



PATIENT EMPOWERMENT 2023 SUMMIT | LOS ANGELES, CA



— THANK YOU TO OUR SPONSORS —

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PATIENT EMPOWERMENT 2023 SUMMIT | LOS ANGELES, CA



A VISION TO EMPOWER.

The 2023 Inaugural Patient Empowerment Summit: Building Your Support Community was not just an event; it was an incredible opportunity for us to come together as a community of patients, caregivers, and advocates in our shared journey.

We believe in the healing power of education, awareness, advocacy, linkages to top-notch resources, and an inclusive community. A gastric cancer diagnosis is terrifying, and the stress, physical pain, and unknowns are tremendous emotional burdens. Additionally, living with a serious illness is isolating, and the last few



years of pandemic isolation have been devastating to gastric cancer patients and caregivers.

Our vision is to grow the event into an annual go-to Patient Empowerment Summit for all those impacted by a stomach cancer diagnosis as a chance to experience support, community, and empowering activities.

THE NEED

WE RECOGNIZE:

HEALTH DISPARITIES THAT ARE BARRIERS TO HIGH-QUALITY CARE

Stomach cancer is more common in Hispanic Americans, African Americans, Native Americans, and Asian/Pacific Islanders than it is in non-Hispanic whites (cancer.org). Stomach cancer also is on the rise (67% increase) in young adults aged 25-39 years (NCI). Despite significant advancements in cancer outcomes, inequality persists for diverse and younger patient populations.



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A May 2022 JAMA study found that Black patients are less likely than White patients to receive the standard of care for gastrointestinal cancer surgery – including negative surgical margins and recommended chemotherapy and radiotherapy.

Stomach cancer treatments are evolving, with recent additions to immunotherapy, targeted therapy, and biomarker-specific clinical trials. **Without universal standards of care, protocols are often fragmented and inconsistent.** The summit focused on how patients can gain better access to clinical trial opportunities and overall care. Additionally, far too often, patients of color are treated at local community clinics with inferior resources. In contrast, white patients overwhelmingly comprise the majority treated at world-class research centers and hospitals. **The summit broke down how to create systems change to overcome these barriers.**

TEACH PATIENTS AND CAREGIVERS TO SHARE KNOWLEDGE AND SUPPORT

In 2023, over 11,000 Americans will die from stomach cancer, and upwards of 30,000 will be diagnosed. The population in the United States continues to get more diverse, and nearly half of the population identifies as non-Hispanic white. **The NCI has determined outreach and engagement by community-based efforts to be critical to advancing public awareness and advocacy.** This summit taught patients and supporters to become ambassadors in their communities to help improve survivability rates and access to care. Attendees gained the skills needed to take what they learned at the summit and apply it to their local communities.

ACCESS MENTAL HEALTH SUPPORT AS A CORE TREATMENT COMPONENT

A gastric cancer diagnosis is terrifying, and the stress, physical pain, and unknowns are tremendous emotional burdens. There is abundant literature that makes the connection between mental health and cancer survival. A 2020 NIH article entitled “Study Links Mental Health Treatment to Improved Cancer Survival” shares a study that

shows mental health treatment may help people with cancer live



longer. Additionally, gastric cancer survivors almost always express that they are not the same person they were before their diagnosis and treatment. Mental health support can help patients and caregivers address anxiety, depression, and grief, adjust to their “new normal,”



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and help work through stigmas or negative perceptions. The summit shared research related to mental health support as an important treatment modality. The summit shared ways to find skilled therapists working with patients and caregivers who are culturally competent to work with people of various ethnicities and socioeconomic backgrounds. The summit explored different options that can help make therapy financially feasible by inviting our collaborative partners to lead workshops.

ABOUT THE SUMMIT

Hope for Stomach Cancer held a patient empowerment summit from November 10 to 12 in Los Angeles, CA. **The summit empowered patients and caregivers to self-advocate for the highest quality information and care available.** We aimed to mitigate glaring racial and socioeconomic health disparities by educating and mobilizing patients and supporters to get the best care possible for themselves and, simultaneously, create systems change so that a patient's race and

income are no longer determinants of outcomes.

- Event start date: 11/10/2023 at 5 pm PST
- Event end date: 11/12/23 at 2 pm PST
- Number of Participants: 50-75 participants in person

LEARNING OBJECTIVES:

The summit dug deep into

Additionally, the summit had various breakout sessions to choose from throughout the 3-day event led by medical experts, researchers, wellness specialists, patient advocates, and some peer-to-peer formats. A portion of the educational content was live-streamed, but the summit's goal was engaging and interactive to build community. Each evening, there will be optional



strategies for overcoming barriers to the highest quality care for patients of color, including medical treatment at centers of excellence, inclusion in clinical trials, and access to affordable, culturally relevant mental health support and wellness modalities. **A two-hour training, "Becoming a Community Ambassador," equipped participants to help embed the strategies in their communities.**

relaxation modules for patients and caregivers.

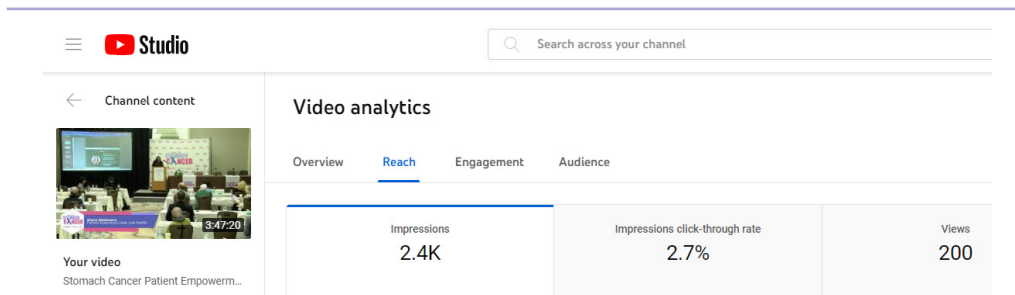
The goal of the Los Angeles summit is for patients to build their support system and community to work through the invisible barriers to access novel therapies and care effectively. Additional focus will be placed on self-care and social interactions.

THE SUMMIT WAS FREE FOR PATIENTS AND CAREGIVERS.

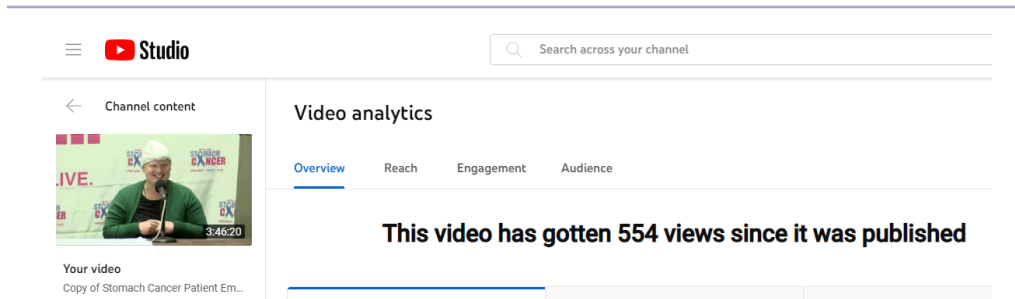


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75 IN-PERSON
PARTICIPANTS



200 LIVE, ON-LINE
PARTICIPANTS
1-5PM SATURDAY, 11.11.23



7K VIDEO
IMPRESSIONS
VIEWS CONTINUE TO GROW!

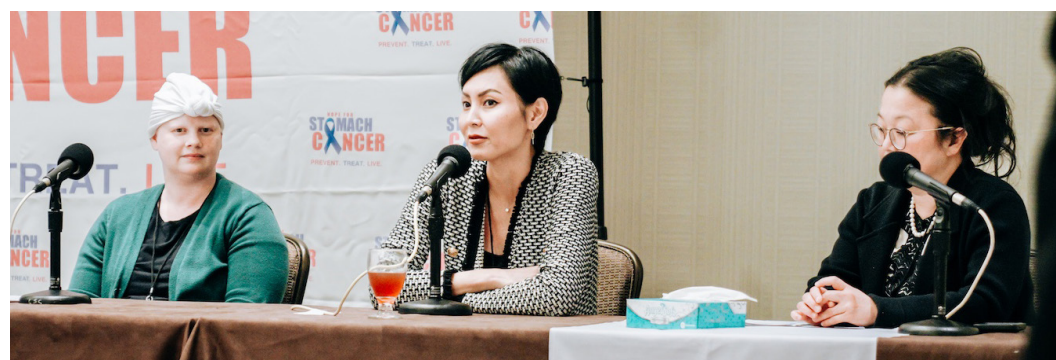


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MOMENTS OF HOPE





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GREG MYERS

In November, my wife and I attended the first annual Patient Empowerment Summit hosted by Hope for Stomach Cancer. The event was well attended by patients, caregivers, doctors, researchers, and speciality lawyers. Through this event, we were given direct access to all of these folks and were able to ask questions and get immediate answers. These folks not only made themselves available for a few minutes after their presentations but mingled with the patients and caregivers for better parts of the day which made it even easier to ask those private questions or those that didn't get answered because of time constraints.

It was uplifting to see that there are studies happening now at highly regarded institutions such as Yale where their findings will guide future doctors on how to treat and manage peritoneal disease. I'm hopeful studies like these will improve the outcomes for patients like me with peritoneal metastasis. Dr. Strickland from Massachusetts General Hospital also gave us some great news about how bright the future is for new biomarkers. Some of these new biomarkers are found in larger percentages of patients with gastric cancer and therefore will

help more of us.

It's hard to describe the overall vibe of the Summit. It's something I hope all patients and caregivers get to experience. Being in a place where everyone has had such similar experiences in life with this terrible disease is both humbling and uplifting. Getting to meet these incredible people, speak with them about their journey, and build your extended family is like no other experience. You really need to experience it yourself to get the full effect. I can't thank Hope for Stomach Cancer enough for putting on this incredible event!!





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RUDY FONG

I was diagnosed with Stage 4 GE cancer earlier this year and, as encouraged by my wife, i physically made it to the summit. My wife was unable to make it with me.

I got back and thank my wife profusedly for encouraging me to go as i had a very deep, rewardnig experience from many different angels. First of all, my hat off to aki and her team for pulling such a wonderful event together. Second to the sponsors who made this amazing event happen. It was a beautiful location near the beach at a lovely 5 star Hotel and that just made you feel special, like you're worth it and there are many people looking out for you, and putting resources to do it, in finding a cure for this cancer. Thank you again Aki and team and sponsors

The event itself was so well managed and inspirational. From the moment you walked in you could tell everyone cared towards a common cause. It was so nice and empowering to actually meet many folks who have the same experience and going to what you are going. Very inspirational to see their stories of hope and find out what they did to their path to a cure.

The presenters, my hat off to them, were equally impressive in teaching and providing educational empowerment to us. The Presenters did a superb job in providing info on how to best handle what we were through at whichever stage and providing further feedback. It is just empowering to know how different everyone is yet to know that there are so many tools that can help our particular situation.

yes- unfortunately you hear stories of regression and even worse but they all make you humble and blessed for whatever stage you are going through. I learned many aspects i was afraid to ask to my oncologist, but more frankly our oncologist simply not having the time to answer. I, really, really hope this becomes an annual event because, as i told my wife, she is coming with me rain or shine as she equally deserves to be enlightened. Thank you, Aki, team aki, sponsors and presenters for such a wonderful experience. It gives me hope and empowerment i will make it through this. I simply know it!!! i really hope this summit returns for 2024 and onward.



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BETSY AARON

It was an amazing experience to meet people like me: people who live with stomach cancer, and especially people who have been diagnosed with stage 4.

Learning the latest science, and the drugs coming our way soon (but not soon enough...) is heartening. I was also excited by the presentations of the innovative start-ups.

I was especially gratified to meet Aki Smith, Camilla Row, and Dr. Woo- the loveliest of human beings, and perhaps the smartest too.

I look forward to future gatherings and in the meantime I will stay connected to everyone I met.

I am rooting for them and I know they are rooting for me, perhaps that is the greatest gift: community support.

I could not have come up with a better way to celebrate my 70th birthday than to share it with all those who attended.

Aki Smith is perhaps the world's most loving, caring, and organized of all organizers.

And, I now have hope.

Gratitude!!!



MOMENTS OF HOPE





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BUILDING YOUR SUPPORT COMMUNITY
Inaugural STOMACH CANCER PATIENT EMPOWERMENT SUMMIT
 NOVEMBER 10-12, 2023 | LOS ANGELES, CA

REGISTER TODAY!

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REGISTER NOW

SHARING THE SUMMIT

BUILDING YOUR SUPPORT COMMUNITY
Inaugural STOMACH CANCER PATIENT EMPOWERMENT SUMMIT
 NOVEMBER 10-12, 2023 | LOS ANGELES, CA

PRESENTED BY **AMGEN**

POWERED BY **AMGEN** *Lilly* **TAIHO ONCOLOGY** **STOMACH CANCER** *PREVENT. TREAT. LIVE.* **astellas** **Bristol Myers Squibb** **leaptherapeutics** **ELEVATION ONCOLOGY** **ARCUS BIOSCIENCES** **MERCK** INVENTING FOR LIFE



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Inaugural STOMACH CANCER PATIENT EMPOWERMENT SUMMIT
 NOVEMBER 10-12, 2023 | LOS ANGELES, CA

HOPE's Summit
 Healing Journey Challenge:

FUNDRAISE \$600	FUNDRAISE \$1,000	FUNDRAISE \$1,500
TO GET:* 2 nights hotel, Parking (if applicable) All meals for 3 days	TO GET:* 2 nights hotel, 1 roundtrip flight (in US and Canada only) All meals for 3 days	TO GET:* 2 nights hotel, 2 roundtrip flights (in US and Canada only) All meals for 3 days

Get more info at StomachCancerLA.org or email Divine at divine@stocan.org

BUILDING YOUR SUPPORT COMMUNITY
Inaugural STOMACH CANCER PATIENT EMPOWERMENT SUMMIT
 NOVEMBER 10-12, 2023 | LOS ANGELES, CA

BOOK YOUR FLIGHT!

11 MONTH 10-12 DAYS 23 YEAR

PRE-REGISTER AT STOMACHCANCERLA.ORG

SHARING THE SUMMIT



BUILDING YOUR SUPPORT COMMUNITY
Inaugural STOMACH CANCER PATIENT EMPOWERMENT SUMMIT
 PRESENTED BY **AMGEN**

ATTEND VIRTUALLY
11.11.23

ATTEND IN PERSON
11.10-11.12.23





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JAMAAL MILLISOCK

My experience at the Patient Empowerment Summit was such a God sent need in my life. I found myself in a revolving door yearning for support, friendship, information, understanding, and just a shoulder to cry on. Those were just some of my personal, mental, and physical needs that would have been overlooked for sure. I would have done what all the other cancer patients do and dealt with it. Instead, Aki and her amazing Network contacted me and asked me to join the Hope for Stomach Cancer Summit. I looked at who was going to attend and I knew my prayers were answered. The power to be around individuals that have gone through, are going through, or will go through what I am experiencing proved to be a game changer in my fight. The key speakers that attended

had a heaping serving of valuable information from finances, to self care, to innovation (how we can help) to resources to help now with my current battle. With all that being said, we had a wellness room that was available to us at all times. Even though our venue was top notch and the ability to walk to the beach and take in that tranquility at any moment played a huge role in healing, the wellness room was my game changer. I have a hard time picking my favorite because without the Skart program opening up each and everyone's soul and giving one another a glimpse of our pains and struggles single handedly changed the vibe of the whole conference. It was super powerful and I now display my painting proudly in my office. But the wellness room had two amazing healers doing natural medicine techniques. I was able to only use one of the healers due to having an active clot on my port. Cinnamon did Cranial Sacral Therapy and cleared my whole sacral system out. When I say this ancient chinese medicine cleared my system, drained my swollen lymph nodes and to this day my senses are alive and well again. It was a game changer all the way. The attention to making sure us cancer patients were hosted by, taught by, and led by nothing but the best for

this most wonderful weekend is an understatement. I feel that this should not only be the blueprint for Stomach Cancer but for all the cancer groups in the world. Hope for Stomach is definitely on to something here. It may not have healed me, but it made me feel like it for one weekend, everything was normal, my feelings were just, and when I looked left and right there were people just like me. I am forever grateful....

Aki, I love you so much sis, I really appreciate you making sure I was there for this. Not sure I deserved it, but I can tell you it has me living again. You are a blessing and a true Angel. Loves ya.

Jamaal





ENHANCED COMMUNITY EXPERIENCE

2023 STOMACH CANCER
PATIENT EMPOWERMENT SUMMIT

HOPE committed to making the Inaugural Summit experience as informative and comfortable as possible. Here are some key highlights that we added to ensure time with us was exceptional.

ON-SITE MEDICAL SUPPORT

Our guest's well-being was a top priority. We booked an EMT on-site throughout the event to provide immediate medical assistance should it be required.

EXCLUSIVE PATIENT INTERVIEWS

Our talented producer, Kristi, conducted engaging patient interviews in a private setting. These interviews will offer valuable insights and a chance to connect with fellow patients.

WELLNESS ROOM (BAY ROOM)

We know that taking breaks and finding a quiet space can be essential during events like this. That's why we created a Wellness Room for the comfort of our attendees. It was hosted by Julie Kotiw and Cinamon Kimbrough.

SCHEDULED FOLLOW-UP EVENTS

HOPE is dedicated to providing our patients and their caregivers with valuable information year-round, in person and online.

SPECIAL MESSAGE FROM DR. ZEV WAINBERG AT UCLA GI ONCOLOGY PROGRAM

While Dr. Wainberg couldn't join us live due to prior commitments, he's excited to share insights on Clinical Trials. We have arranged to featuring a recording from him in the near future.

NUTRITIONIST Q&A SESSIONS:

After the close of the Summit, we secured a Nutritionist for TWO Q&A Zoom Meetings in December:

1. For patients who have had a gastrectomy
2. For patients without a gastrectomy.

Hosted by: Shelby Yaceczko, MS, RDN-AP, CNSC, CSSD, CCTD | Advanced Practice Clinical Dietitian, UCLA Vatche and Tamar Manoukian | Division of Digestive Diseases

PATIENT EMPOWERMENT 2023 SUMMIT | AGENDA



AGENDA

2023 STOMACH CANCER
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FRIDAY, NOV 10 | WELCOME!

2pm – 5pm
FOYER

Attendee Check-In

2pm – 4pm
CATALINA

Focus Group - *by invitation only*

5pm – 7:30pm
SEASCAPE

Welcome Reception

Opening remarks, and discuss the program

7:30pm – 10:30pm
REDONDO

ScART – Painting your scars on canvas helps you look at your story differently. There is hidden and powerful beauty in your scars.

SATURDAY, NOV 11 | SCIENTIFIC SESSIONS

7:30am – 9:30am
SEASCAPE

Networking Breakfast

7:30am – 8:15am
TERRACE

Optional Early Exercise on the Terrace. Morning Qigong and Acupressure – 5 element nurturing exercises for the abdomen. Assists in Increasing circulation, decreasing food and digestive stagnation, Improving lymph drainage, decreasing anxiety. Led by Cinamon Kimbrough, LAc, LMT

9am – 9:15am
SEASCAPE

Welcome, Meet the Chairs

Irasema Chavez, Stage 2 Patient
Camilla Row, Stage 4 Patient
Yanghee Woo, M.D., City of Hope Surgical Oncologist + Scientist

9:15am – 10:15am
SEASCAPE

Town Hall Moderated by Susan Berhane, BMS

Tentative Question: Unmet needs and areas to bridge the gap?

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AGENDA

2023 STOMACH CANCER
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10:15am – 10:30am SEASCAPE	Water Break
10:30am – 11:15am SEASCAPE	Keynote Presentation: Integrative Oncology for Patients with Gastric Cancer. Presented by Richard Lee, M.D., at City of Hope
11:15 am – 11:30 am SEASCAPE	Customized Individual self-care sessions through safe non-invasive Asian Medicine modalities. Presented by Julie Kotiw, DC, BS, CMT, RYT
11:30am – 11:50am SEASCAPE	BMS Patient Advocacy Groups and Stomach Cancer Portfolio Presented by Susan Berhane, Boas Park, Morgan Smith at BMS
11:50am – 1:00pm SEASCAPE	Lunch + Learn: Patient/Caregiver Experiences: Lauren Kim, Teen Support, Daughter to a Stomach Cancer Patient
** WATCH LIVE ON ZOOM **	1pm – 1:45pm REDONDO Patient Stories: Camilla Row, Stage 4 Rachel Orth, Stage 4 Q and A Moderated by Yanghee Woo, M.D., City of Hope Surgical Oncologist + Scientist
	1:45pm – 2:20 pm REDONDO Shared Decision Making: What does it mean to be treated for a stomach? Presented by Yanghee Woo, M.D., City of Hope Surgical Oncologist + Scientist
	2:20pm – 2:55pm REDONDO Biomarker Testing in Stomach Cancer: <i>What should I know?</i> Presented by Matthew Strickland, M.D., MGH GI Oncologist
	2:55pm – 3:05pm REDONDO Coffee Break

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** WATCH LIVE ON ZOOM **	3:10pm – 3:30pm REDONDO	Clinical Trials in Biomarker Directed Systemic Therapy for Stomach Cancer. Presented by Dani Castillo, M.D., City of Hope, Medical Oncology & Therapeutics Research
	3:30pm – 4pm REDONDO	Management of Peritoneal Metastases – Guidelines from a Consortium Group The management of peritoneal metastases remains controversial and poorly understood. Recognizing the need for appropriate treatment, we are framing guidelines with contributions from a national multidisciplinary group using consensus and evidence-based approaches. Presented by Varun Bansal, Research Associate (Surgical Oncology), Yale School of Medicine
	4pm – 4:20pm REDONDO	Travera Testing: Summary of the clinical applications, opportunities, and limitations. Presented by Dennis Watson, VP of Business Development, Travera
	4:20pm – 4:40pm REDONDO	Leal Health Clinical trial finder. Presented by Diana Abehssera, Patient Experience Lead at Leal Health and 18-year Stage 3 Breast Cancer Survivor
	4:40pm – 5pm REDONDO	Panel Discussion, Q and A, and Wrap Up
6pm – 9:30pm SEASCAPE	Reception	
SUNDAY, NOV 12 SUPPORTIVE CARE		
7:30am – 9:30am SEASCAPE	Networking Breakfast	

PATIENT EMPOWERMENT 2023 SUMMIT | AGENDA



AGENDA

2023 STOMACH CANCER
PATIENT EMPOWERMENT SUMMIT

7:30am – 8:15am
TERRACE
Early Exercise –Morning Qigong and Acupressure 5 element nurturing exercises to help strengthen the immune system. Assists in energizing the lungs, opening the rib cage front and back. Releasing tension in the diaphragm. Increase circulation in the Wind Gates (Back of neck and upper back) and Face to promote sinus health. Led by Cinamon Kimbrough, LAc, LMT

8:30am – 9:30am
REDONDO
Travera in more detail. Presented by Dennis Watson, VP of Business Development, Travera

8:30am – 9:30am
SEASCAPE
Leal Health | Clinical trial finder in more details. Presented by Diana Abehssera, Patient Experience Lead at Leal Health and 18-year Stage 3 Breast Cancer Survivor

9:30am – 10:30am
REDONDO
Make Sense of your Senses: Julie Kotiw, DC, BS, CMT, RYT and Cinamon Kimbrough, LAc, LMT

10:30am – 11:30am
REDONDO
Triage Cancer: Navigating health insurance & managing medical bills. Presented by Joanna Doran, Esq.

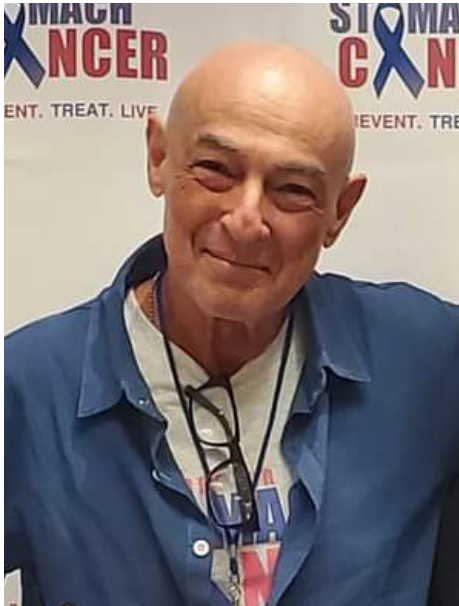
11:30am – 2pm
SEASCAPE
Lunch and Recap Video Presented by Aki Smith, Caregiver and founder of Hope for Stomach Cancer
The Invisible Barriers in Cancer Care: Our Fight for Health Equity
Become a community ambassador and help us raise awareness

NOTES:



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YACOV JACK PITCHON

I cannot express in words what a wonderful experience was the patient empowerment summit was for me.

So much knowledge and information I didn't get from my Doctors and such a well organized summit where im sure everyone felt so special, cannot wait for the next one!

Thank you for everything!

**WE ARE
ALREADY
LOOKING
FORWARD
TO 2024!**



LESLIE JESTER

I was just reviewing my notes from our Stomach cancer summit and wanted to thank you and our sponsors again for opening my eyes! I am so hopeful after listening to the presentations, especially the work being done to connect patients with appropriate trials, Genius!

Having the sponsors present to talk to us and answer questions after their talks was so helpful.

One highlight for me was drawing my scars, the emotional connections we all made that night drew us together.

The site, the wonderful food, and the fellowship will be a fond memory for Steve and I.

Thank you,



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Dear all,

Thank you to the patients, caregivers, advocates, speakers, healthcare, industry, pharma—and all who donated/sponsored, attended-virtually or in-person, or a mix of both. Your commitment and generosity played a pivotal role in making this event a resounding success, and I am truly thankful for the impact this had on our mission.

Your belief in our cause and dedication to empowering the stomach cancer community has not gone unnoticed. The summit provided a platform for education, connection, and inspiration, offering attendees valuable insights, resources, and a sense of community. Your contribution significantly contributed to creating a positive and impactful experience for all.

The success of the Patient Empowerment Summit reflects the collective efforts of all of us who truly and deeply understand the importance of supporting initiatives that make a real difference in the lives of those

affected by stomach cancer. Your partnership has not only elevated our event but has also strengthened our ongoing commitment to raising awareness and fostering a supportive community.

As we move forward, your continued support remains instrumental in driving our mission forward. We are excited about the possibilities and the positive impact we can achieve together.

Once again, thank you for your generosity, belief in our cause, and commitment to making a meaningful difference. We look forward to the opportunity to continue working together in our shared mission of providing hope and support to individuals facing stomach cancer.

Warm regards,

Aki

Aki Smith, Caregiver, Patient Advocate and Founder of Hope for Stomach Cancer



