President's Message

This summer, it seems, is abundant with new research related to integrative oncology. As noted in this issue of the NewsWire, our Research Committee has provided its latest review of studies; in Integrative Oncology News column, we highlight some of the research of our members. We well know the extensive time expended and expertise of the teams that are developing these findings. This work emphasizes a key phrase in SIO’s mission: To advance evidence-based, comprehensive, integrative healthcare to improve the lives of people affected by cancer.

With the increasing interest in and use of complementary therapies, this evidence-based research needs to be accompanied by professional and public education to share knowledge of the procedures and elements that reflect the rigorous review of these studies.

In addition to updating you in the NewsWire and web site and providing resources, such as our guidelines and webinars, you have the opportunity at SIO’s international conference November 5-7, 2016 in Miami, Florida, to hear from and talk with the investigators about current and in-progress research. In each issue of the NewsWire, we highlight programming planned for SIO2016. Here, you can read about the plenary session on health policy. We also invite you to check out the full schedule at the conference web site.

We hope to see you at the conference in November and, meanwhile, be 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

Health Policy Plenary: "Integrative Oncology Health Policy and Practices Around the Globe" will be one of four plenary sessions to be presented at SIO’s 13th International Conference, to be held November 5-7, 2016 in Miami, Florida. This session is slated for November 5.

The moderator will be Claudia Witt, MD, MBA, Professor of Medicine and Chair for Complementary and Integrative Medicine, University of Zurich.

Among panelists, Jun Mao, MD, MSCE, Chief of Integrative Medicine Service at Memorial Sloan Kettering Cancer Center, will speak on the development and growth of integrative medicine in academic cancer centers in the U.S.; Yufei Yang, MD, Chief of Clinical Cancer Center in Xiyuan Hospital, China Academy of Chinese Medical Sciences, Beijing, will discuss how tradition, culture, and reimbursement shape the integration of TCM and conventional medicine in China; Gustav Dobos, MD, Director of the Clinic for Internal and Integrative Medicine and Chair for

News: Integrative Oncology

Sleep Study: SIO President Jun Mao, MD, MSCE, is leading a Patient-Centered Outcomes Research Institute (PCORI)-funded study to find better sleep solutions for patients with cancer. As many people are living longer after a cancer diagnosis, several PCORI-funded studies are determining how to best manage symptoms and treatment side effects, including the study, highlighted in a new Research in Action feature, that compares acupuncture with a type of psychotherapy for treating insomnia in cancer survivors.

Mindfulness Research: SIO Research Committee Chair Linda Carlson, PhD, RPsych, and colleagues report publication of two new studies on mindfulness research. “Randomized-Controlled Trial of Mindfulness-Based Cancer Recovery Versus Supportive Expressive Group Therapy Among Distressed Breast Cancer Survivors (MINDSET): Long-Term Follow-up Results" is noted as the first and largest to demonstrate sustained benefits of Mindfulness-Based Cancer Recovery (MBCR) in
Complementary and Integrative Medicine, University of Duisburg-Essen, Germany, will discuss the European perspective on integrative oncology.

For more information on conference programs, visit the [web site](#).

**New Investigator Forum:** SIO invites applications for the New Investigator Forum, a small group setting at the 2016 conference where scholars selected gain feedback on their research. Applications are due by **July 1.** Learn more about the forum and application process.

**Conference Support:** The 2016 SIO international conference November 5-7 includes exhibit and other support opportunities. Check out and share the [support prospectus](#), with guidelines and application information.

**RFP for 2018 Conference Site:** SIO welcomes proposals for the site of the 2018 international conference. Submissions are due **September 16, 2016.** Review the RFP [here](#).

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**SIO Research Updates**

This month's update on research findings identifies studies on acupuncture/acupressure, reiki, healing touch, reflexology, and massage/meditation. 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.

Distressed breast cancer survivors relative to an active control. The second study focuses on “The eCALM Trial: eTherapy for Cancer Applying Mindfulness Exploratory Analyses of the Associations Between Online Mindfulness-Based Cancer Recovery Participation and Changes in Mood, Stress Symptoms, Mindfulness, Posttraumatic Growth, and Spirituality.”

**Counseling by Phone:** A new study finds that cancer genetic counseling by telephone can be an effective alternative to the same counseling in person. Published in the *Journal of Clinical Oncology*, Randomized Noninferiority Trial of Telephone Delivery of BRCA1/2 Genetic Counseling Compared to In-person Counseling: One-Year Follow-up, was led by SIO Board member Anita Kinney, PhD, RN, University of New Mexico Comprehensive Cancer Center. “It can help to make cancer genetic services more widely accessible, which is an important consideration in rural states like New Mexico,” said Dr. Kinney.

**Breast Cancer Research:** The new breast cancer study, with Past President Heather Greenlee, PhD, ND, as lead investigator, was discussed in the Integrative Practitioner blog. The article also noted the work of Past President Suzanna Zick, MPH, ND, and member Dugald Seely, ND.

**NCCIH Strategic Plan:** The National Center for Complementary and Integrative Health (NCCIH) released its fourth [strategic plan](#) on June 3, as
modalities. Read more

Herb of the Month: Ginseng

American ginseng was selected for this month’s NewsWire because of its increasing use by 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 American ginseng and the About Herbs resource.

Patient Navigation Training: The Smith Center for Healing and the Arts Institute for Integrative Oncology Navigation will hold patient navigation training in integrative cancer care on October 23-28, 2016, at Kripalu Center for Yoga & Health in Stockbridge, MA. The training will be co-led by SIO members Carol O'Toole, MS, and Laura Pole, RN, MSN, OCNS.

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 with “NewsWire” in the subject line.

Positions and Fellowships

Mind-Body Therapist: Memorial Sloan-Kettering Cancer Center, New York, New York, is seeking a full-time Mind-Body Therapist. Interested applicants should contact Pirooz Bahmale at bahmaiep@mskcc.org.

Program Manager: University Hospitals Seidman Cancer Center, Cleveland, Ohio, is seeking a Program Manager- Supportive & Integrative Oncology.
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