

# BRA DAY: SCHEDULE OF EVENTS

THE  
PETER GILGAN  
CENTRE  
FOR WOMEN'S  
CANCERS



**BRA & DAY**

BREAST RECONSTRUCTION AWARENESS

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Closing the loop on breast cancer

## Wednesday, October 20, 2021

**Pacific:**  
4:00 - 7:00 pm

**Mountain:**  
5:00 – 8:00 pm

**Central:**  
6:00 – 9:00 pm

**Eastern:**  
7:00 – 10:00 pm

**Atlantic:**  
8:00 – 11:00 pm

**Newfoundland:**  
8:30 - 11:30pm

### Time (EDT)

### Event

#### 7:00pm-7:10pm

4:00pm-4:10pm (PDT)

5:00pm-5:10pm (MDT)

6:00pm-6:10pm (CDT)

8:00pm-8:10pm (ADT)

8:30pm-8:40pm (NDT)

#### Introduction

##### Welcome from the Peter Gilgan Centre and Women's College Hospital

Heather McPherson, *President & Chief Executive Officer (CEO)*

##### Welcome from the Canadian Cancer Society (CCS)

Andrea Seale, *Chief Executive Officer Canadian Cancer Society*

##### Welcome from the Canadian Society of Plastic Surgeons

Dr. Carolyn Levis, *President Canadian Society of Plastic Surgeons*

##### Welcome and Evening Program

Elaine Goulbourne, *Clinical Director, Primary Care & Peter Gilgan Centre for Women's Cancers | Director, Clinical Resources and Performance*

Time (EDT)	Event
<p><b>7:10pm-8:15pm</b></p> <p>4:10pm-5:15pm (PDT)            5:10pm-6:15pm (MDT)            6:10pm-7:15pm (CDT)            8:10pm-9:15pm (ADT)            8:45pm-9:45pm (NDT)</p>	<p><b>Main session</b></p> <ol style="list-style-type: none"> <li>1. <b>Breast Reconstruction Using Your Own Tissue</b>            Dr. Kathryn Isaac            Plastic Surgeon, Vancouver, BC</li> <li>2. <b>Breast Reconstruction with Implants</b>            Dr. Mary Helen Mahoney            Plastic Surgeon, North York, ON             Patient Story</li> <li>3. <b>The Impact of Radiation on Breast Reconstruction</b>            Dr. Glyka Martou            Plastic Surgeon, Kingston, ON</li> <li>4. <b>Risk Reducing Mastectomy – Indications and Options</b>            Dr. Toni Zhong            Plastic Surgeon, Toronto, ON             Patient Story</li> <li>5. <b>After the Reconstruction – Refining the Outcome</b>            Dr. Mitchell Brown            Plastic Surgeon, Toronto, ON            Founder of BRA Day             Patient Story</li> </ol> <p>Wrap Up and Instructions for Accessing Breakout Rooms and Show &amp; Tell</p>

Time (EDT)	Event
<p><b>8:15pm-8:20pm</b></p> <p>5:15pm-5:20pm (PDT)            6:15pm-6:20pm (MDT)            7:15pm-7:20pm (CDT)            9:15pm-9:20pm (ADT)            9:45pm-9:50pm (NDT)</p>	<p><b>Intermission</b></p>

Time (EDT)	Event
<p><b>8:20pm-9:05pm</b></p> <p>5:20pm-6:05pm (PDT)  6:20pm-7:05pm (MDT)  7:20pm-8:05pm (CDT)  9:20pm-10:05pm (ADT)  9:50pm-10:35pm (NDT)</p>	<p><b>Session A</b>  <b>Show and Tell Lounge, Education Breakout Rooms</b>  <b>Concurrent Sessions</b>  *Please note that all sessions will be running simultaneously*</p> <p><b>Show &amp; Tell Lounge</b></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"> <li><b>1. Show and Tell Lounge A</b> <ol style="list-style-type: none"> <li>a) Women who have undergone breast reconstruction with implants  <b>Moderated by:</b>  Dr. Melinda Wu – Clinical Education Lead, Peter Gilgan Centre for Women’s Cancers   Natalie Witkin – Past BRA Day Lead and Former Patient</li> </ol> </li> <li><b>2. Show and Tell Lounge B</b> <ol style="list-style-type: none"> <li>a) Women who have undergone breast reconstruction with their own tissue</li> <li>b) Women who chose not to reconstruct (flat option)  <b>Moderated by:</b>  Dr. Ruth Heisey – Medical Director Peter Gilgan Centre for Women's Cancers  Kate Mlodzik – Canadian Cancer Society, Peer Support Specialist and Former Patient</li> </ol> </li> </ol>

## Event

### Regional Education Breakout Sessions

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.

#### 1. Breast Reconstruction in Ontario: Access, Options, and Support

Melinda Musgrave (moderator)	Plastic Surgeon, Toronto, ON
Aaron Grant	Plastic Surgeon, London, ON
Tanya Delyzer	Plastic Surgeon, London, ON
John Semple	Plastic Surgeon, Toronto, ON
Muriel Brackstone	General Surgeon, London, ON
Ishrat	Cancer Information Consultant, Canadian Cancer Society, ON

#### 2. Breast Reconstruction in Quebec: Access, Options, and Support

Tassos Dionosopolous (moderator)	Plastic Surgeon, Montreal, QC
Josh Vorstenbosch	Plastic Surgeon, Montreal, QC
Amanda Murphy	Plastic Surgeon, Montreal, QC
Perry Gdalevitch	Plastic Surgeon, Montreal, QC
Jean Francois Boileau	General Surgeon, Montreal, QC
Shigufa	Cancer Information Consultant, Canadian Cancer Society, QC

#### 3. Breast Reconstruction in the Atlantic Provinces: Access, Options, and Support

Margie Wheelock (moderator)	Plastic Surgeon, Halifax, NS
Martin Leblanc	Plastic Surgeon, Halifax, NS
Susan Skanes	Plastic Surgeon, Dieppe, NB
Jason Williams	Plastic Surgeon, Halifax, NS
Ian Maxwell	Plastic Surgeon, Saint John, NB
Joy Cluett	Plastic Surgeon, St. John's, NL
Lucy Helyer	General Surgeon, Halifax, NS
Carrie	Cancer Information Consultant, Canadian Cancer Society, ATL

## Event

### 4. Breast Reconstruction in British Columbia: Access, Options and Support

Sheina Macadam (moderator)	Plastic Surgeon, Vancouver, BC
Rebecca Nelson	Plastic Surgeon, New Westminster, BC
Jennifer Robinson	Plastic Surgeon, Victoria, BC
Rebecca Warburton	General Surgeon, Vancouver, BC
Linda	Cancer Information Consultant, Canadian Cancer Society, BC

### 5. Breast Reconstruction in Alberta: Access, Options, and Support

Claire Temple Oberle (moderator)	Plastic Surgeon, Calgary, AB
Jennifer Matthews	Plastic Surgeon, Calgary, AB
Lisa Korus	Plastic Surgeon, Edmonton, AB
James Wolfli	Plastic Surgeon, Edmonton, AB
Antoine Bouchard Fortier	General Surgeon, Calgary, AB
Sue	Cancer Information Consultant, Canadian Cancer Society, AB

### 6. Breast Reconstruction in the Prairies: Access, Options, and Support

Annika Card (moderator)	Plastic Surgeon, Saskatoon, SK
Ed Buchel	Plastic Surgeon, Winnipeg, MB
Tom Hayakawa	Plastic Surgeon, Winnipeg, MB
Pamela Hebbard	General Surgeon, Winnipeg MB
Ethel Macintosh	General Surgeon, Winnipeg MB
Pamela Meiers	General Surgeon, Saskatoon, Sk
Sandra	Cancer Information Consultant, Canadian Cancer Society, MB, SK

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Time (EDT)	Event
<b>9:10pm-9:55pm</b>  6:10pm-6:55pm (PDT) 7:10pm-7:55pm (MDT) 8:10pm-8:55pm (CDT) 10:10pm-10:55pm (ADT) 10:40pm-11:25pm (NDT)	<b>Session B</b> <b>Show and Tell Lounge, Education Breakout Rooms</b> <b>Concurrent Sessions</b> <i>*Please note that all sessions will be running simultaneously*</i>  <b>Show &amp; Tell Lounge</b>  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:  <ol style="list-style-type: none"> <li> <b>Show and Tell Lounge A</b>             a) Women who have undergone breast reconstruction with implants  <b>Moderated by:</b>            Dr. Melinda Wu – Clinical Education Lead, Peter Gilgan Centre for Women’s Cancers            Natalie Witkin – Past BRA Day Lead and Former Patient         </li> </ol>

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### 2. Show and Tell Lounge B

- a) Women who have undergone breast reconstruction with their own tissue
- b) Women who chose not to reconstruct (flat option)

**Moderated by:**

Dr. Ruth Heisey – Medical Director Peter Gilgan Centre for Women's Cancers

Kate Mlodzik – Canadian Cancer Society, Peer Support Specialist and Former Patient

### Education Breakout Sessions

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.

#### 1. Reconstruction Options for the Lumpectomy (Partial Mastectomy) Patient

This panel will discuss the various options for reconstruction after lumpectomy. We will provide options and answer questions for patients who have already undergone a lumpectomy as well as, for those that have a lumpectomy planned.

Ron Somogyi (moderator)

Laura Snell

Stefan Hofer

Thomas Constantine

Plastic Surgeon, North York, ON

Plastic Surgeon, Toronto, ON

Plastic Surgeon, Toronto, ON

Plastic Surgeon, Toronto, ON

#### 2. What is 3D Tattooing and How is it Done?

Join Kyla, a recognized expert in micropigmentation for a discussion and demonstration about 3D tattooing.

Kyla Gutsche

Founder, Cosmetic Transformations  
Peterborough, ON



## Event

### 3. Breast Reconstruction Decision Making and the Psychosocial Process

Join us as we discuss ways to support individuals 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

Emma Rinaldo ( <b>moderator</b> )	Social Worker, Toronto, ON
Erin Stodola	Patient Perspective, Salmon Arm, BC
Kathleen Adams	Patient Perspective, Toronto, ON
Shawna Rich	Clinical Social Worker, Toronto, ON
Terry Cheng	Social Worker and Clinical Researcher, Toronto, ON

### 4. Ask the Speakers – Q and A from the live presentations

Speakers from the opening session are available to answer your questions.

Mary Helen Mahoney ( <b>moderator</b> )	Plastic Surgeon, North York, ON
Mitchell Brown	Plastic Surgeon and Founder of BRA Day, Toronto, ON
Kathryn Isaac	Plastic Surgeon, Vancouver, BC
Glyka Martou	Plastic Surgeon, Kingston, ON
Toni Zhong	Plastic Surgeon, Toronto, ON

## Event

### 5. Diversity and Representation in Breast Reconstruction

In this facilitated discussion, Michelle Auboin and Caroline Falaiye will discuss their cancer journeys as Black women, and the creation of the UnCovered project in partnership with ReThink. There will be chance for conversation with audience members on the importance of, and how to increase, diversity, inclusion and representation in the breast cancer world.

Dr. Aisha Lofters (**moderator**)

Women's College Hospital Family Practice Health Centre,  
Associate Professor and Clinician Scientist,  
Department of Family and Community Medicine, University of Toronto,  
Chair in Implementation Science, Peter Gilgan Centre for Women's  
Cancers, Women's College Hospital

Michelle Audoin

Creator of [Uncovered](#): A Breast  
Recognition Project

Caroline Falaiye

[Uncovered](#): A Breast Recognition  
Project

### 6. Genetics of Breast Cancer and Risk Reducing Mastectomy

In this session we will review the likelihood that breast cancer is hereditary, and the genetic testing options that may be available. The discussion will involve some of the different genes that predispose to breast cancer, the level of cancer risk, risk reducing mastectomy and its effectiveness.

Aletta Poll (**moderator**)

Kelly Metcalfe

Tulin Cil

Genetic Counsellor, Toronto, ON  
RN and Scientist, Toronto, ON  
General Surgeon, Toronto, ON

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