

# 13<sup>TH</sup> ANNUAL CCFA PATIENT & FAMILY CONFERENCE

8:45-9:10 AM WELCOME—Greg Greenberg

“Control Today, Cure Tomorrow”—David Binion, MD, Medical College of Wisconsin

**KEYNOTE**

9:15-10:00 AM

Session 101

Session 102

Session 103

Session 104

**IBD Therapies for the Crohn's Patient**

*From the tried and true to the new*

**Stephen Hanauer, MD**  
University of Chicago

**Extra Intestinal Complications**  
*IBD related problems outside your gut.*

**Eugene Yen, MD**  
Evanston Northwestern Hospital

**The Female Factor**  
*Gender specific approach to IBD*

**Kim Isaacs, MD, PhD**  
University of North Carolina  
at Chapel Hill

**Newly Diagnosed: Fear of the Unknown**

*Confront fear, denial & anxiety*

**Ann Bregman, PsyD**  
DePaul University Counseling Center

10:00-10:30 AM — BREAK

10:30-11:15 AM

Session 201

Session 202

Session 203

Session 204

**IBD Therapies for the UC Patient**

*From the tried and true to the new*

**Andrew Bregman, MD**  
Gastroenterology Group Practice

**Genetics**

*Studies, theories and concerns*

**Scott Plevy, MD**  
University of North Carolina  
School of Medicine

**Safety and Effectiveness of Medication**

*Long term risks with chronic use*

**David Sales, MD**  
Northwest Gastroenterology

**Navigating a social life with IBD**

*Advice from your peers*

**Panel Discussion**  
**Sharon Jedel, PsyD**  
Rush University Medical Center

11:15-12:00 — MINI LUNCH BREAK

12:00 – 12:45 PM

Session 301

Session 302

Session 303

Session 304

**Integrative Medicine**

*Usefulness of non-traditional options*

**Jennifer Strople, MD**  
Children's Memorial Hospital

**To Eat or Not To Eat?**

*Healthy nutrition and rebuilding your body*

**Joan Kanute, MS, RD, CNSD**  
Sherman Hospital

**Surgical Solutions**

*Traditional –vs- non-traditional Safety & outcomes*

**Alessandro Fichera, MD**  
University of Chicago

**The other side of IBD**

*Navigating the Insurance, pharmaceutical and legal arena*

**Attorneys**  
**Alisa Arnoff, & Thomas Nash**

12:45-1:00 PM — BREAK

1:00-1:45 PM

Session 401

Session 402

Session 403

Session 404

**Chin Up**

*Keeping a positive mental attitude is better for your health*

**Sharon Jedel, PsyD**  
Rush University Medical Center

**Safety and Effectiveness of Medication**

*Long term risks with chronic use*

**Ece Mutlu, MD, MBA**  
Rush University

**To Eat or Not To Eat?**

*Healthy nutrition and rebuilding your body*

**Joan Kanute, MS, RD, CNSD**  
Sherman Hospital

**Colon Cancer**

*Early Detection & Prevention*

**Joel Retsky MD**  
Ravinia Associates in  
Internal Medicine

**RESOURCE FAIR 8:15 AM-2:15 PM**

Massage Nutrition Insurance Social Security Workplace Rights Student Rights Medicare Advocacy

## PARENTS' & KIDS' WORKSHOP

9:15 – 10:00

**Combined Parents and Children Session**

*Life Beyond IBD*

**Adam Sadowsky, Patient & Vice-President, IBD Support Foundation**

10:00 – 11:00

**PARENTS**

**TEENS (13 AND OLDER)**

**CHILDREN (12 & UNDER)**

**Transitioning Care/ Developing Independence**  
**Sue Moyer, MD**  
Cincinnati Children's Hospital

**Turning Obstacles Into Goals**  
**Mindy Bachrach**  
**Marty Hertz**  
Members of CCFA Young Professionals Group

**Your Thoughts Come to Life**  
*Art Therapy Session*  
**Alyssa Kulak**  
Brickton Art Center

11:00 – 11:15 Break

11:15 – 12:15

**IBD Medical Update**  
**Paul Rufo, MD, MMSc**  
Harvard Medical School Children's Hospital

**Teen Approach to Disease Management**  
**Nancy McGreal, MD**  
Comer's Children's Hospital,  
University of Chicago

**Pain, Pain Go Away**  
*Pain Management techniques*  
**Child-Life Specialist**

12:15 - 1:15

**Combined Parents, Teen and Children Session**  
**Nutrition in IBD**

**Lara Field, MSRD, LDN**  
**Carmyn Zoller, RD**

1:30 – 2:35

1:15 – 2:15

**Risks of Long-term Medication Use**  
**Barbara Kirschner, MD**  
Comer's Children's Hospital, University of Chicago

**Teen Time**  
*Preparing for college and other life adventures.*  
**Allison Levine, LCSW**  
& CCFA Young Professionals Group

**Just Be A Kid**  
*They say laughter is the best medicine so practice what they preach*  
*Hands on program with Improv actor*  
**Sean Rumrill,**  
CCFA Camp Counselor

**Alternative Therapies in IBD**  
**Jennifer Strople, MD**  
Children's Memorial Hospital

2:15 - 3:00

2:35 – 3:00

**PANEL DISCUSSION**  
**Dr's Kirschner/Strople/ Rufo/Moyer**

**GI JEOPARDY**