

President's Message

Dear Colleagues,

During an interview with the *Natural Medicine Journal* earlier this month, I was asked how clinicians and other healthcare providers can learn more about integrative oncology and what resources SIO has to offer. This discussion was another great opportunity to increase awareness of the interdisciplinary evidence-based approach modeled by SIO throughout our organization's initiatives. My answer to this welcome question of useful resources included:



- Become familiar with SIO's clinical practice guidelines: To date, SIO has drafted two sets of guidelines, including "Integrative Oncology: Complementary Therapies and Botanicals," found on SIO's web site and the [NIH National Center for Complementary and Alternative Medicine](#) and "Complementary Therapies and Integrative Medicine in Lung Cancer Complementary Therapies and Integrative Medicine," published in *CHEST*, the [Journal of the American College of Chest Physicians](#). SIO is currently preparing guidelines on the use of integrative therapies during breast cancer treatment that will be published later this year.

- Participate in SIO's webinars: This series, available to SIO members, features internationally recognized researchers and healthcare providers who share their experience and findings in integrative oncology. See below for the preview announcement of our June webinar.

- Visit the SIO web site: Our site includes resources and updates for clinicians, researchers, patients, patient advocates and others. Later this year we will debut a new web site that we are enriching with new content and reorganizing for ease in access.

- Attend and network at SIO's Annual International Conference: Meet us in Houston, Texas, October 26-28, 2014, for the 11th Annual International Conference, where we will offer numerous educational programs and networking opportunities. Encourage colleagues to attend, as well.



NEWSWIRE

Abstract Submissions Extended to May 15

The due date for submission of abstract proposals for SIO's 11th Annual International Conference has been extended to May 15. Abstracts representing the broad spectrum of integrative oncology, integrative cancer research (basic, clinical, health care utilization, cost effectiveness, program and best practice guideline development), and clinical care are welcomed. In keeping with this year's conference theme of "*Personalized Integrative Oncology: Targeted Approaches for Optimal Outcome*," individuals submitting abstracts are encouraged to consider the targeted and personalized approaches of their work and its relevance to integrative cancer care. Submissions must be made through the [SIO Online Abstract Submission System](#). The guidelines are contained in this online system. After creating a user profile, the primary author can create, modify, and submit an abstract until the deadline.

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Speaking of Integrative Oncology

The International Research Congress on Integrative Medicine and Health 2014 will feature many speakers from SIO including:

- The Role of Integrative Oncology in Cancer Survivorship: State of the Science and Opportunities - Jun Mao, MD, MSCE, of the University of Pennsylvania; Lorenzo Cohen, of the University of Texas MD Anderson Cancer Center; and Heather Greenlee, ND, PhD, of Columbia University.
- Challenging Clinical Dilemmas in Patient-centered Integrative Oncology: A Hands-on Workshop for Clinicians and Patient-centered Researchers - Richard T. Lee, MD, of MD Anderson as a panelist.
- Case Report and Evidence-Based Medicine - Gregory Plotnikoff, MD, MTS, FACP, of the Penny George Institute for Health and Healing.
- Chronic Pain in Fatigued Breast Cancer Survivors - Susanna Zick, ND, MPH, of the University of Michigan.

Convened by the [Consortium of Academic Health Centers for Integrative Medicine](#), the conference will be held May 13-16, 2014 in Miami, Florida.

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June Webinar on Acupressure

Acupressure for sleep, pain and depression will be the focus of SIO's June 18 webinar. The hour-long program, which will begin at 2 p.m. Eastern Time, will be presented by Suzanna Zick, ND, MPH, President-Elect of the SIO. Participation in the webinar series is a benefit of SIO membership. Dr. Zick is a Research Associate Professor in Family Medicine and a Research Associate Professor of Environmental Health Sciences in the School of Public Health at the University of Michigan. Watch for details and registration information on SIO's web site and in the next issue of our Newswire in May.



SIO Members in Natural Medicine

President Heather Greenlee, ND, PhD, was interviewed on Advancing Integrative Oncology in a special issue of the *Natural Medicine Journal* devoted to oncology. Dr. Greenlee is an Assistant Professor of Epidemiology at Columbia University's Mailman School of Public Health. Her research concentrates on complementary and integrative medicine and lifestyle modifications in breast cancer prevention and

- **Join SIO:** Participating as a member offers not only resource information and educational programs, but also the means to participate in committees and projects with other practitioners to advance integrative oncology. Mark your calendars to be in Boston at SIO's 2015 conference November 14-16.

If you are not already taking advantage of these resources, I encourage you to do so. Also, please share these opportunities with your colleagues and patients.

Very best,

Heather Greenlee, ND, PhD
President, SIO



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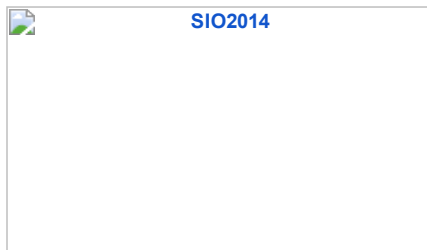
SIO Board member and Education Committee Co-Chair Gregory A. Plotnikoff, MD, MTS, FACP, authored a commentary in the April issue of the *Natural Medicine Journal* on the article "Vitamin D Supplementation Potentially Helpful for Chronic Urticaria." Dr. Plotnikoff described parameters, outcomes, and implications and critiqued findings of this study. He noted that standardized triple-drug therapy (cetirizine, ranitidine and montelukast) brought significant relief to the participants but the data only weakly supported a role for Vitamin D. Dr. Plotnikoff is an integrative medicine physician at the Penny George Institute for Health and Healing in Minneapolis, Minnesota.



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Upcoming Events

October 26 - 28, 2014



[11th International Conference of the Society for Integrative Oncology](#)

Personalized Integrative Oncology: Targeted Approaches for Optimal Outcomes
Omni Houston Hotel, Houston, Texas

November 14 - 16, 2015

[12th International Conference of the Society for Integrative Oncology](#)

Boston, Massachusetts

Board Nominations Due April 30

SIO is accepting nominations from members to fill four anticipated vacancies on its Board of Trustees. Service will begin in October 2014. Nominations of individuals who are researchers, clinicians, clinical researchers, patients and patient advocates are welcome. The deadline for nominations is April 30.

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SIO in the News

SIO President Heather Greenlee, ND, PhD, was featured in a Five to Thrive Live interview on an iHeart radio program earlier this month. Dr. Greenlee spoke about SIO's mission and goals for the year and also described research she is working on in the area of diet and lifestyle for people diagnosed with breast cancer.

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Upcoming Conferences and Events of Interest

May 2 - 3, 2014

[Oncology Nutrition Symposium](#)
Academy of Nutrition and Dietetics
Orlando, Florida

May 13 - 16, 2014

[International Research Congress on Integrative Medicine & Health 2014](#)
Consortium of Academic Health Centers for Integrative Medicine in association with International Society for Complementary Medicine Research
Miami, Florida

May 30 - June 3, 2014

[ASCO Annual Meeting](#)
American Society of Clinical Oncology
Chicago, Illinois

June 18 - 20, 2014

[Seventh Biennial Cancer Survivorship Research Conference](#)
American Cancer Society, National Cancer Institute's Office of Cancer Survivorship, LIVESTRONG Foundation, and Centers for Disease Control and Prevention
Atlanta, Georgia

July 18 – 20, 2014

[Integrative Medicine's 10th Annual Oncology Training Conference for Acupuncturists, Massage Therapists and Yoga/Mind-Body Teachers](#)

MD Anderson Cancer Center
Houston, Texas

October 13 - 15, 2014

[6th Biennial Symposium of Integrative Medicine Professions in the Land of Enchantment](#)

Including Simply Botanicals Pre-Conference Workshop on October 12
Albuquerque, New Mexico