



# PROGRAM

Nordic Congress on Breast Cancer  
16 – 18 September 2016

# REYKJAVÍK



**Brjóstaheill**  
Samhjálp kvenna

## Welcome

Dear guests

Welcome to this Bi-annual Meeting of the Breast Cancer Associations of the Nordic countries held in Reykjavík, Iceland, 16-18 September 2016.

This year's meeting is hosted by Brjóstaheill – the Breast Cancer Association of Iceland and we welcome you to participate in an intriguing two day agenda with us. The twofold sessions are designed to encourage discussions about BRCA1 & BRCA2, and to focus on the quality of life for breast cancer patients. The speakers come from various corners of the world and this event promises the delivery of a dynamic conference of speakers, discussions and debate.

We would like to thank the faculty who participated throughout the year and provided valuable advice about lecturers and the agenda. We would also like to thank the sponsors who provided financial support for the meeting. And we would sincerely like to thank all of the attendees.

Apart from participating in the meeting we hope you will have the opportunity to explore some of Iceland's exceptional and unique sites.

Hope you enjoy your visit!

On behalf of Brjóstaheill – Breast Cancer Association of Iceland.

Brynja Björk Gunnarsdóttir



## Organisers

### Congress committee

Brynja Björk Gunnarsdóttir  
Anna Sigríður Arnardóttir  
Ingveldur Geirsdóttir  
Telma Hólm Másdóttir  
Hrefna Ingólfssdóttir  
Guðrún Sigurjónsdóttir  
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### Congress Secretary



**Athygli Conferences, Síðumúla 28, 108 Reykjavík**

**The secretariat and information desk will be open during the Congress.**

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Porbjörg Práinsdóttir,  
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tel: +354 8624752

## Social Program & Excursions

### Friday September 16

17:00 – 19:00 Welcome reception at Reykjavik City Hall  
Light refreshments

*Included in the registration fee.*

### Saturday September 17

19:15 Coctail and Congress Banguet at Grand Hotel Reykjavik

*Price ISK 15.500*

### Sunday September 18

#### Golden Circle

The Gullfoss and Geysir tour takes you on a day trip to see the world-famous Geysir geothermal area and Gullfoss, the queen of Icelandic waterfalls, as well as Thingvellir National Park.

The Geysir geothermal area boasts spouting springs, including Strokkur, the most active geyser in Iceland. At Gullfoss you are given the opportunity to stand next to the amazing waterfall, watching enormous quantities of water tumble violently into a deep, meandering gorge.

You will also spend your time encountering a cross-section of Iceland's natural wonders and geological phenomena at Thingvellir National Park, an area of historical and geological significance.

*Included: Bus & guidance*

*Departure from Grand Hotel Reykjavik at 13:00*

*Duration: 6 hours*

*Price: ISK 12.500*

## Scientific Program

Gullteigur hall

### Friday 16 September

17.00 – 19.00 Get-together at Reykjavik City Hall

### Saturday 17 September

08.45–09.20 Opening Ceremony  
*Brynja Björk Gunnarsdóttir, chairman, The Icelandic Breast Cancer Association*  
*Eliza Reid, Iceland's First Lady*  
*Musical entertainment*

#### 09:20 – 12:00 Breast Cancer and Heredity – Focusing on BRCA1 and BRCA2

*Chair: Anna Lilja Gunnarsdóttir, permanent secretary of Ministry of Welfare, Iceland*

09.20–09.40 IE/deCODE genetics

*Dr. Kári Stefánsson director*

09.40–09.55 BRCA1 and BRCA2: Genetic counseling

*Vigdís Stefánsdóttir, Registered Genetic Counsellor*

09.55–10.10 Breast cancer risk and prognosis in BRCA2 mutation carriers

*Laufey Tryggvadóttir Director of the Icelandic Cancer Registry*

10.10–10.40 Coffee and Exhibition

10.40–11.30 Genetic testing for breast cancer

*Susan Domchek, Director of The Cancer Risk Evaluation Program, USA*

11.30–11.55 BRCA1 and BRCA2 patient's follow up in Landspítali

*Dr. MD. PhD. Óskar Þór Jóhannsson, Landspítali*

12.00 – 13.15 Lunch and Exhibition

#### 13.15 – 16.00 Living With Breast Cancer

*Chair: Ragnheiður Haraldsdóttir, former director of the Icelandic Cancer Society*

13.15 – 13.30 A patient's view

*Jóna Björk Hjálmarsdóttir, Iceland*

13.30 – 14.20 Livsrum

*Laila Walther, dept. chef, Denmark*

14.20 – 14.55 Coffee and Exhibition

15.00–15.30 Ljósið – The Light. Rehabilitation and support center for cancer patients and their families

*Unnur María Þorvarðardóttir, occupational therapist &*

*Margét Indriðadóttir, physiotherapist*

15.30–16.00 Counselling and Support Centre of the Icelandic Cancer Society

*Sigrún Lillie Magnúsdóttir, B.Sc. RN, Manager of Counseling and Support Center, The Icelandic Cancer Society*

#### 17:00 – 18:00 Meeting of the Nordic Patient Organisations Leaders

19.15 Cocktail and Congress banquet at Gullteigur hall, Grand Hotel Reykjavik

### Sunday 18 September

*Chair: Hrefna Ingólfssdóttir, member of Brjóstaheill – Samhjálp kvenna's board*

09:00 – 09:20 Breast Cancer patient's follow up in Landspítali  
*Dr.MD. PhD Ásgerður Sverrisdóttir, Iceland*

09.20 – 09.40 Selfmanagement, we have the tools  
*Ellen Verschuur, The Netherlands*

#### 09:40 – 12:00 Do women get the best treatment available in regards to screening, operation, medication and rehabilitation?

*Presentation from Denmark, Norway, Sweden, Faroe Islands, Finland and Iceland*

*10 minutes from each country.*

#### Questions to answer:

- What is excellent in diagnostics and treatment of breast cancer in my country
- What needs to be improved, e.g. diagnostics, medication, follow up etc.
- How do we see the optimal diagnostic follow up and treatment for breast cancer patients in the future?
- Discussions and a conclusion to send to the media

12:00 Closing and light lunch

The Organising Committee gratefully acknowledges the valuable support from the following sponsors and exhibitors

## Practical information

The congress is held at Grand Hotel Reykjavik in hall Gullteigur.

## Breaks

Lunches, coffee, tea and refreshments are included in the registration fee and are served in front of hall Gullteigur.

## Meeting badges

Your personal badge is your entrance ticket to the congress and you are asked to wear it throughout the congress. Should you misplace your badge, a replacement can be obtained at the congress information desk.

## Registration and information desk

The secretariat and information desk will be open during the congress.  
Telephones: Birna +354 863 8536 & Thorbjörg +354 862 4752

## Congress dinner & Social Program

If you have registered for the Congress dinner at Grand Hotel Reykjavik or the excursion you will get your tickets along with your name badge upon registration. If you have not signed up for the dinner or excursion you are welcome to enquire at the registration desk.

## Internet access

There is free wi-fi at the congress venue. Log-on information: Grand.Internet, no password needed.





