

Session Program

22-23 Jul 2026

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GERMAN
CANCER RESEARCH CENTER
IN THE HELMHOLTZ ASSOCIATION

ISEO - Inaugural Conference July 22nd & 23rd 2026 - organized by DKFZ

Oral Session

Heidelberg Congress Center , Heidelberg Congress Center
Czernyring 20 69115 Heidelberg Germany

Wednesday 22 July

10:30

Oral Session: 1 Prehab and Perioperative

Session |

Location: Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

10:30-10:45

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

Speaker

Lilian Manning

10:45-11:00

Multimodal home-based prehabilitation for colorectal cancer patients with short surgery wait times: a pilot service and retrospective case-controlled study

Speaker

Mrs Talitha de Klerk

11:00-11:15

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

Speaker

Caroline Himbert

11:15-11:30

MULTIDISCIPLINARY PREHABILITATION AND REHABILITATION FOR IMPROVING POSTOPERATIVE COMPLICATIONS IN PATIENTS WITH COLON CANCER: THE ONCOFIT RANDOMIZED CONTROLLED TRIAL

Speakers

Manuel Fernandez-Escabias, Ms Sofia Carrilho-Candeias, Dr Francisco J Amaro-Gahete

11:30-11:45

Effects of Perioperative Exercise on Patients with Gastroesophageal Cancer: A Systematic Review and Meta-Analysis

Speaker

Sungwoo Lee

11:45

10:30

Oral Session: 2 Remote Training

Session |

Location: Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

10:30-10:45

Impact of telehealth exercise intervention on muscle strength, cardiorespiratory fitness, and quality of life in patients with cancer: a systematic review with meta-analysis

Speaker

Gloria Adamoli

10:45-11:00

Effects of a 12-Week Live-Remote Exercise Intervention for Cancer Survivors: Findings from a Randomised Controlled Trial

Speaker

Melissa Kotte

11:00-11:15

Trainer Perspectives on Feasibility, Quality, and Barriers of Live-Remote Exercise Delivery in the PREFERABLE II LION Randomized Controlled Trial

Speaker

Dr Jana Müller

11:15-11:30

coACTIF: Real-world reach and effectiveness of virtual group-based multimodal prehabilitation for people with cancer and their caregivers

Speaker

Isabelle Doré

11:30-11:45

The Effects of a Remote Diet and Exercise Intervention and Behavioral Change Constructs on Health Behaviors in the Prostate 8-II Randomized Controlled Trial

Speaker

Stacey Kenfield

11:45

15:15

Oral Session: 3 Pediatrics, Adolescents and Young Adults

Session |

Location: Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

15:15-15:30

Exercise for survivorship: effectiveness of a community-based group exercise program for adolescent and young adult cancer survivors.

Speaker

Dr Claire Munsie

15:30-15:45

Effects of a structured exercise intervention in childhood cancer patients during intensive treatment: Results of the multicenter randomized controlled FORTEe trial

Speaker

Lena Wypyrsczyk

15:45-16:00

IMPLEMENTATION OF PHYSICAL ACTIVITY IN PEDIATRIC ONCOLOGY

Speaker

Dr MAXIME CARU

16:00-16:15

Promotion of Physical Activity in the Pediatric Oncology Outpatient Clinic: Experience of the ATIVAONCO Project

Speaker

Ricardo Artur Etchatz Bilac

16:15-16:30

Core Areas of Exercise Implementation in Pediatric Oncology: The Three-Stage Network ActiveOncoKids Wheel Model

Speaker

Dr Miriam Götte

16:30

15:15

Oral Session: 4 Exercise and cancer treatment

Session |

Location: Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

15:15-15:30

Patterns of physical activity and fatigue in patients receiving immunotherapy for melanoma

Speakers

Sarah Marvin, Jasmine Yee, Kate Edwards

15:30-15:45

Daily In-Hospital Exercise During Neoadjuvant Chemoradiotherapy Counteracts Immune Suppression in Patients With Esophageal Cancer

Speaker

Anna Ubink

15:45-16:00

Functional Reserve and Sarcopenia Shape Treatment Outcomes After CAR-T Cell Treatment: Results of a Real-World Pilot Study

Speaker

Alessandra Holzem

16:00-16:15

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

Speaker

Sandra Hayes

16:15-16:30

The influence of exercise on the relationship between neuropathic pain and its interference with daily activities among cancer patients receiving chemotherapy

Speaker

Dr Po-Ju Lin

16:30

Thursday 23 July

10:15

Oral Session: 5 Breast Cancer

Session |

Location: Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

10:15-10:30

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

Speaker

Dr Martina Schmidt

10:30-10:45

Improving sleep quality of patients with metastatic breast cancer through supervised exercise: results from the PREFERABLE-EFFECT trial

Speaker

Jana Müller

10:45-11:00

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

Speaker

Cristina Crespo García

11:00-11:15

Exercise during chemotherapy for breast cancer: Not just improving patients' functional ability

Speaker

Dr Argyro Papadopetraki

11:15-11:30

Habitual physical activity patterns and longitudinal changes in insulin resistance following breast cancer diagnosis and treatment

Speaker

Dr Richard Viskochil

11:30

10:15

Oral Session: 6 Mechanism

Session |

Location: Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

10:15-10:30

Exercise Oncology Implementation for Underserved Populations: The EXCEL Study

Speaker

Prof. S. Nicole Culos-Reed

10:30-10:45

Characterising exercise support needs and triage barriers in cancer care: findings from a regional centre evaluation

Speaker
Mary Kennedy

10:45-11:00

Improving access to exercise services after a cancer diagnosis: patient and health professional perspectives

Speaker
Briana Clifford

11:00-11:15

“Let’s talk exercise and cancer”: Understanding barriers and facilitators of exercise communication between healthcare professionals and individuals with cancer - An International focus group study

Speaker
Dr Poorna Anandavadivelan

11:15-11:30

Influence of a multi-professional care pathway and network on physical activity and physical activity-related health competence

Speaker
Katja Krug

11:30

15:15

Oral Session: 7 Implementation

Session |

Location: Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

15:15-15:30

Associations between dynamic metabolic responses to acute exercise and fatigue in survivors of cancer

Speaker
Ryan Marker

15:30-15:45

Exercise suppresses prostate tumor aggressiveness by altering intratumoral lipid metabolism

Speaker
Darpan Patel

15:45-16:00

A randomized controlled trial testing the immunological impact of high-intensity interval training for patients with metastatic lung cancer in combination with immunotherapy

Speaker
Mrs Gitte Holmen Olofsson

16:00-16:15

Does exercise have an effect on Breast Cancer Cell Growth?

Speaker
Dr Dorothea Clauss

16:15-16:30

Mitochondrial dysfunction: a key player in doxorubicin-induced skeletal and cardiac muscle damage?

Speaker

Anouk Hiensch

16:30

15:15

Oral Session: 8 Symptommanagement through exercise**Session** |**Location:** Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

15:15-15:30

12-Weeks of Precision Exercise Reduces Frailty by Increasing Fitness in Chronic Lymphocytic Leukaemia: A Randomised Controlled Trial**Speaker**

Ellie Miles

15:30-15:45

Effect of a Multidisciplinary Intervention on Fatigue in Lymphoma Survivors with Persistent Fatigue- A Randomized Controlled Trial (the REFUEL-trial)**Speaker**

Dr Synne-Kristin Hoffart Bøhn

15:45-16:00

Improving health outcomes after endometrial cancer: the ACUMEN trial**Speaker**

Eliza Macdonald

16:00-16:15

Specific exercise is more effective than medication - prevention and treatment of Chemotherapy-induced peripheral neuropathy - State of the art**Speaker**

Fiona Streckmann

16:15-16:30

Effects of supervised aerobic and resistance exercise on quality of life in men with metastatic prostate cancer: Results from the INTERVAL-GAP4 trial**Speaker**

Dr Ki-Yong An

16:30