### PROGRAM: FRIDAY, SEPTEMBER 24

#### Eastern USA

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td>Pre-conference Workshops and New Investigators</td>
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<tr>
<td></td>
<td>From Instrumentation to Innovation: Music Therapy in Comprehensive Cancer Care (180)  S. Rodgers-Melnick</td>
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<td></td>
<td>Introduction to Aromatherapy for Living Well with Cancer (188)  D. L. Langley-Brady  J. Vinson</td>
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<tr>
<td></td>
<td>NEW INVESTIGATOR FORUM  AM-PM  INVITATION ONLY</td>
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<tr>
<td></td>
<td>Moderator: Anita Kinney  New Investigators: J. Deleemans  A. Limbach  J. Vinson</td>
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<tr>
<td>8:30 AM</td>
<td>NEW INVESTIGATOR FORUM  AM-PM  INVITATION ONLY</td>
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<td>9:00 AM</td>
<td>SIO INTERNATIONAL TRACK  8:00 AM–Noon</td>
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<tr>
<td></td>
<td>Challenges in designing real-world integrative oncology research: Undertaking pragmatic research.  (Detailed Program Page 8)  E. Ben-Arye  SIO Ambassador Program</td>
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<tr>
<td>9:30 AM</td>
<td>Invitations Only</td>
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<td>10:00 AM</td>
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<td>10:30 AM</td>
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<td>11:00 AM</td>
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<td>11:30 AM</td>
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<tr>
<td>Noon</td>
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<tr>
<td>12:30 PM</td>
<td>Invitations Only</td>
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<tr>
<td>1:00 PM</td>
<td>Opening Welcome Remarks  Ting Bao, SIO President</td>
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<tr>
<td></td>
<td>Keynote 1:  Jeffrey White, MD  Director of the Office of Cancer Complementary and Alternative Medicine (OCCAM)  National Cancer Institute  Moderator: Eleanor Walker, MD</td>
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<tr>
<td>2:00 PM</td>
<td>Invitations Only</td>
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<tr>
<td>3:00 PM</td>
<td>Plenary 1:  Older Adults  Peter Wayne</td>
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<td>4:00 PM</td>
<td>Invitations Only</td>
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<tr>
<td>5:00 PM</td>
<td>Poster Reception  [Hors d’oeuvres and Bar]</td>
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<tr>
<td>7:00 PM</td>
<td>Public Lecture:  “Can You Hear My Voice?”  “Can You Hear My Voice?” is a triumphant documentary about a choir unlike any other in the world—a choir whose singers have no voice boxes. The film is produced and directed by award-winning Los Angeles documentary filmmaker Bill Brummel—he first film since having his own voice box removed in 2016. Live Q&amp;A with Director Bill Brummel immediately following the film.  Moderator: Linda Carlson, PhD, CPsych</td>
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<tr>
<td>9:00 PM</td>
<td>Invitations Only</td>
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Indicates an “In Person” Event Only
### PROGRAM: SATURDAY, SEPTEMBER 25

#### Eastern USA

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</table>
| 6:00 AM | Morning Wellness PRN - Yoga "Snacks", Part I (Dr. KAV Behel PT, PT, C-AYT)  
Wellness plans and tools do not always fit in our ever-changing schedules as practitioners. This wellness activity will incorporate tools that can be utilized as an entire class or broken down and used as a "wellness snack" throughout a practitioner's day or as needed. There will be some movement involved. Please wear comfortable clothes and shoes. |
| 7:00 AM | Exhibits and Posters Open                  |
| 7:30 AM | Networking Breakfast and Committee Meetings |
| 8:00 AM | Keynote 2:  
Mary Armanios, M.D.  
Professor of Oncology and Genetic Medicine  
Johns Hopkins University  
Moderator: Ting Bao, MD, DABMA, MS |
| 8:30 AM | Plenary 2:  
Advanced Cancers  
Ivilesse Page | Believe Big  
Mark Levine | National Institutes of Health, NIDDK  
Andrea Cheville | Mayo Clinic  
Moderator: Santosh Rao, MD |
| 9:00 AM | Coffee Break, Exhibits and Posters Open    |
| 11:00 AM | SIO Annual Meeting  
Ting Bao, MD, DABMA, MS | SIO President  
Linda Carlson, PhD, CPsych | SIO President Elect |
| 11:30 AM | Keynote Luncheon Address:  
Nutrition, Mental Health and Resilience  
Bonnie Kaplan, MD | Professor Emerita in the Faculty of Medicine  
University of Calgary  
Moderator: Linda Carlson, PhD, CPsych |
| 1:00 PM |  
1:30 PM  
1:45 PM—3:00 PM  
WORKSHOP 1:  
Cross-cultural integrative oncology care:  
The art of designing a patient-tailored treatment plan focused on cancer-related fatigue (132)  
E. Ben-Arye & J. Mao | Acupuncture  
Moderator: Jun Mao, MD, MSCE  
Acupuncture for Cancer Survivors with Chemotherapy-Induced Peripheral Neuropathy: Health-Related Quality of Life Outcomes (176)  
W. Zhi  
Sustainability of Providing Acupuncture and Chinese Medicine in Oncology Treatment: Report of Survey Data and Experience of Five Unique Clinical Settings (205)  
S. Velicer  
Acupuncture Versus Cognitive Behavioral Therapy for Pain Among Cancer Survivors With Inflammation: An Exploratory Analysis of A Randomized Clinical Trial (145)  
M. Yang  
Symptom Analysis of a Pilot Acupuncture Program at a NCI Designated Comprehensive Cancer Center (202)  
Y. Zhi | Body-Based Therapies  
Moderator: Nirupa Raghunathan, MD  
The effect of yoga interventions on depression and anxiety in cancer: a systematic review and meta-analysis (129)  
M.S. Gonzalez  
Impact of Yoga on Improving Health-Related Quality of Life Outcomes for Cancer Survivors with Chemotherapy Induced Peripheral Neuropathy (166)  
L. Zhi  
Integrated oncology in a COVID-19-department. Caring for healthcare practitioners. (123)  
D. Grassel & S. Kassam  
Understanding Interest, Barriers, and Preferences Related to Yoga Practice Among Cancer Survivors (105)  
K. Dasai | Implementation and Dissemination  
Moderator: Santosh Rao, MD  
Perceptions of and Access to Integrative Oncology Services in the Rural Oncology Setting (130)  
B. Mofakh  
Understanding Interest, Barriers, and Preferences Related to Yoga Practice Among Cancer Survivors (105)  
K. Dasai  
Can Probiotic and Probiotic interventions treat gastrointestinal and mental health symptoms in cancer patients and survivors? A Systematic Review (203)  
J. Delemarre  
Use of Complementary or Alternative Medicine and Potential Interactions with Chronic Medications among Chinese Survivors of Childhood Cancer (97)  
C. Lam |
3:15 PM—4:15 PM

Mind-Body Medicine
Moderator: Linda Carlson, PhD, CPsych

Being Present-MPN: an interim analysis of a mindfulness meditation intervention for patients with chronic myeloid leukemia (215)
K. L. Schoenbeck

Learning Yoga to Enhance Cancer Survivorship: The LYNC Study of Online Yoga for Young Adults (196)
E.L. Addington

A Journey into a New Way of Research: Yoga Therapy & Qigong/Taiji for Self-Management of Pain among Breast Cancer Survivors (217)
J.J. Fouladbakhsh

Mindfulness moderates the association between stigma and psychological distress in women with lung cancer (250)
K. Gyllenhaal

Multi-modal Interventions
Moderator: Ting Bao, MD, DABMA, MS

Impact of integrative oncology program on survival in patients with advanced gynecological cancer (102)
E. Ben-Arye

Effects of a patient-tailored integrative oncology intervention in the relief of pain in palliative and supportive cancer care (115)
D. Elly

A Comprehensive Lifestyle Randomized Clinical Trial for Women with Breast Cancer (BCa) Undergoing Radiotherapy (199)
L. Cohen

Mindfulness moderates the association between stigma and psychological distress in women with lung cancer (250)
K. Gyllenhaal

Natural Products - Preclinical and Clinical
Moderator: Suzie Zick, ND, MPH

Fraction B from catfish epidermal secretions kills pancreatic cancer cells, inhibits CD 44 expression and stemness, and alters cancer cell metabolism (207)
P. Yang

A Review of the Effects of Curcumin in Combination with Proteasome Inhibitors in Multiple Myeloma Preclinical Models (99)
S. Pandya

Studying the Effects of Amino Hexose Correlated Compound (AHCC) on Colorectal Cancer (CRC) and the Underlying Mechanism (178)
R. Lee

3:15 PM—4:30 PM

Workshop 2:
Integrative Oncology Nursing: Advancing Innovation in Practice, Education and Research in Oncology (134)
L. Bahraves, E. Ben-Arye, G. Can, R. Heine, N. Sela, S. I. Yaguda,
Eastern USA

6:00 AM
Morning Wellness PRN: Yoga “Snacks”, Part II
Dr. Kelli Bethel DPT, PT, C-IAYT
Wellness plans and tools do not always fit in our ever-changing schedules as practitioners. This wellness activity will incorporate tools that can be utilized as an entire class or broken down and used as a “wellness snack” throughout a practitioner’s day or as needed. There will be some movement involved. Please wear comfortable clothes and shoes.

7:00 AM
Breakfast and SIO SIG Roundtables
Exhibits and Posters Open

8:00 AM
INTERNATIONAL ROUNDTABLE
Jun Mao | Memorial Sloan Kettering Cancer Center, Eran Ben-Arye | Technion-Israel Institute of Technology, Alejandro Salicrup | National Institutes of Health, and Catherine Zollman | Penny Brohn UK

9:00 AM
Plenary 3: Adolescents/Young Adults
Christina Dieli-Conwright | Dana-Farber Cancer Institute, Mike Lang | University of Calgary, Matthew Zachary | Matthew Zachary Advisers LLC & Patient Advocate
Moderator: Nirupa Raghunathan, MD

11:00 AM
Keynote Luncheon:
Otis Brawley, MD
Bloomberg Distinguished Professor of Oncology and Epidemiology
Johns Hopkins University
Moderator: Channing Paller, MD

1:00 PM
Program Implementation/Dissemination
Moderator: Iris Zhu, MD, PhD
Availability of Integrative Medicine Services at National Cancer Institute-Designated Comprehensive Cancer Centers and Community Hospitals (129)
K. Desai
Twitter Content Analysis of Alternative, Complementary, or Integrative Medicine and Cancer (136)
D. Gentile
Bias Against International Integrative Medicine Cancer Research (197)
H. Wright
Evaluation of provider and patient knowledge, beliefs, and preferences in integrative oncology at an NCI-designated comprehensive cancer center in the Southeast United States. (189)
J. Mascaro

Virtual Care
Moderator: Jodi MacLeod, BA
Transferring from In-Person to Virtual Yoga and Meditation Groups in a Cancer Center Setting (164)
L.M.A. Thompson
Optimizing Technology to Deliver Virtual Music Therapy at a Comprehensive Cancer Center (182)
S. Rodgers-Melmick
Virtual mind-body programming to support cancer patients during COVID-19: An assessment of patient needs and preferences (208)
T.K.W. Hung
Orthorexia, Disordered Eating Behaviours, and Young Women with Cancer: An Exploratory Study (126)
M. Waterman

Review of the Year
Moderator: Viraj Master, MD, PhD
Best of 2021 Integrative Oncology Research (193)
V. Master
Complementary Approaches in Procedural/Surgical Papers
M. Diller
International Papers
E. Ben-Arye, L. Carlson & N. Samuels

Workshop 3:
The role of yoga for managing anxiety, depression and stress in Oncology. (168)
J. Lacey
## PROGRAM: SUNDAY, SEPTEMBER 26 (Continued)

### Eastern USA

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>2:45 PM</td>
<td>Coffee Break</td>
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</table>
| 3:15 PM—4:15 PM | **Reviews of Literature**  
Moderator: Linda Carlson, PhD, CPsych  
Tibetan Herbal Pain-Relieving plaster for Low Back Pain: A Systematic Review and Meta-analysis (101)  
M. Yang  
Society for Integrative Oncology Clinical Practice Guidelines – Update (187)  
H. Greenlee  
Flaxseed and Breast Cancer: A Systematic Review of Randomized Clinical Trials (191)  
R. Wang  
Quality of Life & Novel Symptom Mgmt.  
Moderator: Ting Bao, MD, DABMA, MS  
Sleep Disturbance in Cancer Patients Referred to an Ambulatory Integrative Oncology Consultation (230)  
F. Lopez  
Beneficial effects of integrative non-pharmacological interventions on the internal coherence, resilience and cancer-related fatigue of breast cancer patients (128)  
F. Schad  
Comparative effectiveness of treatments for aromatase inhibitor-induced arthralgia in breast cancer patients: a systematic review and network meta-analysis (118)  
K. Bae  
Quantitative Sensory Testing in a Sham and Usual Care Controlled Acupuncture Trial for Chemotherapy-Induced Peripheral Neuropathy (138)  
W.I. Zhi  
A service evaluation of ScarWork for cancer survivors experiencing adverse effects of surgery and/or radiotherapy (195)  
B. de Valois  
Integrative Oncology Health Psychology Referrals at a Comprehensive Cancer Center: Analysis of Demographics, Clinical, and Patient Reported Outcomes (245)  
A. Christie |
| 3:15 PM—4:30 PM | **Workshop 4:** Integrative Oncology Program Management: How to Meet Operational Challenges During a Pandemic (143)  
I. Martynuk |
| 3:15 PM—4:30 PM | **Workshop 5:** Creating Sustainable Integrative Oncology Fellowships (113)  
S. M. Zick  
SPECIAL THANKS TO OUR SUPPORTING PARTNERS |
| 4:30 PM       | CLOSING REMARKS                                                     |

**EXHIBITORS**

SEE YOU IN 2022  
DETAILS TO BE ANNOUNCED
Challenges in designing real-world integrative oncology research: Undertaking pragmatic research

**Moderators:** Eran Ben-Arye, Jun Mao, Catherine Zollman, Judith Lacey, Massimo Bonucci, and Alejandro Salicrup

In this 4-hour workshop, we aim to identify the learning needs and challenges of designing and conducting research of real-world integrative oncology (IO) services in varied international settings. In recognition of the limitations of randomized controlled trials in exploring patient-centered and treatment-tailored approach, we suggest a variety of research designs, such as registry protocols, pragmatic, narrative-based, and qualitative methodologies. The workshop will present common IO research dilemmas (e.g., multidisciplinary teams providing multi-modality treatments to patients presenting with multi-complex concerns and symptoms) and suggest useful quality-of-life-related questionnaires to assess patient-reported outcomes. During the meeting we will also discuss how to use SIO resources to facilitate the training and development of initiatives geared to increasing real world research in a global setting.

8:00 AM | Integrative oncology research challenges to consider (20 minutes)

8:00 AM | Eran Ben-Arye (SIO Ambassador Program, 10 Min)

**Introduction:** Challenges to consider in a real-world pragmatic research design

8:10 AM | Jun Mao (USA, 10 min)

Research methods to understand and evaluate the impact of global integrative oncology

8:20 AM | _International research challenges: The need for pragmatic research_ (40 minutes)

**Moderator:** Eran Ben-Arye (Israel) (5 minutes)

8:25 AM | Maryam Rassouli (Iran, 8 min)

The challenges in promoting integrative oncology nursing research in Iran: Lessons for the international community

8:33 AM | Philip Odiyo (Kenya, 8 min)

The psycho-oncologist perspective: Which research aspects should be prioritized in IO practice in Kenya?

8:41 AM | Ricardo Ghelman (Brazil, 8 min)

Integrative pediatric oncology perspective: Research challenges in conducting pediatric patient-centered research in Brazil

8:49 AM | Discussion (11 min)

**Moderator:** Eran Ben-Arye (Israel)

9:10 AM | Exposure to real-world research methodologies (50 minutes)

**Moderator:** Catherine Zollman (UK)

9:15 AM | Noah Samuels (Israel, 8 min)

How to design patient-centered pragmatic research?

9:23 AM | Friedemann Schad (Germany, 8 min)

Registry protocols and integrative oncology research network: Feasibility and insights

9:31 AM | Yufei Yang (China, 8 min)

Pragmatic research in TCM

9:39 AM | Lynda Balneaves (Canada, 8 min)  
** Taskforce perspective

Potential pragmatic research in the online integrative oncology setting from the SIO Online Taskforce perspective

9:47 AM | Discussion (13 min)

**Moderator:** Catherine Zollman (UK)

10:00 AM | Pragmatic research assessment tools (20 minutes)

**Moderator:** Judith Lacey (Australia)

10:00 AM | Judith Lacey (Australia, 10 min)  
** Questionnaire and additional useful patient-reported outcome assessment tools.

10:00 AM | Catherine Zollman (UK, 10 min)

Assessing patients’ and caregivers’ concerns using the Measure Yourself Concerns and Wellbeing (MYCAW) questionnaire.

**Virtual coffee break (10 min)**

Program continues >>>
**Friday, September 24 | 8:00 AM—Noon Eastern USA | Pre-Conference Workshop (Continued)**

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<tr>
<th>Time</th>
<th>Topic</th>
<th>Speakers/Details</th>
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<tbody>
<tr>
<td>10:30 AM</td>
<td>Practical international research challenges and opportunities: Ethics, grants, and publication (50 minutes)</td>
<td>Moderator: Massimo Bonucci, ARTOI, Italy (5 min)</td>
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<tr>
<td>10:35 AM</td>
<td>Rammanohar Puthiyedath (India, 8 min)</td>
<td>Research needs and expectations: How can the SIO promote pragmatic IO research in India? An Ayurvedic medicine perspective</td>
</tr>
<tr>
<td>10:43 AM</td>
<td>Ana Maria Lopez (USA, 8 min)</td>
<td>Cross-cultural challenges in launching international real-world pragmatic research: Insights of the Health Equity &amp; Inclusion Task Force</td>
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<tr>
<td>10:51 AM</td>
<td>Alejandro Salicrup (NCI-OCCAM, 8 min)</td>
<td>Useful practical tips and guidance: Examples of NCI-NIH programs and activities to support integrative oncology and complementary medicine cancer research and capacity in LMICs</td>
</tr>
<tr>
<td>10:59 AM</td>
<td>Viraj Master (USA, 8 min)</td>
<td>The journal editor's point of view: Feasibility of considering controlled non-randomized pragmatic research for publication in leading oncology journals</td>
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<tr>
<td>11:07 AM</td>
<td>Discussion (13 min)</td>
<td>Moderator: Massimo Bonucci (Italy)</td>
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<tr>
<td>11:20 AM</td>
<td>The Global Roundtable: Questions and Reflections (40 minutes)</td>
<td>Moderator: Alejandro Salicrup (USA)</td>
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**Saturday, September 25 | Selected Sessions**

**Selected Sessions of Interest for International Attendees**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speakers/Details</th>
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<tbody>
<tr>
<td>1:45 PM</td>
<td>Workshop 1: Cross-cultural integrative oncology care: The art of designing a patient-tailored treatment plan focused on cancer-related fatigue (132)</td>
<td>Co-Moderators: Eran Ben-Arye and Jun Mao</td>
</tr>
<tr>
<td>2:15 PM</td>
<td>Integrative oncology in COVID-19 department – Caring for healthcare practitioners. (123)</td>
<td>Sameer Kassem &amp; Orit Gressel</td>
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<tr>
<td>3:15 PM</td>
<td>Impact of integrative oncology program on survival in patients with advanced gynecological cancer (102)</td>
<td>Eran Ben-Arye, Ofer Lavie, and Yakir Segev</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>Effects of a patient-tailored integrative oncology intervention in the relief of pain in palliative and supportive cancer care (110)</td>
<td>Dana Ely and Amir Minerbi</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Improvement of Heart Rate Variability parameters in health care professionals employed in COVID-19 departments following a resilience program provided by an integrative oncology team: A prospective pilot study (216)</td>
<td>Sameer Kassem &amp; Jan Vagedes</td>
</tr>
</tbody>
</table>

**Sunday, September 26 | 8:00 AM - 9:00 AM Eastern USA | Roundtable**

**SIO International Roundtable**

Join your Moderators Jun Mao, Eran Ben-Arye, Alejandro Salicrup and Catherine Zollman to discuss a range of current issues in Integrative Oncology from around the world. All SIO attendees are welcome to participate including those from North America.