

# Registration



## 5th Annual CME ACCREDITED MULTIDISCIPLINARY CITY WIDE BREAST CANCER SEMINAR

*"Physician founded for laypeople and in honor of laypeople."*

**Wednesday, October 10, 2018**

**Locust Hill Country Club**

**2000 Jefferson Road • Pittsford, NY 14534**

**All Registration will close September 6, 2018.**

**Level 1:** Community Church Groups & Other Laypeople: \$25.00

**Level 2:** Physicians and all other Health Care Professionals: \$50.00

**Level 3:** Medical Students, Fellows & Residents: \$40.00

**Level 4:** College Students: \$30.00

**Level 5:** All Non-Medical Professionals including PhD's JD, Masters Graduates, Executives & Other Finance Professionals: \$40.00

**To Level 1 Registrants:** Contribute what you can. Remember even if it is not \$25.00 return your completed registration ASAP. You WILL be added to the list regardless of the level of your submitted fee, as long as seats remain.

Make all checks payable to: **PLEA of GRNY**

Mail to: Ruby L. Belton | P. O. Box 20545 | Rochester, New York 14602

Questions? E-mail: [midnightbelton@gmail.com](mailto:midnightbelton@gmail.com) or [dbelton2@pleaofgrny.org](mailto:dbelton2@pleaofgrny.org) or write to the address above.

**Don't forget to donate and become a Sponsor.** You will be able to take advantage of **waived seats** depending on your level of contribution. **Written registration is still required to claim preferred seating.** Please visit our website for levels of sponsorship or e mail us for a copy of our Fundraising Booklet.

### REGISTRATION INFORMATION

Name \_\_\_\_\_

Specialty \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_



**Ruby L. Belton, M.D.**  
P.O. Box 20545  
Rochester, New York 14602

# 5th Annual

## MULTIDISCIPLINARY CITY WIDE BREAST CANCER SEMINAR



President & Co-Founder of  
PLEA of GRNY;  
Douglas Belton, MD, MBA

Co-Founder of  
PLEA of GRNY;  
Ruby L. Belton, MD



# 5th Annual

## CME ACCREDITED MULTIDISCIPLINARY CITY WIDE BREAST CANCER SEM IN A R

**OCTOBER 10, 2018**

**5:00PM – 9:15PM**

**LOCUST HILL COUNTRY CLUB**

### BOSOM BUDDIES

Obesity | Breast Cancer |  
Nutrition | Exercise &  
Cutting Your Odds



# About the Seminar

## By the end of the 2 hour seminar you will understand:

- Why Hippocrates (Father of Medicine) said "Leave your Drugs in the Chemists Pot, if you can heal the Patient with food" and why Heather Morgan said "Every Bite you Take is either Fighting Disease or Feeding it".
- Why you are the leader. You are the Point Guard, Quarterback, Coach and Commissioner. You will begin learning tonight in this 2018 1/12 part series what:

## PLEA of GRNY means when it says:

"Ask not what doctors can do for you, but what you can do for yourself."

*All Medical Information Presented in Lay Terms with Great Appreciation, "Relax, Enjoy & Learn."*

Douglas Belton MD, MBA | PLEA of GRNY | 2018 1/12 part series

# Early Donors

U of R | PLEA of GRNY | Printing Plus & Tina Schreib (Graphic Designer)  
Mr. Kenneth Stanley | Gamma Iota Boulé Foundation

# Course Objectives

## At the end of the seminar, you will be able to:

1. Define Obesity, Body Mass Index (BMI). Learn how to calculate your BMI.
2. Discuss relationship of BMI with Breast Cancer risk of development, stage & size at presentation, node status, recurrence and overall survival.
3. Discuss relationship between BMI and Breast Cancer.
4. Discuss Nutrition Guides, Phytochemicals, Antioxidants & Free Radicals.
5. Discuss 2018 Nutrition Color in detail: RED.
6. Understand in Lay terms how Immunostains on breast cancer cells guide your treatment.
7. Understand importance of Exercise based on research. Be able to describe and do some simple exercises to promote good health and well being.
8. Panel Discussion: Discuss updates in Imaging (Tomosynthesis), Surgery and Oncology.

# Program

5:00PM

Registration

5:00PM

Live Entertainment

5:30 – 6:30PM

Call to Dinner

Rev. James McEwen

6:45 – 6:50PM

Welcome

6:50 – 7:00PM

A Laypersons Perspective

Faith & Nutrition in Harmony

Mrs. Sherron Jones | Licensed Social Worker  
Rev. Dr. Vera Miller

7:00 – 7:15PM

Vitamin D3 Deficiency & Breast Cancer

Kristin Skinner, M.D.

7:15 – 8:00PM

"Coincidences or Bosom Buddies"

Part 1/12 Series | Obesity, Breast Cancer & Nutrition  
Douglas Belton M.D. MBA | Ruby L. Belton M.D.

8:00 – 8:15PM

Introduction/Exercise 2018

Exercise / Free Radicals / Oxygen / Cancer  
Calvin Cole PhD

8:15 – 8:30PM

"Actions Speak Just as Loud as Words"

2018 Movin' with Jah  
"The How of it All"  
IFBB Pro Jah Holt, MPT, FNS

8:30 – 9:10PM

Panel Discussion/Question/Answer  
& Medical Updates

Moderator: Marguerite Dynski, M.D., SSJ

Meri Atanas, M.D.  
Martine Backenstoss, M.D.  
William Bowen, M.D.  
Christopher Caldwell, M.D.  
Calvin Cole, M.D.  
\*Gina Cuyler, M.D.  
Nana Duffy, M.D.  
Ms. Heidi Elberfeld  
Steven Evangelisti, M.D.  
Nancy Gadziala, M.D.  
Ruth Hetland, M.D.  
IFBB Pro Jah Holt, MPT, FNS  
Candice Lucas, Ed, D, MBA  
Mrs. Brenda McEwen

Rev. James McEwen  
Lori Medeiros, M.D.  
Rev. Dr. Vera Miller  
Victoria Nugent, N.P.  
Avice O'Connell, M.D.  
Joel Shapiro, M.D.  
Kristin Skinner, M.D.  
Mr. Kenneth Stanley  
Mary K. Sweeny, PhD  
Robert Tripp, M.D.  
Bradley Turner, M.D.  
Timothy Woodlock, M.D.  
\*Joel Yellin, M.D.  
\*Back-up Moderators

# Statements

Log on to updated  
website after 6.30.18  
[pleaofgrny.org](http://pleaofgrny.org)



Visit us on:



## WHO SHOULD ATTEND:

Laypeople, Physicians, Physicians in training, Nurse Practitioners, Physicians Assistants, Technologists, Nurses, College Students, Medical students.

## DISCLAIMER:

Before making any changes in your exercise program or diet, please talk to your doctor. If you have a medical complaint that you are concerned about, please talk to your doctor.

PLEA of GRNY:

1. Is not responsible for any complications, illness, disease or anything else in connection with material presented.
2. Is not endorsing or recommending any specific diet or dietary changes or exercise program.
3. Has done its best to present some of the most up to date knowledge on any and all information presented as it relates to the relationship of obesity, nutrition, the importance of physical activity and chronic diseases including cancer.
4. Is not responsible for nor endorsing any printed material content from references or research in connection with Nutrition, Obesity, Vitamin D, cancer or other Chronic diseases.

PLEA of GRNY is here to educate to hopefully make for a healthier you.  
Remember: Your care is still in the hands of you and your doctor.

## ACCREDITATION STATEMENT

\*\*\*This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Society of New York (MSSNY) through the joint providership of the Rochester Academy of Medicine and Physicians and Laypersons Educational Associates of Greater Rochester, NY. The Rochester Academy of Medicine is accredited by the Medical Society of New York (MSSNY) to provide continuing medical education for physicians.

## CREDIT DESIGNATION STATEMENT

The Rochester Academy of Medicine designates this live activity for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.