

3rd 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 Dejjers 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 Mahoney 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
- Early rehabilitation in a primary hospital:** Marlina Casey Occupational 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 .