

President's Message

Greetings:

Stress, especially long-term stress can be a prominent part of modern life. SIO Past President Lorenzo Cohen, PhD, gives insights into whether chronic stress is a risk factor for the development of cancer. Read his article below to gain insight into the complex relationships in this area of research. One of the areas that we as integrative oncology educators, clinicians and researchers focus on is ways to decrease stress both in our patients as well as ourselves and fellow health care providers. One way in which SIO is working to decrease stress is through offering workshops with practice evidence-based information for relieving stress at our conference. These include a music therapy workshop and a session on building patient-centered integrative oncology programs.



We at SIO also believe in the importance of human connections and the power of networking. As such, our Society strives to emphasize interaction and we value your active involvement throughout the conference. Along with informal conversations and networking at the annual conference we also have a number of organized activities available for conference attendees, including our roundtable breakfasts that you will read about in this NewsWire, our annual SIO business meeting and our SIO committee meetings. We look forward to seeing you at these events.

The conference is November 14-16 in Boston, Massachusetts, plus post-conference concurrent sessions on the 17th, also described below. We encourage you to learn more about the speakers and topics at our [conference web site](#). Now is a great time to [register](#) – and make your [hotel reservations](#)! See you in Boston.

Warm regards.

Suzanna Zick, ND, MPH President, SIO

2015 conference

Chat over breakfast: SIO is again holding its popular roundtable breakfast at on Sunday, November 15 at the 12th International Conference in Boston, Massachusetts. Each table has a designated topic and facilitator for informal sharing of questions, information and perspectives in the field. This year's topics are:

- TCM/Acupuncture: Practice and Research
- Mind-Body Therapies: Practice and Research

- Translational Pre-Clinical Studies: From Bench to Clinic to Community
- Food as Medicine: Practice and Research
- Health Policy: Practice and Research

The roundtable breakfast is part of your conference registration. [Read more](#) about this opportunity and other sessions at the conference.

Post-conference workshops: Three concurrent post-conference workshops will be held on November 17 in conjunction with SIO2015 in Boston, Massachusetts. The sessions will be from 8 a.m.-12 p.m. Register [here](#).

1. How to Practice Oncology Acupuncture? A Dana-Farber Experience, moderated by [Weidong Lu, MB, PhD, MPH](#), Dana-Farber Cancer Institute

2. Music Therapy Workshop, led by some of the world's most expert music therapists who will discuss evidence-based practices and innovative clinical interventions. Presenters will be: [Suzanne Hanser, EdD, MT-BC](#), Berklee College of Music; Heather Woods, Dana-Farber Cancer Institute; [Deforia Lane, PhD, MT-BC](#), University Hospitals; [Clare O'Callaghan, PhD, RMT](#), Peter MacCallum Cancer Centre, Caritas Christi Hospice, St. Vincent's Health; [Sheri Robb, PhD, MT-BC](#), Indiana University School of Nursing; [Lisa Gallagher, MA, MT-BC](#), Cleveland Clinic; Angela Wibben, MM, MT-BC, Casa Grande, AZ; [Lucanne Magill, DA, LCAT, MT-BC](#), MJHS, The Institute for Innovation in Palliative Care; and [Debra Burns, PhD](#), Purdue School of Engineering and Technology, Indiana University-Purdue.

3. Building Patient-Centered Integrative Oncology Programs: From Academia to Community, featuring [Luana DeAngelis](#), You Can Thrive!; [Richard Lee, MD](#), The University of Texas MD Anderson Cancer Center; [Jun J. Mao, MD, MSCE](#), Perelman School of Medicine, University of Pennsylvania; [Santosh Rao, MD](#), Banner Health; and [Glenn Sabin](#), Director, FON Consulting.

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IO news

Post-doctoral fellowships – The Osher Center for Integrative Medicine (OCIM) and the Department of Medical Social Sciences (MSS) at Northwestern University are seeking two postdoctoral fellows beginning in January 2016 (start date flexible). [> READ MORE](#)

Acupuncture study on hot flashes: Acupuncture may be a viable treatment for women experiencing hot flashes as a result of estrogen-targeting therapies to treat breast cancer, reports a new study from researchers at the Perelman School of Medicine at the University of Pennsylvania. “Though most people associate hot flashes with menopause, the episodes also affect many breast cancer survivors who have low estrogen levels and often undergo premature

menopause, following treatment with chemotherapy or surgery,” said lead author Jun J. Mao, MD, MSCE, Associate Professor of Family Medicine and Community Health at UPenn and SIO President-Elect. The findings were published in early September in the *Journal of Clinical Oncology*. [> READ MORE](#)

Stress-Cancer Interview: *Hematology/Oncology* interviewed SIO Past President Lorenzo Cohen, PhD, Professor and Director of the Integrative Medicine Program at MD Anderson Cancer Center, in an August 24, 2015 article about the stress–cancer connection, the focus of recent research in this area, and the ways members of care teams can help patients manage their stress and improve their emotional well-being. [> READ MORE](#)

Mediation Research Conference: Linda Carlson, PhD, R Psych, SIO Research Committee Co-Chair; Gary Deng, MD, PhD, Past President and 2015 Conference Co-Chair; and member Eric Garland, PhD, LCSW, were speakers at the Advances in Meditation Research: Genetics, Neuroscience and Clinical Applications conference presented in September by the Institute for Meditation Sciences at Memorial Sloan Kettering Cancer Center in New York.

Meet Clinical Practice Co-Chair Santosh Rao

Santosh Rao, MD, Medical Director of Integrative Medicine for Banner MD Anderson in Gilbert, AZ, is one of the Co-Chairs of SIO’s Clinical Practice Committee. He also teaches Integrative Medicine fellows at the University of Arizona and contributes to education modules for the cancer curriculum. Dr. Rao will be participating in the 2015 SIO conference, Boston, Massachusetts, in a post-conference workshop panel on November 17 on “Building Patient-Centered Integrative Oncology Programs: From Academia to Community.” See the conference web page for more information.



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Upcoming Events

[MD Anderson Integrative Medicine Workshop](#) | October 8-9, 2015

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

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

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