# national family caregivers self-care initiative

endbraincancer

*Patient Disease Education Webinar*

## SPEAKERS

**Dellann Elliott Mydland**
End Brain Cancer Initiative
*President & CEO*

**Courtney Burnett, MD**
*Author of the award-winning memoir "Difficult Gifts: A Physician's Journey to Heal Body and Mind"*

**Major Timothy Gregory, MD**
*Madigan Army Medical Center*
*Neuro-oncologist*

**Shreya Prakash**
End Brain Cancer Initiative
*Patient & Resource Navigator/Clinical Trial Coordinator*

**August 1, 2025**
**11AM - 1PM PT**

Caretaking is hard work. Often the duties involved prevent us from fully being able to take care of ourselves in the process. Hear from others who truly understand the experiences and challenges of being a caregiver, and get answers to the questions you've been too afraid to ask.

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# AGENDA

**10:45 AM**
Zoom Meeting Opens
*The program will start right at 11 AM PT*

**11 AM**
Welcome & Introduction
*Dellann Elliott Mydland*
*End Brain Cancer Initiative President & CEO*

**11:15 AM**
"A Brain Cancer Patient & Physician's Perspective on Understanding Your Diagnosis & Accessing the Best Treatment Options" and Q&A
*Courtney Burnett, MD*

**11:45 PM**
"What is a Brain Tumor Board & How Do They Work?" and Q&A
*Major Timothy Gregory, MD, Madigan Army Medical Center, Neuro-oncologist*

**12:10 PM**
Roundtable Discussion: "What Patients & Caregivers Wish They Had Been Told Prior to Surgery/After Diagnosis"
*Dellann Elliott Mydland*
*End Brain Cancer Initiative President & CEO*

**12:35 PM**
"Cost Plus Pricing Compared To Traditional Pharmaceutical Pricing" and Q&A
*Dellann Elliott Mydland*
*End Brain Cancer Initiative President & CEO*

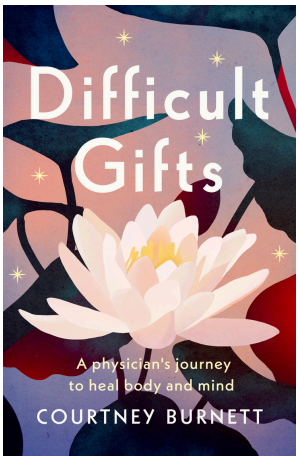
**12:45 PM**
"EBCI Patient/Caregiver and Clinical Trial Navigation Services" and Q&A
*Shreya Prakash, EBCI Patient & Resource Navigator/Clinical Trial Coordinator*

**12:55 PM**
Closing & Thank You
*Dellann Elliott Mydland*
*End Brain Cancer Initiative President & CEO*

## 2025 KEYNOTE SPEAKER

### Courtney Burnett, MD

*Author of the award-winning memoir "Difficult Gifts: A Physician's Journey to Heal Body and Mind"*




Courtney Burnett , MD is a board-certified internist working in hospital medicine, an assistant professor of medicine, author, and motivational speaker. She is passionate about raising awareness for brain cancer, patient advocacy, and invisible illness/disability. But, more broadly, she works to raise awareness of our ability to embrace all of life's difficult gifts, regardless of the cause.

At age 29, while studying medicine in Thailand, Courtney self-diagnosed her brain tumor, which turned out to be an incurable and rare form of brain cancer. This radically shifted her perspective on what it means to be a patient, a compassionate physician, and a mortal human being.

Courtney works full time as a hospitalist, treating adults with a wide variety of medical conditions. She is the creator of the well-know blog, "Elephant, Lotus, Brain Tumor" and author of the award winning memoir Difficult Gifts: A Physician's Journey to Heal Body and Mind.

Regardless of the unexpected situations life brings, she believes the power of hope, mindfulness, and vulnerable storytelling can help us all find gifts amidst difficulty.

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