



# 2022 Women and Bladder Cancer Educational Series

Greenberg Bladder Cancer Institute at  
Sibley Memorial Hospital



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## Our Program

Join as our multidisciplinary team presents topics to enhance your knowledge and provide support. Specialists will discuss various facets of care and implications for female bladder cancer patients. The speakers will provide information to help you manage your health and support quality of life. A patient will share their perspective, and time for asking questions will facilitate participant engagement. GBCI Women's Bladder Cancer Program Co-leaders **Dr. Armine Smith** and **Dr. Jean Hoffman-Censits** will join in several of the sessions, schedules permitting.

This program is for women only to create a safe environment for open discussion.

## Contact Us

Questions? email us at  
[bladdercancer@jhmi.edu](mailto:bladdercancer@jhmi.edu)

Visit our website at  
<https://www.hopkinsmedicine.org/greenberg-bladder-cancer-institute/>



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MEDICINE

Greenberg Bladder Cancer Institute



March 1, 2022 | 4:00-5:30pm

### Integrative Health and Cancer: Six Considerations

► **Rosanne Sheinberg, MD**

- Social connection, stress management, diet, exercise, sleep, and the environment
- How to successfully make lifestyle changes



June 7, 2022 | 4:00-5:30pm

### Interpreting Population Science for Cancer Survivors

► **Elizabeth Platz, ScD, MPH**

- Gender disparities in cancer & bladder cancer
- Population science and how to apply statistics to the individual
- Environmental factors in cancer
- Cancer prevention and control



September 6, 2022 | 4:00-5:30pm

### The Complexities of Being Female with Bladder Cancer

► Urogynecology with **Daniel Gruber, MD, MS**, Urogynecologist

- Lower urinary symptoms after intravesical treatment
  - Pelvic organ prolapse after cystectomy
  - Optimizing urinary continence after neobladder
- Sexual function with **Rachel Rubin, MD**, Urologist
- The physical and emotional effects of bladder cancer on sexual health
  - How to maintain sexual health after treatment



October 4, 2022 | 4:00-5:30pm

### Living in the Now: Using Mindfulness as a Tool to Cope with Cancer

► **Samantha Rockler, MSW**

- Manage the challenges of cancer and fear of recurrence through meditation and other mindfulness techniques
- Learn to live well in the face of cancer
- Cultivate peace and hope during difficult times



December 6, 2022 | 4:00-5:30pm

### Now What? Managing Health after Bladder Cancer

► **Kim Peairs, MD**

- Successfully transitioning to primary care
- Identifying which medical provider is in charge
- Understanding symptoms and signs of recurrence
- General screening guidelines