

President's Message

Greetings!

I am eager to greet you in person at our international conference in Boston this month. In these hectic times, when deciding to attend conferences, we all consider what we can give and gain from participating. As I review the program schedule for SIO's conference, I see numerous "take-away" opportunities each of the four days in the formal sessions, as well as informal conversations.

The first day is an opportunity to meet new colleagues from the fields of acupuncture and fascia to gain their perspectives and the latest information on the impact in integrative oncology. You also can come back with ideas garnered from the tour of Dana Farber. Those attending our evening public lecture on fasting's implications in cancer treatment and prevention will deepen their understanding of the perspectives and concerns of patients, advocates, families and the general public.

Start out the second day over breakfast with informal conversations about practice and experience at subject-specific tables, followed by great educational keynotes and plenaries on patient-centered care, the effects of stress, exercise and nutrition; then hear research findings from our Best of SIO presenters and be sure to catch the literature review. The gala that night is not only a time to relax and enjoy but also to applaud our profession and achievements in integrative oncology.

On the third day, interact in our keynote, plenary and workshop sessions on mind-body matters from different perspectives –from mechanics to practice, international, and health and healing, as well as other workshops on meditation practice at cancer centers, integrative care for patients undergoing radiation, and career development. That day will include oral abstract presentations on natural products, acupuncture, mind-body medicine, and yoga.

As they say in the ads, "and there's more!" On the morning of the fourth day, you can choose from three post-conference workshops where voices of experience will share building a patient-centered practice, using music therapy in integrative oncology, and practicing acupuncture.

Those are just some of the activities. Check out the schedule on the [conference web site](#) – and register, if you haven't already. Join me in learning and sharing your experience at SIO2015.

See you in Boston.



2015 Conference

Claudia Witt to Present Keynote: Claudia Witt, MD, MBA, Professor and Chair of the Institute for Complementary and Integrative Medicine, University Hospital Zurich and University of Zurich, will present a keynote on “Mind Body Medicine in Integrative Oncology - An International Perspective” on November 16 at the SIO international conference in Boston, Massachusetts. A medical doctor, epidemiologist and research methodologist, her work focuses on patient-centered approaches. Her research has made substantial contributions to the evidence on efficacy, effectiveness, cost-effectiveness and safety of complementary and integrative medicine. Over the past 15 years, she has conducted numerous trials involving more than 50,000 patients and has published more than 120 peer-reviewed publications.



Continuing Education credits: CME, ONS, NCCAOM, and State of California Acupuncture Board credits will be [available](#).

Best of SIO: Presenters have been chosen for the popular Best of SIO session at the 12th International Conference. The session will be held November 15, moderated by Gary Deng, MD, PhD, and featuring discussions of:

- Best of SIO: Developing Guideline for the Collection of Patient Outcomes Data in Clinical Integrative Oncology Settings - Catherine Zollman, MD; Dugald Seely, ND; Marie Polley, PhD; Donald Abrams, MD; Teresa Martin; Laura Weeks, PhD; Moshe Frenkel, MD; and Lynda Balneaves, PhD, RN
- Topical Chinese Herbal AIJP Ointment to Treat Anal High Grade Squamous Intraepithelial Lesions (HSIL) in HIV+ Persons - Misha Cohen, OMD, LAc; Carla Wilson, PhD, DAOM, LAc; Naomi Jay, NP, PhD; and J. Michael Berry, MD
- Dietary Sugar Induces Tumorigenesis in Mammary Gland Partially Through Twelve Lipooxygenase Pathway - Peiyang Yang, MS, PhD
- Randomized Sham Controlled Pilot Trial of Weekly Electro-Acupuncture for the Prevention of Taxane-Induced Peripheral Neuropathy - Heather Greenlee, ND, PhD; Danielle Awad, MPH; Katherine Crew, MD, MS; Donna Buono, MS; Jillian Capodice, LAc, MS; Kevin Kalinsky, MD, MS; Matthew Maurer, MD; and Dawn Hershman, MD, MS
- Integrated Mindfulness-Oriented Recovery Enhancement and Physical Health Intervention for Obese Cancer Survivors: Preliminary Results from a Pilot Randomized Controlled Trial - Eric Garland, PhD, LCSW.

Read more and register for the conference at the [conference web site](#).

Tour Dana Farber: A tour of Dana-Farber Cancer Institute also is available to conference participants in conjunction with the SIO conference in November in Boston, Massachusetts. The tour will be held on November 14 at 5:30 p.m. following the joint day proceedings at the Joseph B. Martin Conference Center, Harvard Medical School. *As space is limited, sign-up for the tour is required.* Please visit the registration desk at the conference to do so.

Public lecture: SIO will present a free public lecture on “Fasting and Its Implications in Cancer Treatment and Prevention” on November 14, at 7 p.m. at Yawkey Center for Cancer Care, Dana-Farber Cancer Institute, 450 Brookline Avenue, Boston, Massachusetts. The event will be held in conjunction with SIO’s international conference in Boston and

is part of its initiatives to increase public understanding. Speakers will be Valter Longo, PhD, of the University of Southern California (USC), and Leonora Renda, RD, of the University of Arizona Cancer Center. No pre-registration is required for the lecture.

Nutrition, Integrative Oncology and the Planet Earth

By Gary Deng, MD, PhD, Past President, SIO

ARTOI ([Associazione Ricerca Terapie Oncologiche Integrate](#)), the Italian association for integrative oncology research,

held its seventh international conference in Milan from June 25 to June 27, 2015. The theme of the conference was integrative care and nutrition in oncology. The conference was part of a larger event - the [Sixth Forum of Planet Nutrition and Integration](#), which drew hundreds of attendees. Among the speakers were SIO Past Presidents Lorenzo Cohen, Gary Deng, and Stephen Sagar, and members Massimo Bonucci, Seong Woo Yoon, and Catherine Zollman.



Participants from Italy, UK, Austria, USA, Canada, Israel, Hong Kong, Korea, Japan and Argentina presented their work on the following topics: (1) the impact of integrated therapy in oncology; (2) inflammation and cancer: mother nature and microbiota; (3) epigenetic, pharmacogenomic and immunomodulation; (4) nutrients and cancer; (5) nutrition and cancer; (6) low-dose therapy and nutrition; (7) integrated treatments and nutrition in cancer patients; (8) international experience on integrated treatments; and (9) case presentations. The conference ended with a culinary workshop on cooking for cancer patients, which offered many practice tips people can use in their kitchens.

Lively and thought-provoking discussions occurred throughout the conference. Dr. Bonucci, President of ARTOI, challenged the participants to take the exchanges back home and think about how the ideas and discussions would change what they do for cancer patients.

During the conference, participants also had the opportunity to visit the 2015 World EXPO to experience how food and nutrition intertwine with people's health and life around the world. In the EXPO, 140 participating countries showcased the best of their technology for a vital need: being able to guarantee healthy, safe and sufficient food for everyone, while respecting the planet and its equilibrium. Viewing nutrition and cancer in the bigger theme of feeding the planet with healthy foods in a sustainable way gave participants renewed appreciation of the impact of their work.

Integrative Oncology News

Epigenetic Integrative Oncology: SIO Past President Stephen. M. Sagar, MD, Professor of Oncology at McMaster University, Juravinski Cancer Centre and Cancer Knowledge Network Integrative Oncology Editor, has written an article in CKN on Recipes for Health: The Science of Epigenetic Nutritional Oncology. [Read the article.](#)

Chinese Medicine Handbook: The fall issue of The Journal of Acupuncture and Oriental Medicine includes a review New Chinese Medicine Handbook: An Innovative Guide to Integrating Eastern Wisdom With Western Practice for Modern Healing by Misha Cohen, OMD, LAc, a member of SIO's Board.

Research Practicum Accepting Applications: The John Milner Nutrition and Cancer Prevention Research Practicum is accepting applications for the practicum to take place March 14 to 18, 2016. Applications are due by December 4, 2015. The Practicum will be held at the National Cancer Institute in Rockville, Maryland, the NIH Clinical Center and the USDA Beltsville Human Nutrition Center. This week-long educational offering provides specialized instruction about the role of diet and bioactive food components as modifiers of cancer incidence and tumor behavior. The intent of the practicum is to introduce participants to research currently being conducted in the field, expose them to available research opportunities, and lay the foundation for future researchers in diet and cancer prevention. There is no cost to attend but room, board and travel expenses are the responsibility of the participant. CPEUs will be available to RDNs. For details about the practicum, eligibility and details for applying to the practicum, click [here](#).

Upcoming Events

[SIO 12th International Conference](#) | November 14-16, 2015

[Senologic International Society Congress](#) | May 5-8, 2016



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