

LAYPERSONS Faculty



Mr. Kenneth Stanley



Mr. Lu Walker



Ms. Rene Frazier



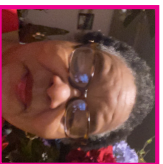
Ms. Martha Young
Braddy



Mrs. Dorothy Davis



Ms. Donna Dixon



Ms. Tiffanie Young

PHYSICIAN Faculty



Timothy Woodlock, M.D.
Medical Oncologist, Moderator
Rochester Regional Health



Marguerite Dynski, MD, SSJ
Breast Surgeon, Moderator
Rochester Regional Health



Debra Sturgis Hinton, M.D.
Internal Medicine
Oak Street Health, Chicago, IL



Louis Elchel, M.D.
Urologist - Chief of Urology
Rochester Regional Health



Carol Henry, Ph.D.
Professor of Nutrition & Pharmacy
University of Saskatchewan



Kristin Skinner, M.D.
Breast Surgeon, Moderator
URMC - Puta Cancer Center



Douglas Belton, M.D.,
FRCP, MBA
President & Co-founder
PLEA of GRNY



Ruby L. Belton, M.D.
Co-Founder PLEA of GRNY



Calvin Cole
Research Assistant Professor,
University of Rochester
Medical Center

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Ruby L. Belton, M.D.
5 Skytop Lane
Pittsford, New York 14534

10th ANNUAL PLEA of GRNY CME ACCREDITED MULTIDISCIPLINARY CITY WIDE PROSTATE, BREAST CANCER & HEALTH SEMINAR

10th ANNUAL PLEA OF GRNY CME ACCREDITED MULTIDISCIPLINARY CITY WIDE PROSTATE CANCER, BREAST CANCER & HEALTH SEMINAR



Ruby L. Belton, MD
Co-Founder of PLEA of GRNY
Douglas Belton Jr., MD, FRCP, MBA
President & Co-Founder of PLEA of GRNY

SATURDAY, OCTOBER 28, 2023
8:00AM - 1:00PM
LIVE | LOCUST HILL | ZOOM



Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Society of the State of New York (MSSNY) through the approval of the Board of Directors of the Rochester Academy of Medicine. The provider of this activity is accredited by MSSNY to provide continuing medical education for physicians.

Credit Statement

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



GOALS OF THE Seminar

By the end of the Seminar, you will:

1. Be able to understand how PLEA of GRNY uses the Concept of DNA, RNA and Proteins to Make for a Healthier Community of Laypeople.
2. Understand what body positions are used in Self Breast Examinations.
3. Be able to discuss the Importance of Self breast examination and Definition of a False Negative Mammogram. False negative = "The miss rate of cancer .i.e. Mammogram is called negative, but cancer is there.
4. Understand the importance of relaxation and cooperation for your Mammogram.
5. Know the new breast cancer screening guidelines.
6. Understand the basics of breast imaging from a physician's standpoint.
7. Understand WHY lifestyle changes will cut your odds of diseases, including cancer and heart disease.
8. Discuss immunity and how a strong immune system is vital for disease prevention.
9. Discuss the role of exercise in disease prevention and cure.
10. Understand the risk factors (Laypersons), basic clinical approach and management of Prostate cancer (Physician).



Each year we are blessed to have many of the top Breast Cancer Care Medical Professionals in Rochester, New York, from across all healthcare systems and private practices, join together as one family, in a CME-accredited setting. We come together one day every year to teach each other, share knowledge with each other, and laypeople in medical and lay terms simultaneously.

This association is unique and allows our community to meet and hear from the same physicians who provide quality care in this community. On 10/28/2023, we welcome 9 Doctors and 7 Laypersons, who will work as a team to teach each year. That special "working together and collaboration" across all health care systems and practices, demonstrates to our laypeople and each other, the special "connectedness" which exists among Rochester's Breast Cancer Care physicians, other health care professionals, and laypeople. It is clear from this bonding we have established common goals: to teach each other, teach and serve the people we all have taken an oath to care for.

"Our goal is education for all on equal footing, and in partnership, regardless. PLEA of GRNY's goal is to teach all, in CME-accredited settings for physicians, medical professionals, caregivers, and laypeople regardless of medical status or educational level. We are inclusive and seek to reach and teach the healthy, the ill, underrepresented, under-served, poor, middle class and the rich in these special seminars, and make all feel welcome."

PLEA of GRNY/PLEA = Positivity-Love-Encouragement-Admiration.

PROGRAM 2023

Moderators:
Ruby L. Belton, M.D. Co-founder PLEA of GRNY
& Ms. Tiffanie Young

8:00AM - 9:00AM
9:00AM - 9:45AM
9:45AM - 9:55AM

Registration

Breakfast

Welcome

Miss Olivia B.

Douglas Belton M.D., FRCP,

MBA & President PLEA of GRNY

Early Detection Matters & is the Key to Survival Size, Stage, Lymph node

Involvement Death (mortality) Rate

"EARLY DETECTION & GOOD HEALTH"

Ruby L.S. Belton M.D.

Co-Founder PLEA of GRNY

10:00AM - 10:15AM

Self Breast Examination (SBE): A Laypersons Perspective

Mrs. Martha Young Brady

10:15AM-10:30AM

Undergoing Your Mammogram The Patient & Technologist = 1+1=2=Teamwork

"This team determines the quality of images needed, to diagnose Breast Cancer"

Mrs. Dorothy Davis

10:30AM - 10:50AM

Update on Breast Cancer Screening Guidelines

Debra Sturgis Hinton, M.D.

10:50AM - 11:05PM

Breast Imaging 101: For the Layperson & Physician

Douglas Belton Jr. MD FRCP, MBA

11:05AM-11:30AM

Nutrition and Immune Health: Considerations for Breast Cancer Support

Carol Henry, Ph.D.

11:30AM - 11:50AM

The Benefit of Physical Activity/Exercise on Cancer

Calvin Cole, Ph.D.

11:50AM - 12:15PM

Part 1: A Physicians Perspective Overview of Prostate Cancer Diagnosis and Management

Louis Etchel M.D.

12:15PM - 12:45PM

Panel Discussion - Question & Answer

Moderators:

Dr. Woodcock

Dr. Dynski

Dr. Skinner

12:45PM - 12:50PM

Closing Remarks

Mr. Kenneth Stanley

Ms. Renee Frazier

Mr. Lu Walker

REGISTRATION Form

Course Fee:

☐ Medical Professionals not claiming CME credits \$25

Full Breakfast and CME if claiming:

☐ Physicians & Healthcare Professionals \$135

☐ Laypeople \$25 (or what you can afford)

PLEA of GRNY to Laypeople: If you cannot afford, Register early, while seats are open and you will be accepted.

MUST REGISTER BY OCTOBER 1, 2023

Register:

BY MAIL: Fill out the form and send payment to:

Ruby L. Belton, M.D.

5 Skytop Lane | Pittsford, New York 14534

MAKE CHECKS PAYABLE TO:

Physicians & Laypersons Educational Associates of Greater Rochester, NY

Please print clearly in block letters & numbers.

Professional Title:

CME Credits available for M.D. & DO ONLY.

☐ MD ☐ DO

Name _____

Address _____

City, State, Zip _____

Phone # _____

Personal Email Address _____