections or by calling (617) 632-4020.

**One-to-One**
For patients and families dealing with a cancer diagnosis, connecting with someone who has “been there” can be a great source of comfort. The One-to-One Program links individuals who have already experienced diagnosis and treatment with those who are facing it for the first time. One-to-One volunteers include cancer survivors, their family members, and those at high risk for cancer. Volunteers talk to patients and families via telephone about the treatment experience, guide them through the hospital system, and discuss available resources. For more information, please call (617) 632-4020 or visit www.dfci.org/one-to-one.
Program Spotlight: Dr. Kathryn Ruddy Aims to Improve Care and Outcomes for Young Women

Dr. Kathryn “Katie” Ruddy is a medical oncologist and researcher whose clinical and research interests are focused on breast cancer. After completing undergraduate studies at Harvard, she attended medical school at the University of Pennsylvania and then went on to receive training in internal medicine at Massachusetts General Hospital. Dr. Ruddy joined DFCI as an oncology and hematology fellow in 2006. After three years of fellowship, she enthusiastically accepted her new role as an attending physician in the Division of Women’s Cancers. Dr. Ruddy spends her time treating patients who have been diagnosed with breast cancer and researching issues to more fully understand and improve the care of women with breast cancer.

“I am so fortunate to have a job that allows me to form close relationships with so many wonderful patients, who inspire the research that I do. There are many important questions that remain unanswered about how best to care for young women with breast cancer.” Much of Dr. Ruddy’s research explores the causes and consequences of breast cancer in young women, with the hope that this will pave the way to better treatments. Along with Dr. Ann Partridge and other investigators on the Helping Ourselves, Helping Ourselves: The Young Women’s Breast Cancer Study team, Dr. Ruddy is studying potentially cancer-predisposing genetic mutations in blood samples from young patients.

Additionally, she is assessing the burden of infertility in young women who have been treated for breast cancer, and she is working to develop better predictors of menopause. Dr. Ruddy also leads a trial that treats premenopausal survivors with two additional years of endocrine therapy after completion of tamoxifen. “The hope is that additional therapy will be tolerable for these women and, ultimately, improve outcomes.” If you would like more information about this study, please contact Stephen DeSantis at (617) 632-5597 or Stephen_Desantis@dfci.harvard.edu.

Dr. Ruddy explains: “Young women face unique challenges during and after treatment for breast cancer. We aim to better understand why some women develop breast cancer at such a young age, how best to treat them, and how to optimize their quality of life during and after treatment.”

Dr. Ruddy’s work extends beyond the DFCI community. She serves on the Health Outcomes Committee in a large North American research group, the Alliance for Clinical Trials in Oncology, which connects clinicians and scientists engaged in improving cancer treatment and prevention strategies. Furthermore, Dr. Ruddy recently returned from a trip to Rwanda to provide advice on optimizing breast cancer care in that resource-limited setting.

To learn more about Dr. Ruddy, please visit the main DFCI webpage and search “Kathryn Ruddy.”

Q & A: How much exercise is recommended?

Depending on your age, previous exercise experience, energy levels, side effects from treatment, and other health concerns, exercise recommendations may vary. You may need a personalized exercise plan if you have: extreme fatigue, osteoporosis, peripheral neuropathies, or lymphedema.* The American Cancer Society and the American College of Sports Medicine recommend that exercise regimens include:

- At least 30 minutes of moderate physical activity 5 days per week, or a minimum of 150 minutes per week
- At least 2-3 weekly sessions of strength training

*Patients with lymphedema generally require an individualized program. To consult a Cancer Exercise Trainer at Dana-Farber, please visit www.dana-farber.org/exercise.
Additional Resources and Information

Susan G. Komen for the Cure

Susan G. Komen for the Cure is the world’s largest grassroots network of breast cancer survivors and activists, working together to save lives, empower people, ensure quality care for all, and energize science to find cures.

www.komen.org

Young Survival Coalition

The Young Survival Coalition (YSC) is an international, nonprofit network of breast cancer survivors and supporters dedicated to the concerns and issues that are unique to young women with breast cancer.

www.youngsurvival.org

Living Beyond Breast Cancer

Living Beyond Breast Cancer (LBBC) is a national education and support organization whose goal is to improve quality of life and help women take an active role in their ongoing recovery or management of the disease.

www.lbbc.org

FORCE

Facing Our Risk of Cancer Empowered (FORCE) is the only national nonprofit organization devoted to hereditary breast and ovarian cancer. Their mission includes support, education, advocacy, awareness, and research specific to hereditary breast and ovarian cancer. Programs serve anyone with a BRCA mutation or a family history of cancer.

www.facingourrisk.org

Fertile Hope

Fertile Hope is a national LIVESTRONG initiative dedicated to providing reproductive information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility.

www.fertilehope.org

Young Women’s Telephone Support Group

Liz Farrell, LCSW
For young women looking to connect with others who understand the impact of living with breast cancer. Enrolling for new sessions now. To register, please contact Annie Dowton at (617) 582-7652 or adowton@partners.org.

Facing Forward

Julie Salinger, LCSW
Group to begin in the fall. For patients that will complete treatment for breast cancer in 4-6 weeks or those that have completed treatment within the last 3-4 months. To register, please contact Julie Salinger, LCSW, at (617) 582-8081.

Women’s Exercise Class

Nancy Campbell, MS
Tuesdays 10:00 – 11:00 am & Fridays 1:30 – 2:30 pm
Location: BodyScapes, Longwood Area
Adult female patients and survivors of all skill levels are welcome to attend this no-cost fitness class. To register/for more information, contact Nancy Campbell at (617) 632-6779 or nancy_campbell@dfci.harvard.edu.

Metastatic Breast Cancer Support Group

Coping with prognosis, living with uncertainty, and interacting with loved ones.
If interested, please contact Pat Kartiganer at (617) 632-5605.

Young Women’s Lecture Series

Fall Lectures: TBD

Young Women’s Forum

Friday, October 12, 2012, 9:00 am – 3:00 pm
Held at Lucca Back Bay Restaurant (116 Huntington Ave, Boston), the forum includes lectures and a panel discussion on an array of topics relevant to young women with breast cancer. For more information/to register, please contact Annie Dowton at (617) 582-7652 or adowton@partners.org.