President's Message

For several months now, we have been updating you about educational programs and other events for SIO’s 2016 international conference, scheduled for November 5-7 in Miami, Florida.

In this issue, we add more news, including continuing education information, pre-conference workshops, a nautical social event (enjoy networking while taking in the beautiful Miami shoreline!), and, most importantly, the announcement that registration is now open. I hope you will join us as we explore the theme “Advancing the Global Impact of Integrative Oncology.”

A key element of our superb educational conference is the multidisciplinary gathering of attendees from around the Americas and the world, resulting in so many wonderful Q&As at the sessions plus great informal conversations throughout the conference. I urge you to register to join us in these discussions and share this opportunity with colleagues. I look forward to greeting you in Miami.

As always, stay in touch.

Jun J. Mao, MD, MSCE
President

Give to SIO and the future of Integrative Oncology

Your support of the Society for Integrative Oncology helps advance our mission by developing public and professional resources.
13th International Conference

Registration now open: Registration is now open for SIO's 2016 international conference, which will be held November 5-7 in Miami, Florida. See the online conference web site to register and obtain the program schedule and related information. Special early bird rates are available through September 9; standard rates apply from September 10-October 21; on-site rates begin October 22. Register here.

CE credits: Continuing education is planned for the conference in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint proviership of SIO and CMEsolutions, accredited by ACCME to provide continuing medical education for physicians. In addition, continuing education accreditation is being sought from the Oncology Nursing Society, an accredited approver by the American Nurses Credentialing Center's COA, and the National Certification Commission for Acupuncture and Oriental Medicine.

Call for SIO Board Nominations

SIO is accepting nominations from SIO members to fill three anticipated vacancies on its Board of Trustees for 2016-17 beginning in November 2016. SIO welcomes the nomination of researchers, clinicians, clinical researchers, patients, and patient advocates. Read more about eligibility and submission procedures. The deadline for nominations is August 31, 2016.

Research Update

This month’s update on research findings identifies studies on acupuncture/acupressure, exercise, CAM use, yoga, reiki, massage, and therapeutic touch. The Research Committee selects a number of recent papers, based on search criteria that focus on original clinical research in human populations spanning a full range of complementary therapy modalities. Read the update.

New SIO Phone Number

Please make a note of SIO’s new phone number – 518-694-5543. The email remains the same at
Go cruising with us: SIO’s dinner and gala is a great (and fun) time to celebrate the people of SIO and their work to advance integrative oncology. This year, we will make the most of our conference location by holding the event on a 111-foot twin-hulled yacht to enable attendees to see the spectacular Miami coast and enjoy cruising Biscayne Bay. The gala will be held on Sunday evening, November 6. Sign up in the conference web site registration area. Space is limited, so secure your place early.

Pre-conference workshops: SIO will include concurrent pre-conference workshops on November 5 in conjunction with the 2016 conference in Miami, Florida. The sessions will include:

- Integrative Oncology and Survivorship Program Development: A Florida Experience, featuring William Pirl, MD, MPH, Director of Courtelis Center, University of Miami Sylvester Comprehensive Cancer Center; Ashwin Mehta, MD, MPH, Medical Director of Integrative Medicine at Memorial Healthcare System; a representative from Epic Ambulatory & Phoenix (Transplant), Memorial Healthcare System; M. Beatriz Currier, MD, Medical Director, Cancer Support Services and Survivorship Program, Miami Cancer Institute/Baptist Health South Florida; and Glenn Sabin, Director, FON Consulting.

- Mindfulness-Based Cancer Recovery: Program Description and Experiential Workshop, with Linda E. Carlson, PhD, RPsych, Enbridge Research Chair in Psychosocial Oncology.

News: Integrative Oncology

Acupressure: JAMA Oncology has published a new study by SIO Immediate Past President Suzanna Zick, ND, MPH, of the University of Michigan. The study found that acupressure helped reduce persistent fatigue in women who had been treated for breast cancer. "Investigation of 2 Types of Self-Administered Acupressure for Persistent Cancer-Related Fatigue in Breast Cancer Survivors: A Randomized Clinical Trial" reported that acupressure reduced fatigue by 27 to 34 percent over six weeks. Two-thirds of women who practiced relaxing acupressure achieved normal fatigue levels.

Integrative Medicine Meeting: SIO Past President Gary Deng, MD, PhD, will be a speaker at the Integrative Medicine Meeting September 19-22, 2016 in the Stuttgart area in Germany. He will discuss Integrative Oncology Challenges, Experiences and Achievements.

Nerve Stimulation: Past President Stephen Sagar, MD, FRCPC, co-authored “Phase 2 Study of Acupuncture-Like Transcutaneous Nerve Stimulation for Chemotherapy-Induced Peripheral Neuropathy,” in the June issue of Integrative Cancer Therapies.

ASCO Abstracts: An abstract, “Integrative Oncology
Oncology, Professor, Department of Oncology, Cumming School of Medicine, Adjunct Professor, Department of Psychology, Faculty of Arts, University of Calgary

**Patient Advocacy:** A patient advocacy workshop also is planned. Watch for details.

[Sign up](#) for the pre-conferences in the conference site registration. [Read more](#) about the November 5-7 conference schedule.

---

**Herb of the Month:**
**Ashwagandha**

We chose Ashwagandha, a shrub prevalent in South and Central Asia and Africa, for this month’s NewsWire because of its increasing popularity among cancer patients.

The Herb of the Month resource is provided with thanks to Integrative Medicine Service at Memorial Sloan Kettering Cancer Center, which maintains a free website, “[About Herbs](#),” with objective and unbiased information about herbs, vitamins, minerals, and other dietary supplements, as well as unproven anticancer treatments. [Read more](#) about Ashwagandha and the About Herbs resource.

---

**Music Therapy:** ABC News profiled Memorial Sloan Kettering Cancer Center’s [music therapy program](#) on July 5.

*If you have integrative oncology news or studies from your neck of woods that you would like to share with our members, send to: [info@integrativeonc.org](mailto:info@integrativeonc.org) with “NewsWire” in the subject line.*

---

**Consultations at a Comprehensive Cancer Center: Analysis of Patient Reported Outcomes,** was published in conjunction with ASCO’s 2016 Annual Meeting. Co-authors included SIO Past President Lorenzo Cohen, PhD, past Board member Richard T. Lee, MD, and member Gabriel Lopez, MD. ASCO also published an abstract on “[Outpatient Oncology Massage Self-reported Outcomes in Cancer Patients and Their Caregivers](#),” including, as co-authors, Dr. Cohen, Dr. Lopez, and Kathrin Milbury, PhD.

**Events**

[SIO 13th International Conference](#) - November 5-7, 2016