PROGRAM: FRIDAY, SEPTEMBER 24

Indicates an “In Person” Event Only

Eastern USA

Pre-conference Workshops and New Investigators

8:00 AM
From Instrumentation to Innovation: Music Therapy in Comprehensive Cancer Care (168)
S. Rodgers-Melnick

Introduction to Aromatherapy for Living Well with Cancer (158)
D. L. Langley-Brady
J. Vinson

NEW INVESTIGATOR FORUM
8:00 AM—9:30 AM
Moderator:
Eugene Ahn, Ting Bao, Anita Kinney & Peiying Yang

New Investigators:
J. Deleemans
A. Goddeck
E. M. Yang

INVITATION ONLY

SIO INTERNATIONAL TRACK
8:00 AM—Noon

Challenges in designing real-world integrative oncology research: Undertaking pragmatic research.
(Detailed Program Page 8)

E. Ben-Arye
SIO Ambassador Program
Jun Mao, Catherine Zollman, Judith Lacey, Massimo Bonucci, and Alejandro Salicrup

8:30 AM
The Role of Yoga and an Integrative Nutrition Approach in Living Well with Cancer (198)
S. Kaur

Tai Chi/Qigong in Cancer Care (192)
K. Gowin

Understanding the Science Behind Integrative Oncology: Patient Advocate Perspective Workshop Proposal (103)
C. Blaha

10:30 AM
Plenary 1:
Older Adults

Peter Wayne | Brigham and Women’s Hospital
Channing Paller, MD | Johns Hopkins University School of Medicine
Susan Strong | Strong Heart Now

Moderators:
Richard Lee, MD | Betsy Glosik

2:00 PM
Poster Reception
[Hors d’oeuvres and Bar]

Public Lecture:
“Can You Hear My Voice?”

“Can You Hear My Voice?” is a triumphant documentary about a choir unlike any other in the world - a choir whose singers have no voice boxes. The film is produced and directed by award-winning Los Angeles documentary filmmaker Bill Brummel - his first film since having his own voice box removed in 2016. Live Q&A with Director Bill Brummel immediately following the film.

Moderator: Linda Carlson, PhD, CPsych

7:00 PM

9:00 PM
Morning Wellness PRN - Yoga ‘Snacks’, Part I
Dr. Kelli Bethel DPT, PT, CYAYT

Wellness plans and tools do not always fit in our ever-changing schedules as practitioners. This wellness activity will incorporate tools that can be utilized as an entire class or broken down and used as a ‘wellness snack’ throughout a practitioner’s day or as needed. There will be some movement involved. Please wear comfortable clothes and shoes.

Keynote 2:
Mary Armanios, M.D.
Professor of Oncology and Genetic Medicine
Johns Hopkins University
Moderator: Ting Bao, MD, DABMA, MS

Plenary 2:
Advanced Cancers
Ivliess Page | Believe Big
Mark Levine | National Institutes of Health, NIDDK
Andrea Cheville | Mayo Clinic
Moderator: Eleanor Walker, MD

Keynote Luncheon Address:
Nutrition, Mental Health and Resilience
Bonnie Kaplan, MD
Professor Emerita in the Faculty of Medicine
University of Calgary
Moderator: Linda Carlson, PhD, CPsych

Workshops 1:
Cross-cultural integrative oncology care:
The art of designing a patient-tailored treatment plan focused on cancer-related fatigue (132)
E. Ben-Arye & J. Mao

Maryland Foyer

Maryland C

Maryland C

Maryland C

Maryland C
PROGRAM: SATURDAY, SEPTEMBER 25 (Continued)

Eastern USA

2:45 PM

Mind-Body Medicine
Moderator: Linda Carlson, PhD, CPsych

Being Present: An interim analysis of a mindfulness meditation intervention for patients with chronic myeloid leukemia (215)
K. L. Schroeck

Learning Yoga to Enhance Cancer Survivorship: The LYNC Study of Online Yoga for Young Adults (186)
E.L. Addington

A Journey into a New Way of Research: Yoga Therapy & Qigong/Taiji for Self-Management of Pain among Breast Cancer Survivors (217)
J.J. Fouladbakhsh

Multi-modal Interventions
Moderator: Ting Bao, MD, DABMA, MS

Impact of integrative oncology program on survival in patients with advanced gynecological cancer (102)
E. Ben-Arye

Effects of a patient-tailored integrative oncology intervention in the relief of pain in palliative and supportive cancer care (110)
D. Ely

A Comprehensive Lifestyle Randomized Clinical Trial for Women with Breast Cancer (BCa) Undergoing Radiotherapy (199)
L. Cohen

Improvement of Heart Rate Variability parameters in healthcare professionals employed in COVID-19 departments following a resilience program provided by an integrative oncology team: A prospective pilot study (216)
S. Kassem & J. Vagedes

Coffee Break

Natural Products - Preclinical and Clinical
Moderator: Suzie Zick, ND, MPH

Fraction B from catfish epidermal secretions kills pancreatic cancer cells, inhibits CD 44 expression and stemness, and alters cancer cell metabolism (207)
P. Yang

A Review of the Effects of Curcumin in Combination with Proteasome Inhibitors in Multiple Myeloma Preclinical Models (99)
S. Pandya

Studying the Effects of Amino Hexose Correlated Compound (AHCC) on Colorectal Cancer (CRC) and the Underlying Mechanism (178)
R. Lee

3:15 PM—4:15 PM

Baltimore A

Baltimore B

Maryland C

Baltimore

3:15 PM—4:30 PM

Workshop 2:
Integrative Oncology Nursing: Advancing Innovation in Practice, Education and Research in Oncology (134)
L. Balneaves, E. Ben-Arye, G. Can, R. Heine, N. Sela, S. I. Yaguda, "

Gala Awards Dinner
at the National Aquarium in Baltimore
Ticketed Event | Saturday, September 25 | 6:00 PM – 9:00 PM
Eastern USA

6:00 AM
Morning Wellness PRN: Yoga “Snacks”, Part II
Dr. Kelli Bethel DPT, PT, C-IAYT
Wellness plans and tools do not always fit in our ever-changing schedules as practitioners. This wellness activity will incorporate tools that can be utilized as an entire class or broken down and used as a “wellness snack” throughout a practitioner’s day or as needed. There will be some movement involved. Please wear comfortable clothes and shoes.

7:00 AM
Exhibits and SIO SIG Roundtables
Maryland AB

7:30 AM
INTERNATIONAL ROUNDTABLE
Jun Mao | Memorial Sloan Kettering Cancer Center, Eran Ben-Arye | Technion-Israel Institute of Technology, Alejandro Salicrup | National Institutes of Health, and Catherine Zollman | Penny Brohn UK

8:00 AM
7:30 AM
8:00 AM
8:30 AM

9:00 AM
Plenary 2:
Adolescents/Young Adults
Christina Dieli-Conwright | Dana-Farber Cancer Institute
Mike Lang | University of Calgary
Matthew Zachary | Matthew Zachary Advisers LLC & Patient Advocate
Moderator: Nirupa Raghunathan, MD

9:30 AM
10:00 AM
10:30 AM
Coffee Break, Exhibits and Posters Open
Maryland C

11:00 AM
Keynote Luncheon:
Otis Brawley, MD
Bloomberg Distinguished Professor of Oncology and Epidemiology
Johns Hopkins University
Moderator: Channing Paller, MD | Eleanor Walker, MD

1:00 PM
1:30 PM
1:45 PM—2:45 PM
Program Implementation/Dissemination
Moderator: Iris Zh, MD, PhD
Availability of Integrative Medicine Services at National Cancer Institute-Designated Comprehensive Cancer Centers and Community Hospitals (125)
K. Desai
Twitter Content Analysis of Alternative, Complementary, or Integrative Medicine and Cancer (136)
S. Yogoda
Bias Against International Integrative Medicine Cancer Research (197)
H. Wyght
Evaluation of provider and patient knowledge, beliefs, and preferences in integrative oncology at an NCI-designated comprehensive cancer center in the Southeast United States (189)
J. Mascaro

1:45 PM—3:00 PM
Virtual Care
Moderator: Jodi MacLeod, BA
Transitioning from In-Person to Virtual Yoga and Meditation Groups in a Cancer Center Setting (164)
L.M.A. Thompson
Optimizing Technology to Deliver Virtual Music Therapy at a Comprehensive Cancer Center (182)
S. Redheart-Mattick
Virtual mind-body programming to support cancer patients during COVID-19: An assessment of patient needs and preferences (208)
T.K.W. Hung
Orthorexia, Disordered Eating Behaviors, and Young Women with Cancer: An Exploratory Study (136)
M. Waterman

1:45 PM
Baltimore A

1:45 PM
Baltimore B

Best Journal Articles of the Year
Moderator: Vinay Master, MD, PhD
Complementary Approaches in Procedural/Surgical Papers
M. Diller
International Papers
E. Ben-Arye & N. Samuels
Best Mind-Body Papers
L. Carlson

1:45 PM
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<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>2:45 PM</td>
<td>Coffee Break</td>
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<tr>
<td>3:15 PM</td>
<td>Reviews of Literature</td>
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<td>Moderator: Linda Carlson, PhD, CPsych</td>
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<td></td>
<td>Tibetan Herbal Pain-Relieving Paster for Low Back Pain: A</td>
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<td>Systematic Review and Meta-analysis (101)</td>
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<td>M. Yang</td>
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<td></td>
<td>Society for Integrative Oncology Clinical Practice Guidelines – Update</td>
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<td>H. Greenlee</td>
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<td>Flaxseed and Breast Cancer: A Systematic Review of Randomized Clinical</td>
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<td>Trials (191)</td>
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<td>R. Wang</td>
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<td>Quality of Life &amp; Novel Symptom Mgmt.</td>
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<td>Moderator: Ting Bao, MD, DABMA, MS</td>
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<td>Sleep Disturbance in Cancer Patients Referred to an Ambulatory</td>
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<td>Integrative Oncology Consultation (230)</td>
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<td>F. Lopez</td>
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<td>3:15 PM</td>
<td>Side-effect Management</td>
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<td>Moderator: Iris Zhi, MD, PhD</td>
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<td>Beneficial effects of integrative non-pharmacological interventions on</td>
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<td>the internal coherence, resilience and cancer-related fatigue of</td>
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<td>breast cancer patients (128)</td>
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<td>Electro-acupuncture for Symptom Burden Control in Gastric Cancer</td>
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<td>Patients Undergoing Adjuvant Chemotherapy (239)</td>
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<td>Comparative effectiveness of treatments for aromatase inhibitor-induced</td>
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<td>arthralgia in breast cancer patients: a systematic review and</td>
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<td>network meta-analysis (110)</td>
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<td>K. Bae</td>
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<td>Quantitative Sensory Testing in a Sham and Usual Care</td>
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<td>Controlled Acupuncture Trial for Chemotherapy-Induced Peripheral</td>
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<td>Neuropathy (138)</td>
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<td>D. Talukder</td>
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<td>3:15 PM</td>
<td>Workshop 4:</td>
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<td>Integrative Oncology Program Management: How to Meet Operational</td>
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<td>Challenges During a Pandemic (143)</td>
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<td>I. Martyniuk</td>
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<td>3:15 PM</td>
<td>Workshop 5:</td>
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<td>Creating Sustainable Integrative Oncology Fellowships (113)</td>
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<td>S. M. Zick</td>
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<td>4:30 PM</td>
<td>CLOSING REMARKS</td>
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**SPECIAL THANKS TO OUR SUPPORTING PARTNERS**

**EXHIBITORS**
Challenges in designing real-world integrative oncology research: Undertaking pragmatic research

Moderators: Eran Ben-Arye, Jun Mao, Catherine Zollman, Judith Lacey, Massimo Bonucci, and Alejandro Salicrup

In this 4-hour workshop, we aim to identify the learning needs and challenges of designing and conducting research of real-world integrative oncology (IO) services in varied international settings. In recognition of the limitations of randomized controlled trials in exploring patient-centered and treatment-tailored approaches, we suggest a variety of research designs, such as registry protocols, pragmatic, narrative-based, and qualitative methodologies. The workshop will present common IO research dilemmas (e.g., multi-disciplinary teams providing multi-modality treatments to patients presenting with multi-complex concerns and symptoms) and suggest useful quality-of-life-related questionnaires to assess patient-reported outcomes. During the meeting we will also discuss how to use SIO resources to facilitate the training and development of initiatives geared to increasing real world research in a global setting.

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<tr>
<th>Time</th>
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<tr>
<td>8:00 AM</td>
<td>Integrative oncology research challenges to consider (20 minutes)</td>
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<td>8:00 AM</td>
<td>Eran Ben-Arye (SIO Ambassador Program, 10 Min) Introduction: Challenges to consider in a real-world pragmatic research design</td>
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<td>8:10 AM</td>
<td>Jun Mao (USA, 10 min) Research methods to understand and evaluate the impact of global integrative oncology</td>
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<td>8:20 AM</td>
<td>International research challenges: The need for pragmatic research (40 minutes)</td>
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<td>Moderator: Eran Ben-Arye (Israel) (5 minutes)</td>
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<td>8:25 AM</td>
<td>Maryam Rassouli (Iran, 8 min) The challenges in promoting integrative oncology nursing research in Iran: Lessons for the international community</td>
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<td>8:33 AM</td>
<td>Philip Odiyo (Kenya, 8 min) The psycho-oncologist perspective: Which research aspects should be prioritized in IO practice in Kenya?</td>
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<td>8:41 AM</td>
<td>Ricardo Ghelman (Brazil, 8 min) Integrative pediatric oncology perspective: Research challenges in conducting pediatric patient-centered research in Brazil</td>
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<td>8:49 AM</td>
<td>Discussion (11 min) Moderator: Eran Ben-Arye (Israel)</td>
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<td>Virtual coffee break (10 min)</td>
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<td>9:10 AM</td>
<td>Exposure to real-world research methodologies (50 minutes)</td>
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<td>Moderator: Catherine Zollman (UK)</td>
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<td>9:15 AM</td>
<td>Noah Samuels (Israel, 8 min) How to design patient-centered pragmatic research?</td>
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<td>9:23 AM</td>
<td>Friedemann Schad (Germany, 8 min) Registry protocols and integrative oncology research network: Feasibility and insights</td>
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<td>9:31 AM</td>
<td>Yufei Yang (China, 8 min) Pragmatic research in TCM</td>
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<td>9:39 AM</td>
<td>Lynda Balneaves (Canada, 8 min) Potential pragmatic research in the online integrative oncology setting from the SIO Online Taskforce perspective</td>
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<td>9:47 AM</td>
<td>Discussion (13 min) Moderator: Catherine Zollman (UK)</td>
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<td>10:00 AM</td>
<td>Pragmatic research assessment tools (20 minutes)</td>
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<td>Moderator: Judith Lacey (Australia)</td>
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<td>10:00 AM</td>
<td>Judith Lacey (Australia, 10 min) Integrative oncology and palliative care: The Edmonton Symptom Assessment Scale (ESAS) questionnaire and additional useful patient-reported outcome assessment tools.</td>
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<td>Catherine Zollman (UK, 10 min) Assessing patients’ and caregivers’ concerns using the Measure Yourself Concerns and Wellbeing (MYCAW) questionnaire.</td>
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<td>Virtual coffee break (10 min)</td>
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Program continues >>>
Friday, September 24 | 8:00 AM—Noon Eastern USA | Pre-Conference Workshop (Continued)

Challenges in designing real-world integrative oncology research: Undertaking pragmatic research

10:30 AM  Practical international research challenges and opportunities: Ethics, grants, and publication (50 minutes)
Moderator: Massimo Bonucci, ARTOI, Italy (5 min)

10:35 AM  Rammanohar Puthiyedath (India, 8 min)
Research needs and expectations: How can the SIO promote pragmatic IO research in India? An Ayurvedic medicine perspective

10:43 AM  Ana Maria Lopez (USA, 8 min)
Cross-cultural challenges in launching international real-world pragmatic research: Insights of the Health Equity & Inclusion Task Force

10:51 AM  Alejandro Salicrup (NCI-OCCAM, 8 min)
Useful practical tips and guidance: Examples of NCI-NIH programs and activities to support integrative oncology and complementary medicine cancer research and capacity in LMICs

10:59 AM  Viraj Master (USA, 8 min)
The journal editor’s point of view: Feasibility of considering controlled non-randomized pragmatic research for publication in leading oncology journals

11:07 AM  Discussion (13 min)
Moderator: Massimo Bonucci (Italy)

11:20 AM  The Global Roundtable: Questions and Reflections (40 minutes)
Moderator: Alejandro Salicrup (USA)

Saturday, September 25 | Selected Sessions

Selected Sessions of Interest for International Attendees

1:45 PM - 3:00 PM  Workshop 1: Cross-cultural integrative oncology care: The art of designing a patient-tailored treatment plan focused on cancer-related fatigue (132)
Co-Moderators: Eran Ben-Arye and Jun Mao

2:15 PM - 2:30 PM  Integrative oncology in COVID-19 department ~ Caring for healthcare practitioners. (123)
Sameer Kassem & Orit Gressel

3:15 PM - 3:30 PM  Impact of integrative oncology program on survival in patients with advanced gynecological cancer (102)
Eran Ben-Arye, Ofer Lavie, and Yakir Segev

3:30 PM - 3:45 PM  Effects of a patient-tailored integrative oncology intervention in the relief of pain in palliative and supportive cancer care (110)
Dana Elly and Amir Minerbi

4:00 PM - 4:15 PM  Improvement of Heart Rate Variability parameters in health care professionals employed in COVID-19 departments following a resilience program provided by an integrative oncology team: A prospective pilot study (216)
Sameer Kassem & Jan Vagedes

Sunday, September 26 | 8:00 AM - 9:00 AM Eastern USA | Roundtable

SIO International Roundtable

Join your Moderators Jun Mao, Eran Ben-Arye, Alejandro Salicrup and Catherine Zollman to discuss a range of current issues in Integrative Oncology from around the world. All SIO attendees are welcome to participate including those from North America.