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DEUTSCHES
KREBSFORSCHUNGSZENTRUM
IN DER HELMHOLTZ-GEMEINSCHAFT



INTERNATIONAL SOCIETY OF
EXERCISE ONCOLOGY

ISEO - Inaugural Conference

Conference Program

Wednesday, 22nd of July 2026

9:00 - 10:15	Plenary Session
9:00 - 9:30	Introduction Speach - Chairs: TBA - Hall 2 Opening Remark (Local & President) Opening Remarks Funders
9:30 - 10:15	Invited Talk - Chairs: TBA - Hall 2 Hidden Secrets and Insights of the "CHALLENGE" to improve Cancer-Related Survival with exercise - Kerry Courneya
10:15 - 10:30	Coffee Break
10:30 - 11:45	Parallel Oral Sessions
10:30 - 11:45	Oral Session: Prehab and Perioperative - Chairs: TBA - Hall 2 Effects of prehabilitation on exercise capacity and patient-reported outcomes in patients with cancer: Results from pooled analysis of individual patient data of nine RCTs - Lilian Manning Multimodal home-based prehabilitation for colorectal cancer patients with short surgery wait times: a pilot service and retrospective case-controlled study - Talitha de Klerk Effect of a Personalized Perioperative Exercise Program on Physical Function, Fatigue, and Quality of Life in Lung Cancer Surgery: Results of the PEP Phase III Randomized Trial - Caroline Himbert

<p>10:30 - 11:45</p>	<p>Effects of Perioperative Exercise on Patients with Gastroesophageal Cancer: A Systematic Review and Meta-Analysis - Sungwoo Lee Multidisciplinary prehabilitation and rehabilitation for improving postoperative complications in patients with colon cancer: the ONCOFIT Randomized Controlled Trial - Sofia Carrilho-Candeias</p>
<p>10:30 - 11:45</p>	<p>Oral Session: Remote Training - Chairs: TBA - Forum 1</p> <p>Multimodal home-based prehabilitation for colorectal cancer patients with short surgery wait times: a pilot service and retrospective case-controlled study - Gloria Adamoli Effects of a 12-Week Live-Remote Exercise Intervention for Cancer Survivors: Findings from a Randomised Controlled Trial - Melissa Kotte Trainer Perspectives on Feasibility, Quality, and Barriers of Live-Remote Exercise Delivery in the PREFERABLE II LION Randomized Controlled Trial - Jana Müller coACTIF: Real-world reach and effectiveness of virtual group-based multimodal prehabilitation for people with cancer and their caregivers - Isabelle Doré The Effects of a Remote Diet and Exercise Intervention and Behavioral Change Constructs on Health Behaviors in the Prostate 8-II Randomized Controlled Trial - Stacey Kenfield</p>
<p>11:45 - 12:15</p>	<p>Coffee Break</p>
<p>12:15 - 12:40</p>	<p>Parallel Thematic Poster Sessions</p>
<p>12:15 - 13:00</p>	<p>Thematic Poster Session: Mechanism - Chairs: TBA - Hall 2</p> <p>Exercise training reshapes the systemic immune environment in patients - Elisa Heyrman Acute HIIT preferentially mobilizes virus-reactive CD8+ T cells - Katharina Leuchte High-Intensity Exercise Serum Alters Glycolytic Metabolism and Proliferation - Carlos Soares Ultrastructural Skeletal Muscle Adaptations to Resistance Exercise - Thomas Cardaci Tumor blood flow at rest and during exercise in breast cancer patients - Ilkka Heinonen</p> <p>Thematic Poster Session: Implementation - Chairs: TBA - Forum 1</p> <p>Evaluating Re-Triage Patterns in an Exercise Oncology Triage and Referral System - Erica Schleicher Predictors of attendance to a referral-based exercise oncology program - Tarah Ballinger Assessing the Reach of Exercise Therapy Care Pathways in German Comprehensive Cancer Centers - Saskia Blütgen SweCanMove - The Swedish Network for Exercise and Cancer - Annika Grynne Barriers and Facilitators to Implementing Exercise Therapy in Pediatric Oncology - Rebecca Zimmer Developing an international consensus to evaluate the practical inclusion of exercise - Brent Cunningham</p>

<p>13:00 - 13:30</p>	<p>Lunch Break</p>
<p>13:30 - 15:00</p>	<p>Plenary Session</p>
<p>13:30 - 14:15</p>	<p>Invited Talk - Chairs - TBA - Hall 2</p> <p>The impact of exercise on biopsychosocial health and symptom management in cancer patients - Laurien Buffart</p>
<p>14:15 - 15:00</p>	<p>ISEO - Idea, Goals, Future - Chairs: TBA - Hall 2</p> <p>Idea, Goals, Future - Kathryn Schmitz and the ISEO Board</p>
<p>15:00 - 15:15</p>	<p>Break</p>
<p>15:15 - 16:30</p>	<p>Parallel Oral Sessions</p>
<p>15:15 - 16:30</p>	<p>Oral Session: Pediatrics, Adolescents and Young Adults - Chairs: TBA - Hall 2</p> <p>Exercise for survivorship: effectiveness of a community-based group exercise program for adolescent and young adult cancer survivors - Claire Munsie</p> <p>Effects of a structured exercise intervention in childhood cancer patients during intensive treatment: Results of the multicenter randomized controlled FORTEe trial - Lena Wypyrsczyk</p> <p>Implementation of physical activity in pediatric oncology - Maxime Caru</p> <p>Promotion of Physical Activity in the Pediatric Oncology Outpatient Clinic: Experience of the ATIVAONCO Project - Ricardo Artur Etchatz Bilac</p> <p>Core Areas of Exercise Implementation in Pediatric Oncology: The Three-Stage Network ActiveOncoKids Wheel Model - Gabriele Gauß</p>
<p>15:15 - 16:30</p>	<p>Oral Session: Exercise and cancer treatment - Chairs: TBA - Forum 1</p> <p>Patterns of physical activity and fatigue in patients receiving immunotherapy for melanoma - Sarah Marvin</p> <p>Daily In-Hospital Exercise During Neoadjuvant Chemoradiotherapy Counteracts Immune Suppression in Patients With Esophageal Cancer - Anna Ubink</p> <p>Functional Reserve and Sarcopenia Shape Treatment Outcomes After CAR-T Cell Treatment: Results of a Real-World Pilot Study - Alessandra Holzem</p> <p>Effect of adding exercise therapy to first-Line chemotherapy on progression-free survival and wellbeing in ovarian cancer: Results from the phase 3 ECHO trial - Sandra Hayes</p> <p>The influence of exercise on the relationship between neuropathic pain and its interference with daily activities among cancer patients receiving chemotherapy - Po-Ju Lin</p>

16:30 - 16:45	Break
16:45 - 17:30	Plenary Session
16:45 - 17:30	Invited Talk - Chairs: TBA - Hall 2 Exercise is Medicine in Prostate Cancer - Robert Newton

Thursday, 23rd of July 2026

9:00 - 10:00	Plenary Session
9:00	Opening Day 2 - Joachim Wiskemann, Karen Steindorf - Hall 2
9:15 - 10:00	Invited Talk - Chairs: TBA - Hall 2 Exercise, Microbiome and the Immune System - New perspectives in Exercise Oncology - Marlies Meisel
10:00 - 10:15	Break
10:15 - 11:30	Parallel Oral Sessions
10:15 - 11:30	Oral Session: Breast Cancer - Chairs: TBA Hall 2 The randomized controlled BENEFIT trial investigating the effects of aerobic or resistance exercise concomitant to neoadjuvant chemotherapy on clinical outcomes in women with breast cancer - Martina Schmidt Improving sleep quality of patients with metastatic breast cancer through supervised exercise: results from the PREFERABLE-EFFECT trial - Jana Müller Exploring the feasibility of exercise training during (neo)adjuvant chemotherapy in women with early-stage breast cancer: a pilot study examining immune and metabolic outcomes - Cristina Crespo García Exercise during chemotherapy for breast cancer: Not just improving patients' functional ability - Argyro Papadopetraki Habitual physical activity patterns and longitudinal changes in insulin resistance following breast cancer diagnosis and treatment - Richard Viskochil

<p>10:15 - 11:30</p>	<p>Oral Session: Implementation - Chairs: TBA - Forum 1</p> <p>Exercise Oncology Implementation for Underserved Populations: The EXCEL Study - S. Nicole Culos-Reed</p> <p>Characterising exercise support needs and triage barriers in cancer care: findings from a regional centre evaluation - Mary Kennedy</p> <p>Improving access to exercise services after a cancer diagnosis: patient and health professional perspectives - Briana Clifford</p> <p>"Let's talk exercise and cancer": Understanding barriers and facilitators of exercise communication between healthcare professionals and individuals with cancer - Poorna Anandavadivelan</p> <p>Influence of a multi-professional care pathway and network on physical activity and physical activity-related health competence - Katja Krug</p>
<p>11:30 - 12:00</p>	<p>Lunch Break</p>
<p>12:00 - 12:30</p>	<p>Parallel Thematic Poster Sessions</p>
<p>12:00 - 12:30</p>	<p>Thematic Poster Session: Mixed - Chairs: TBA - Hall 2</p> <p>Does exercise improve survival after a cancer diagnosis? A living systematic review and meta-analysis of randomized controlled trials - Rosa Spence</p> <p>Innovations in Supportive Cancer Care: Cost-Effective Integration of Exercise Oncology into Radiotherapy Care - Kim Edmunds</p> <p>Four Cochrane reviews on different exercise types for fatigue in people with cancer - Carina Wagner</p> <p>Exercise and Return to work after a cancer diagnosis: A prospective observational study - Alina Kias</p> <p>Moderate-Intensity Aerobic Exercise Improves Cardiac Function in Overweight Breast Cancer Survivors: Results from a Randomized Controlled Trial - Mahnaz Sourani</p> <p>A Randomized Controlled Trial of a Personalized Telehealth Exercise, Nutrition, and Stress-Management Program for Cancer Survivors - Anupam Anand</p>

<p>12:00 - 12:30</p>	<p>Thematic Poster Session: Advanced Cancer - Chairs: TBA - Forum 1</p> <p>Acute Effects of Exercise on Fatigue in Patients with Advanced Cancer - Jeff Eagan Understanding barriers to exercise participation in those living with metastatic breast cancer: insights from the EMBODY trial - Tarah Ballinger Promoting Immunotherapy by Exercise in patients with advanced Renal cell carcinoma (PRIMER) - Femke Laarakker Resistance Training in Incurable Cancer: A Systematic Review of Exercise Prescription, Principles, and Programming - Alexander Olai Varjord Feasibility and preliminary efficacy of aerobic acute exercise prior chemo-immunotherapy infusion in patients with metastatic non-small cell lung cancer: a randomized controlled trial - Manon Gouez Feasibility of Exercise Training in Patients with Advanced Colorectal Cancer During Chemotherapy: Clinical Parameters and Functional Capacity in an Exercise-Oncology Clinical Trial - Telma Fátima da Cunha Moraes</p>
<p>12:30 - 13:00</p>	<p>Break</p>
<p>13:00 - 13:45</p>	<p>Plenary Session</p>
<p>13:00 - 13:45</p>	<p>Invited Talk - Chairs: TBA - Hall 2</p> <p>Observational Research in Exercise Oncology: Perspectives from World Cancer Research Fund International's Global Cancer Update Programme - Helen Croker</p>
<p>14:15 - 14:45</p>	<p>Parallel Sessions</p>
<p>14:15 - 14:45</p>	<p>ISEO - Education - Chairs: TBA - Hall 2</p> <p>How to deal with Bone Metastasis - Michelle Nadler</p>
<p>14:15 - 15:00</p>	<p>Thematic Poster Session: Late Breaking - Chairs: TBA - Forum 1</p> <p>TBA</p>
<p>15:00 - 15:15</p>	<p>Break</p>
<p>15:15 - 16:45</p>	<p>Parallel Oral Sessions</p>

<p>15:15 - 16:45</p>	<p>Oral Session: Mechanism - Chairs: TBA - Hall 2</p> <p>Associations between dynamic metabolic responses to acute exercise and fatigue in survivors of cancer - Ryan Marker</p> <p>Exercise suppresses prostate tumor aggressiveness by altering intratumoral lipid metabolism - Darpan Patel</p> <p>A randomized controlled trial testing the immunological impact of high-intensity interval training for patients with metastatic lung cancer in combination with immunotherapy - Gitte Holmen Olofsson</p> <p>Does exercise have an effect on Breast Cancer Cell Growth? - Dorothea Clauss</p> <p>Mitochondrial dysfunction: a key player in doxorubicin-induced skeletal and cardiac muscle damage? - Anouk Hiensch</p>
<p>15:15 - 16:45</p>	<p>Oral Session: Symptommanagement through exercise - Chairs: TBA - Forum 1</p> <p>12-Weeks of Precision Exercise Reduces Frailty by Increasing Fitness in Chronic Lymphocytic Leukaemia: A Randomised Controlled Trial - Ellie Miles</p> <p>Effect of a Multidisciplinary Intervention on Fatigue in Lymphoma Survivors with Persistent Fatigue- A Randomized Controlled Trial (the REFUEL-trial) - Synne-Kristin Hoffart Bøhn</p> <p>Improving health outcomes after endometrial cancer: the ACUMEN trial - Eliza Macdonald</p> <p>Specific exercise is more effective than medication - prevention and treatment of Chemotherapy-induced peripheral neuropathy - State of the art - Fiona Streckmann</p> <p>Effects of supervised aerobic and resistance exercise on quality of life in men with metastatic prostate cancer: Results from the INTERVAL-GAP4 trial - Ki-Yong An</p>
<p>17:00 - 18:00</p>	<p>Plenary Session</p>
<p>17:00 - 18:00</p>	<p>Invited Talk - Chairs: TBA - Hall 2</p> <p>Exercise as Routine Care in Oncology: Turning Vision into Practice - Jennifer Ligibel</p>
<p>17:45 - 18:00</p>	<p>Closing Remarks Joachim Wiskemann, Kathryn Schmitz and Karen Steindorf - Hall 2</p>