

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**

Poster Session

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

Wednesday 22 July

12:00

Poster Session: 1.1 Innovative Trials

Poster Session |

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

Protocol for ADHERE: a randomised controlled trial evaluating a digital exercise intervention with virtual supervised group exercise sessions compared to standard of care for patients receiving androgen deprivation therapy for prostate cancer

Speaker

Emily Curtis

RISE-YA: A Novel Intervention for Young Adult Brain Tumor Survivors with Cancer Related Fatigue-Study Protocol for a Randomized Controlled Trial

Speaker

Emily C. LaVoy

Personalized exercise to prevent chemotherapy-induced peripheral neuropathy: protocol for a randomized controlled trial (CIPN-EX Trial)

Speaker

Dr Lore Dams

EXERTION-mC: A protocol for EXERcise during chemoTherapy infusION to improve outcomes for people with metastatic Colon cancer

Speakers

Kate Edwards, Catherine Seet-Lee, Jasmine Yee

Impact of aerobic exercise on adipose tissue, muscle health and sarcopenia in people with colon cancer: a CTG CO.21 sub-study protocol

Speaker

Dr Ignacio Catala Vilaplana

Exercise training in patients with malignant melanoma undergoing neoadjuvant checkpoint inhibitor therapy - NEO-MEL TRAIN

Speaker

Rasmus Døssing

Lymphedema Incidence and Intervention After Endometrial Cancer: Protocol for a Randomized Controlled Trial

Speaker

Tormod Nilsen

Men United: Evaluating the Feasibility and Acceptability of Translating the Danish FC Prostate Cancer Programme to Ireland, Protocol for a Mixed-Methods Study

Speaker

PATRICIA SHEEHAN

Can exercise improve the outcome in non-small cell lung cancer patients upon immunotherapy? Introducing a Study Protocol.

Speaker

Elisabeth Taucher

A tailored exercise and nutritional intervention for improving early-stage NSCLC outcomes: the STARLight study**Speaker**

Sara Pilotto

Efficacy of a group-based videoconference intervention to increase physical activity in cancer survivors: A study protocol**Speaker**

Heather Leach

Effectiveness of a supervised multimodal exercise intervention on persistent Cancer therapy Induced peripheral neuropathy: protocol of the SICILY multicenter randomized controlled trial**Speaker**

Nida Huijben

A phase III, multi-state, randomised controlled trial evaluating the addition of exercise or compression therapy to best-practice usual breast cancer care to prevent breast cancer-related lymphoedema: The ACHIEVE trial protocol**Speaker**

Ms Camila Sanchez Saez

Home-Combo: an online home-based exercise intervention for women with breast cancer undergoing neoadjuvant chemotherapy: study protocol for a 2-arm pragmatic randomized controlled trial.**Speaker**

Pedro Ramos

Design of a multicenter randomized controlled trial to assess the effects of exercise And Diet on quality of life in patients with Incurable Cancer of Esophagus and Stomach: the RADICES study**Speaker**

Ms Linde Huis in 't Veld

Randomized controlled trial of the Effects of combined resistance and Aerobic exercise on Health-related quality of life in patients undergoing first-line chemotherapy for metastatic colorectal cancer (REACH): A Trial Protocol**Speaker**

Simon Nørskov Thomsen

Feasibility and implementation of digital cancer rehabilitation in South Baltic Countries - Study protocol and preliminary results from the AMBeR eRehab study**Speaker**

Dr Gunn Ammitzbøll

Effect of a 12-month multidisciplinary rehabilitation intervention on fatigue, work, and health-related quality of life among breast cancer survivors with chronic fatigue - A protocol abstract of the randomized ReCharge Trial.**Speaker**

Dr Synne-Kristin Hoffart Bøhn

Physical Activity and physical function in men undergoing hormone therapy for Prostate Cancer - The PAPC study

Speaker
Dr May Grydeland

Improving Response to Chemotherapy by Adding Physical Exercise in the Neoadjuvant Setting of Breast Cancer Patients - Study Protocol for the KEYMOVE trial

Speaker
Nuno Dias Rato

ENERGY study: Efficacy of a program combining exercise, nutritional management and psychological support in patients aged ≥ 70 years included in early clinical trials (phase I)

Speaker
Baptiste Fournier

13:15

12:00

Poster Session: 1.2 Muscle (Mass), Strength, Function and Body Composition

Poster Session |

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

Comprehensive Effects of Prolonged Structured Exercise on Fitness, Body Composition, and Quality of Life in Cancer Patients

Speaker
andrea trevisan

Loss of Skeletal Muscle Mass During Systemic Cancer Treatment: A Systematic Review and Meta-analysis

Speaker
Lukas Svendsen

Shoulder function in breast cancer survivors with subacromial impingement

Speaker
Suzi Wolfram

Cardiorespiratory fitness and muscle strength responses to exercise in advanced lung cancer: a systematic review and meta-analysis

Speakers
Prof. Eisuke Ochi, Dr Takuya Fukushima

Meeting muscle-strengthening guidelines and measures of muscle mass and strength in the German National Cohort (NAKO)

Speaker
Mr Julian Brummer

Beyond Muscle: Neuro Fascial Health as a Missing Piece in Exercise Oncology

Speaker
Dr Stephanie Otto

RESISTANCE TRAINING IS KEY TO MAINTAIN AND IMPROVE MUSCLE MASS AND WHOLE BODY PHASE ANGLE DURING AND AFTER TREATMENTS FOR A HODGKIN'S LYMPHOMA PATIENT

Speaker
Mr Pedro Correia

Assessment Methods for Fascial Connective Tissue

Speaker
Prof. Werner Klingler

Resistance Exercise as a Therapeutic Strategy for Cancer-Related Sarcopenia: Molecular Insights from a Preclinical Model

Speaker
Rafael Deminice

DOSE RESPONSE EFFECT OF EXERCISE ON FUNCTIONAL CAPACITY AND BODY COMPOSITION IN CANCER SURVIVORS.

Speaker
Mr Mauricio Lopes

Feasibility and Preliminary Efficacy of Heavy Lifting Strength Training versus Usual Care in Head and Neck Cancer Survivors: A Randomized Controlled Trial (the LIFTING 2 Trial)

Speaker
Ms Stephanie M. Ntoukas

Body Composition Modulates Acute Chemokine Responses to Combined Exercise Before Cancer Treatment in Women with Breast Cancer

Speaker
Miguel Conceição

12:45

12:00

Poster Session: 1.3 Symptommanagement and QoL

Poster Session |

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

Exercise effects on quality of life and fatigue in patients living with and beyond cancer with low or clinically elevated symptoms of anxiety or depression: A pooled analysis of individual patient data of 30 RCTs

Speaker
Aniek Bonhof

Protective Neurocognitive Effects of High-intensity Interval Training (HIIT) among Women with Breast Cancer Receiving Chemotherapy: interim analysis results from the CLARITY Trial

Speaker
Christina Dieli-Conwright

The Effects of 12-Weeks of Exercise on Cancer-Related Fatigue Over Time in Cancer Patients

Speaker
Dr Deborah Middleton, Ph.D.

Impact of Household Income on Physical Activity, Depression Symptoms, Fatigue, Pain and Sleep Quality among Latina/Hispanic Breast Cancer Survivors

Speaker
Anderson Vulczak

Effects of the Multimodal Oncology Rehabilitation Exercise (MORE[©]) program on cognitive performance, sleep quality, and psychological distress amongst head and neck cancer survivors undergoing chemoradiotherapy (CRT).

Speaker
Ms Hritika Pai

YOCAS[©]® Yoga, Symptom Burden, and Symptom Interference with Work and Activities of Daily Living (ADLs) in Cancer Survivors: A Nationwide Multicentered Randomized Controlled Trial (RCT) in the United States

Speaker
Dr Alisha Chakrabarti

Resistance Training and Psychological Well-Being in People Diagnosed with Cancer: A Feasibility Study

Speaker
Jay Calder

INFLUENCE OF PHYSICAL ACTIVITY LEVEL ON THE DEVELOPMENT OF CHEMOTHERAPY-INDUCED PERIPHERAL NEUROPATHY: PRELIMINARY DATA

Speakers
Guilherme Ramos, Vitor Hugo Rodrigues

Randomized comparison of supervised exercise for lymphedema and related arm symptoms: SAFE trial exploratory analyses

Speaker
Kira Bloomquist

The effects of a tailored eight-week therapeutic exercise programme on fatigue, physical and mental parameters in breast cancer survivors: Case series

Speaker
Prof. EVDOKIA BILLIS

Meeting Physical Activity Recommendations Attenuates Obesity-Related Functional and Quality of Life Impairments in Women with Breast Cancer

Speaker
Prof. Paola Sanches Cella

Exercise Training Before, During, and After TIL Therapy in Malignant Melanoma

Speaker
Louise Lehrskov

Week-to-Week Acute Fatigue Response to Exercise During an Outpatient Cancer Rehabilitation Program

Speaker
Hannah Parker

Beneficial effects of exercise on breast cancer patients undergoing aromatase inhibitors: Scoping Review

Speaker
Jinyoung Moon

Exercise for bone metastases: Effects on physical function, symptoms, and quality of life - A scoping review

Speakers

Dr Eisuke Ochi, Takuya Fukushima

Structured Respiratory Training Improves Clinical Eligibility for Deep Inspiration Breath Hold in Left-Sided Breast Cancer Radiotherapy

Speaker

Dr Javier Morales

Taking back control' through exercise: a qualitative exploration of treatment-related side effects and physical activity in women during treatment for ovarian cancer

Speaker

Melanie Plinsinga

Physical activity and quality of life five years after in-person Alberta Cancer Exercise (ACE) participation.

Speaker

Christopher Sellar

Reducing Symptom Burden Through Physical Exercise in Melanoma Patients Under Immunotherapy or Targeted Therapy: the RESPECT Trial - First Insights Into an Ongoing Trial

Speaker

Simon Basteck

Exercise Interventions for Cancer-Related Fatigue and Related Symptoms in Racialized Women with Cancer: A Systematic Review

Speaker

Danielle Lawrence

Outcome measures to assess the effectiveness of exercise interventions on chemotherapy-induced peripheral neuropathy (CIPN): a scoping review

Speaker

Trei Lindstrom

Prospective Associations Between Sleep Quality and Patient-Reported Outcomes During Neoadjuvant Treatment for Breast Cancer

Speaker

Carla Malveiro

Structured exercise therapy program for uveal melanoma patients. A randomized-controlled trial on quality of life, visual-coordinative capacity, cardio-pulmonary fitness and microvascular functioning.

Speaker

Michael Mendes Wefelnberg

13:15

12:00

Poster Session: 1.4 Pediatric Oncology/ Adolescents and Young Adults

Poster Session |

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

Four weeks of high-intensity interval training improves vascular endothelial function and cardiopulmonary exercise testing performance in both young cancer patients and healthy individuals

Speaker
Dr Damir Zubac

Exercise training program during and after treatment in lymphoma pediatric cancer population (StaiBene3.0! Plus Project)

Speaker
Dr Elisabetta Baldo

Long-Term Psychosocial Outcomes in Childhood Cancer Survivors

Speaker
Anne Ceulemans

18 months of physical exercise effects in children and teenagers with cancer diagnosis

Speaker
Alice Francisco

Psychosocial factors and their association with physical activity and exercise capacity in childhood cancer survivors compared to healthy controls: a cross-sectional study

Speaker
Nel Van Ermengem

CHEMOTHERAPY-RELATED CARDIOTOXICITY CAN BE PREVENTED THROUGH EXERCISE IN CHILDHOOD CANCER SURVIVORS: A FRAMEWORK FOR EXERCISE-INDUCED CARDIOPROTECTION

Speaker
Mrs CHLOE SHOLLER

Quality of Life and Functional Capacity in Brazilian Pediatric Cancer Patients: A Correlational and Mediation Analyses

Speaker
Ricardo Artur Etchatz Bilac

Life Satisfaction and Emotional Distress Among Family Members of Children Undergoing Cancer Treatment: A Pilot Study

Speaker
Ricardo Artur Etchatz Bilac

Gross Motor Coordination in Pediatric Oncology Patients Compared to Normative Motor Quotients

Speaker
Ricardo Artur Etchatz Bilac

Identification of Pediatric Sarcopenia in Oncology: A Comparative Analysis of Anthropometric, Functional, and Strength-Based Models

Speaker
Ricardo Artur Etchatz Bilac

Toward targeted exercise and dietary interventions for adolescents and young adults with cancer

Speakers
Marlou Floor Kenkhuis, Dr Laurien Buffart

A Qualitative Investigation of Family Experiences of ‘CHAMPs’: a 12-week Multi-component Physical Activity Behaviour Change Intervention for Childhood and Adolescent Survivors of Cancer

Speaker
Mairéad Cantwell

Do Physical Impairments Shape Gait in Childhood Cancer? Evidence of Compensatory Strategies to Ensure Safe Walking: A Cross-Sectional Correlation Study

Speaker
Ms Mareike Kühn

12:45

12:45

Poster Session: 1.5 Hematology & Advanced Cancer

Poster Session |

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

Functional Performance Differences Between Patients With Advanced Colorectal Cancer Before Chemotherapy and Age-Matched Older Adults: A Comparative Cross-Sectional Analysis Using Handgrip Strength, Timed Up and Go, and Sit-to-Stand Tests

Speaker
Mr Fabricio Teixeira Garramona

The effects of a supervised exercise intervention on objectively and subjectively assessed physical activity and physical fitness outcomes in patients with metastatic breast cancer

Speaker
David Binyam

Baseline Physical Function Predicts Toxicity Outcomes After Chimeric Antigen Receptor T-Cell Therapy in Non-Hodgkin Lymphoma

Speaker
Rhodora Fontillas

Clinical Concerns and Functional Changes In Adults With Hematologic Malignancies Undergoing CAR T-cell Therapy

Speaker
Adeline Farrington

Physical performance decline during exercise therapy as a potential early indicator of glioblastoma recurrence: Preliminary observations from a prospective exercise trial

Speaker
Dr Johanna Engl

Resistance training is a safe, feasible and highly beneficial exercise intervention in a breast cancer survivor with liver metastasis, osteopenia and subjected to unilateral mastectomy

Speaker
Ms Catarina Oliveira

MyeEx-Impact: a randomised controlled trial of bone-targeted exercise for people with multiple myeloma - an overview of study performance

13:15

Speaker
Dr Jennifer Nicol

12:45

Poster Session: 1.6 Late Breaking

Poster Session |

13:15

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

Thursday 23 July

11:45

Poster Session: 2.1 Mechanism

Poster Session |

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

Immune Responses to Continuous and Interval Exercise Across Individualized Intensity Zones and Durations in Healthy Adults

Speaker

Lukas Spielbüchler

Exercise intensity in modulating immune responses and clinical outcomes in cancer survivors: A scoping review

Speaker

Dong-Woo Kang

Effects of exercise on gut microbiota in patients with cancer: A Scoping Review

Speakers

Chenru Zhang, Eisuke Ochi, Takuya Fukushima, Yosuke Tsuchiya

Prehabilitation as a biologically active intervention reprograms pancreatic tumor-immune microenvironment to enhance anti-tumor immunity

Speakers

Renee Stubbins, Dr Atiya Dhala, Dr Hong Zhao

Physical activity and the microbiota in cancer- what do we already know?

Speaker

Isla Veal

Exercise Timing as a Determinant of Anti-Cancer Efficacy

Speaker

Shogo Sato

Combined exercise training modulates extracellular vesicle-associated microRNAs and tumor transcriptomics in breast cancer patients during a pre-treatment window-of-opportunity

Speaker

Dr Guilherme Telles

Short-term metabolic and physical adaptations to low-carbohydrate time-restricted feeding with and without exercise

Speaker

Mr Eun Chan Kim

Tissue blood flow at rest and during exercise in lymphoma and breast cancer patients

Speaker

Ms Venny Laitinen

On the Neuro-Fascial Interface: An Empirical Synthesis of Experimental and Clinical Evidence regarding the Role of Vagal Tone in Exercise Oncology

Speaker

Dr Marc N. Jarczok

Preliminary pharmacokinetic findings of integrating body composition & physical activity to predict paclitaxel induced dose-limiting toxicities in women with breast cancer: the PABTOX trial.**Speaker**

Prof. Nele ADRIAENSSENS

Understanding the Mechanisms underlying the effects of Exercise on Cancer-Related Fatigue: A Systematic Review of Randomized Controlled Trials**Speaker**

Janine Krans

Acute Exercise Preferentially Increases B-Cell-Derived Cell-Free DNA In Adults with Chronic Lymphocytic Leukaemia**Speaker**

David Bartlett

Subtype-Specific Molecular Responses of Breast Cancer Cells to High-Intensity Interval Exercise-Conditioned Human Serum**Speakers**

Dr Mayalen Valero Breton, Mr Pablo Ledesma Roncero

Eccentric Exercise in Rodents: Modeling Resistance Training for Translational Oncology Applications.**Speaker**

Erin Giles

Preoperative Metabolic Inflexibility Predicts Impaired Plasma Metabolite Clearance Following Radical Cystectomy**Speaker**

Mr Thomas Boucher

Running session-conditioned human serum reduces cancer cell spheroid formation**Speaker**

Asja Conti

Aerobic exercise leads to a greater mobilization of CD8+ T cells and NK cells compared to resistance exercise**Speaker**

Linda Ericsson

Integrating Physical Activity and Diet into Mechanisms of Metabolic Dysregulation and Cancer Risk: Insights from the MeDOC Consortium**Speaker**

Dr E. Angela Murphy

Characterizing Glucose Homeostasis and Metabolic Response to Exercise in Patients with Metastatic Colorectal Cancer: Two Embedded Sub-Studies within the REACH Trial**Speaker**

Laura Amira Kassem

Exploring Exercise Oncology Through 3D In Vitro Models: Impact of Exercise-Conditioned Serum on Breast Cancer Cell Tumorigenicity

Speaker

Prof. Mauro De Santi

Effects of Combined Exercise Training on Tumor Blood Flow Assessed by Doppler Ultrasound in Breast Cancer

Speaker

Dr Olivia Moraes Ruberti

Dietary Antioxidant Quality and Cognitive Function Among Cancer Survivors: NHANES 2011-2014

Speaker

HyungRok Lee

Aerobic Exercise Training and β 2-Adrenergic Signaling in the Regulation of Immunosuppression in Cancer

Speaker

Janaina da Silva Vieira

Exercise-Driven miRNA Seed Sequence Therapy for Colorectal Cancer Control

Speaker

Mr Jeremy J. Kim

13:00

11:45

Poster Session: 2.2 GI & Lung

Poster Session |

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

Sedentary Behavior Is Associated with Impaired Cardiac Parasympathetic Modulation in Patients with Stage III-IV Colorectal Cancer: A Pilot Study

Speaker

Lilian Messias Sampaio Brito

A cross sectional study evaluating physical activity its relationship with functional status and quality of life in newly diagnosed patients with thoracic cancer

Speaker

Christian Ciurnelli

Histology-specific meta-analysis of physical activity and lung cancer: the modifying role of gender across subtypes

Speaker

Sungwoo Lee

Predictors of Adherence in a Personalized Lung Cancer Exercise Trial: Results from the PEP Study

Speaker

Victoria Bandera

RETOS: Personalized Community-Based Physical Activity and Behavior Change Intervention in Lung Cancer Survivors Receiving Immunotherapy: A Pilot Study

Speaker

Paula Jakszyn

In-Person versus Remote Delivery of a Yoga Intervention for Patients with Thoracic Cancers and their Family Caregivers

Speaker
Dr Meagan Whisenant

Yoga for Patients Undergoing Thoracic Radiotherapy and their Family Caregivers: Results of a Randomized Controlled Trial

Speaker
Dr Kathrin Milbury

Physical assessment outcomes in patients with pancreatic cancer: Baseline data from a European multicenter RCT

Speaker
Lisa Schwab

Cardiopulmonary Fitness, Postoperative Complications, and Length of Stay Following Robotic-Assisted Colorectal Cancer Surgery

Speakers
Dr Mia Burleigh, Mr James Saldanha

Effectiveness of implementing a supervised physical exercise program in the clinical care of patients with lung cancer

Speaker
Ángel Carrasco Carretero

Effect of postoperative exercise on bowel function in patients with stage 1-3 colorectal cancer: a randomized controlled trial

Speaker
Bo Yeon Kim

13:00

11:45

Poster Session: 2.3 Implementation

Poster Session | **Location:** Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

Global Dissemination of a Community-Integrated Clinical Exercise Oncology Model: The Maple Tree Cancer Alliance Approach

Speaker
Karen Wonders

Qualitative study on physiotherapy in advanced cancer care: barriers, facilitators, and pathways to excellence

Speaker
Luna Gauchez

Challenges in Exercise Promotion for Bone Metastases: A Cross-Sectional Study of Healthcare Providers

Speaker
Anita Borsati

A pragmatic evaluation of community-based lymphoedema services for individuals at risk of, or living with, cancer-related lymphoedema

Speaker
Dr Mairéad Cantwell

Implementing Group Workshops to Support Women Living with Treatment-Induced Menopause during Cancer Care

Speaker

Gemma Harris

Using Mixed Methods to Develop a Theory-driven Narrative Intervention Strategy to Promote Resistance Exercise Among Black Breast Cancer Survivors

Speaker

Angela Fong

“It all comes down to relationships and money, which it shouldn’t, but that’s healthcare”: Exploring funding models and funding-related barriers and facilitators to exercise oncology

Speaker

Georgia White

Developing Agency in Cancer Patients by Bridging Theory and Practice: a 7-Week Outdoor Group-Based 4×4 Training: A Pilot Study

Speaker

Rūdolfs Cešeiko

Developing a Sustainable Cancer Rehabilitation Program: An 18-Year Program Translating Evidence into Practice

Speaker

Joanne Beasley

Implementation of a multi-professional care pathway and network for the promotion of needs-oriented exercise therapy for cancer patients - The MOVE-ONKO care approach

Speaker

Dr Katharina Graf

A Novel Collaboration between a Large US Health Plan and Providers to Implement Exercise Oncology at Scale

Speaker

Kathryn Schmitz

IMPACT OF A COMMUNITY-BASED EXERCISE PROGRAM ON PHYSICAL FITNESS IN CANCER PATIENTS

Speaker

Mr Jaime Pérez Vélez

Demand for Dance Based Exercise Program: Lessons From a Cancer Charity

Speaker

Mr DAVID MAKUMI- KINYANJUI

Perceptions and practices of healthcare professionals regarding exercise for people receiving immune checkpoint inhibitor immunotherapy for cancer.

Speaker

Dr Eva Zopf

Using a community-engaged approach to evaluate implementation of a physical activity intervention with rural breast cancer survivors

Speaker

Scherezade Mama

Exercise in Oncology: Variations in Clinical Practice and Barriers by Professional Role and Years of Experience in Latin America**Speaker**

Paulo Bergerot

Acceptability, Appropriateness, and Utility of an Online Decision Tool (The Exercise in Cancer Evaluation and Decision Support algorithm; EXCEEDS) to Support Adults Moving Through Cancer**Speakers**

Karine E Ronan, Dr Michelle B Nadler

OnkoMoveNurse - FIT by nurses: Physical activity in people with cancer during systemic antitumor therapy in an oncology day clinic initiated by nurses - Proof-of-concept study on the implementation of a person-centered physical activity concept**Speakers**

Ms Ramona Engst, Prof. Antje Koller

A Community-Based Exercise Oncology Model Delivering No-Cost Programming Across the Cancer Continuum**Speaker**

Ms Jennifer Bires

International Network for exercise oncology: Guidelines, Training, and Implementation - International OncoExGuide**Speaker**

Dr Aude-Marie Foucaut

Physical Exercise for Patients with Lung Cancer: A Danish Clinical Guideline**Speaker**

Morten Quist

Healthcare professionals' perspectives on delivering exercise during chemotherapy infusion: Insights from the EX-FUSION Trial**Speakers**

Catherine Seet-Lee, Kate Edwards, Jasmine Yee

Advancing Training in Oncological Exercise Therapy: Physiotherapists' and Exercise Therapists' Perspectives on an Online-Education Program**Speaker**

Melanie Reitz

Preliminary Effectiveness of the Comprehensive Oncology Rehabilitation and Exercise (CORE) Clinical Workflow Algorithm on Exercise Engagement, Physical Function and Health-Related Quality of Life From Diagnosis and Throughout Care in Early Stage Breast Cancer**Speaker**

Adriana Coletta

Exercise Oncology Starts Here: Innovative Undergraduate Training for Tomorrow's Professionals

Speaker
Dr Keith Thraen-Borowski

From Optional to Essential: Embedding Exercise Medicine into Routine Cancer Care in a Real-World Setting

Speaker
Ms Lauren Whiting

A nominal group technique to achieve consensus regarding the integration of a physical activity pathway in Irish cancer care

Speaker
Michael O'Brien

Design and implementation of a personalized exercise program for improving physical function in cancer survivors (CanReAct Project)

Speaker
Dr ANANYA GUPTA

Integrating Exercise Oncology in the Community Through a Nonprofit Model

Speaker
Krystle Zuniga

13:00

11:45

Poster Session: 2.4 Behavioural Int & PA Behaviour

Poster Session |

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

Integrating Attitudes, Capability, Self-Regulation, and Habit to Identify Behavioral Profiles in Prostate Cancer Survivors: A Latent Profile Analysis

Speaker
Hui Xiao

The feasibility of a multi-phasic, exercise-based intervention utilising behavioural change, dyadic coping and wearable technology in women before and after surgery for early-to-locally advanced breast cancer

Speakers
Mr Edward Stanhope, Dr Ian Lahart

The effectiveness of theory-based, multiple movement behaviour interventions in adults living with and beyond cancer: a systematic review

Speaker
Mr Jian Kun Zhan

Demographic, lifestyle, and clinical factors associated with accelerometer-based physical activity in patients with head and neck cancer: a prospective cohort study

Speaker
Dr Caroline Speksnijder

Perceptions of Patients on Lifestyle Habits and Quality of Life During Cancer Treatment

Speaker
Alice Francisco

Effects of exercise on psychological caseness and psychosocial predictors of responses in people with cancer

Speaker

Dr Hao Luo

Exercise Activity Patterns Among Patients with Breast Cancer During and After Chemotherapy: A URCC NCORP Nationwide Prospective Longitudinal Cohort Study

Speaker

Lindsey Mattick

Early Intervention Exercise and Nutritional Education Shows Promising Results in Cancer Survivorship in the Life Insurance Industry.

Speaker

Ms Megan Scott

Adherence to physical activity recommendations and health-related quality of life in long-term survivors of breast, prostate or colorectal cancer

Speaker

Chunsu Zhu

Advancing Communication on Physical Activity for Health: Creation of a Slogan and its Visualization

Speaker

Duc Truong Nguyen

ACTIVATE: A pilot randomized Activity Coaching Trial to Increase Vitality and Energy during post-operative pelvic radiation therapy for endometrial cancer

Speaker

Dr Melissa Miller

Exploring the Sense of Coherence (SOC) Across Treatment Stages in Breast Cancer Survivors: A Qualitative Study

Speaker

Kim Minji

Perspectives and needs of cancer survivors and stakeholders on the development of a combined lifestyle intervention for cancer survivors: a qualitative study

Speaker

Nadine Florisson

Mental Health Constructs and Tools in Exercise Oncology: A Systematic Review and Meta-Analysis

Speaker

Jamie Chong

Dose-response association of accelerometry-measured physical activity and sedentary time with non-communicable diseases: a systematic review and meta-analysis

Speaker

Dong Hoon Lee

Exercise preferences and barriers in cancer survivors: A cross-sectional study

Speaker
Dr Konstantinos Kiliarntas

An Exploratory Analysis of 24-Hour Movement Behaviors in Individuals with Cancer Completing a 12-Week Resistance Exercise Intervention

Speaker
Hannah Parker

“I know it will make me feel better”: A qualitative study on physical activity in people with melanoma receiving immunotherapy

Speakers
Jasmine Yee, Kate Edwards, Sarah Marvin

Baseline Physical Activity in the Canada-wide EXercise for Cancer to Enhance Living Well (EXCEL) study: Understanding Rural/Urban Differences

Speaker
Jonathan Low

Physical activity before and after radiotherapy. Reports from older patients with cancer

Speaker
Dr Marit Slaaen

Predictors of accelerometer-measured physical activity in real-life settings among older adults with cancer: the role of motivation and fatigue

Speaker
Mathis Brusseau

13:00

14:00

Poster Session: 3.1 Porstate

Poster Session | **Location:** Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany

Presence of sarcopenia among Black prostate cancer survivors undergoing androgen deprivation therapy

Speaker
Salvatore Ficarra

Adherence-dependent longitudinal effects of Nordic Walking on clinical, functional, cardiometabolic outcomes in sedentary men undergoing prostate cancer screening: a real-world prospective study

Speakers
Dr Franco Giuseppe Giuliano Scrivano, Giovanna Chiorino

Is it possible to run small group-based exercise classes for prostate cancer patients undergoing ADT & RT in Christchurch hospital, New Zealand: A Feasibility study

Speaker
adiella stewart

Effects of a Home-Based Walking Intervention on Serum Metabolomic Profiles in Men with Prostate Cancer on Active Surveillance

Speaker
June Chan

Effect of exercise on anxiety and depressive symptoms among men with metastatic prostate cancer: results from the INTERVAL-GAP4 randomized controlled trial

Speaker

Erin L. Van Blarigan

Comparing aerobic and resistance exercise emphasis during androgen deprivation and radiation therapy for prostate cancer

Speaker

Dr Kira Murphy

Criterion validity of commonly used physical activity questionnaires in men with advanced prostate cancer

Speaker

Aleksander Solberg

Examining the effects of a new training concept during the initial phase of androgen deprivation therapy in men with prostate cancer

Speaker

Simon Oesth

Applying a 4-Phase Postpartum Runner Rehabilitation Approach to Stress Urinary Incontinence in a Post-Prostatectomy Patient: A Case Report

Speaker

Dr McKinzey Dierkes

14:45

14:00

Poster Session: 3.2 Digital & Remote

Poster Session |

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

Feasibility and preliminary efficacy of online group and individual yoga for depression and anxiety in women with breast or gynecological cancer: a comparative mixed-methods study

Speaker

Maria Gonzalez

Compliance to a virtually supervised aerobic and resistance exercise program among Latina/Hispanic breast cancer survivors: The ROSA Trial

Speaker

Rebekah Wilson

Preliminary Results of a Pragmatic Randomized Controlled Trial Testing a Cancer-Specific Exercise Mobile App in Breast Cancer Survivors

Speaker

Myriam Filion

Exploring optimal social dynamics during live-remote exercise following cancer treatment: An international concept mapping study

Speaker

Ms Esther de Jongh

Digital Health Resources promoting Physical Activity among People Living with and beyond Cancer: an Environmental Scan

Speaker
Elisa Habluetzel Esposito

Individualized App-based Exercise Therapy for Cancer Patients: Assessing Patient Adherence and Comprehensive Physical Assessments

Speaker
Ms Kira Enders

A tailored, side effect-targeted, yoga-based intervention for cancer survivors: development and implementation within the PREFERABLE-II LION Multinational Randomized Controlled Trial (RCT)

Speaker
Patricia Blickle

UPMC Moving Through Cancer: A Telehealth Exercise Program for Older Adults Receiving Active Infusion Therapy

Speaker
Melanie Potiaumpai

Digital cancer prehabilitation to improve physical fitness: a scoping review and concept analysis

Speaker
Tycho Zuijlen

A feasibility of a Digital Therapeutics for Improving Bowel Symptoms in Rectal Cancer Patients: a single-center, single-arm feasibility study

Speaker
Ms Hye Yeon Kim

A 12-Week Remote Exercise Intervention for Older Adults With Cancer and Functional Impairment

Speaker
Cristiane Bergerot

Feasibility of Live Remote Exercise for Adults with Advanced Cancer and Cachexia: Results from the ACE Trial

Speakers
Dr Kelcey A. Bland, Eva M. Zopf

Preliminary Patterns of Adherence to Remote Exercise During Neoadjuvant Chemotherapy: Insights from the NeoACT Trial

Speaker
Lea Stark

14:45

14:00

Poster Session: 3.3 Individualized

Poster Session |

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

Effects of Periodized and Non-Periodized Training Interventions on Psychosocial Parameters in Cancer Survivors: A randomized controlled trial

Speaker
Nikolai Bauer

Low-Load Blood-Flow Restriction Training - Initial findings and potentials in Exercise Oncology

Speaker

Dr Frieder Krause

Effects of high-intensity interval training during or after intravesical therapy for bladder cancer on motivational outcomes: results from a feasibility randomized controlled trial

Speaker

Fernanda Arthuso

Feasibility and Effects of a Supervised Exercise Program in Patients Receiving Active Oncologic Therapies: Data from a Prospective Interventional Study

Speaker

Alice Avancini

Non-Response to Resistance and Aerobic Training among Cancer Patients and Associated Factors: A Systematic Review

Speaker

Katharina Maria Herzog

Efficacy of Individualized Exercise Prescription in Cancer Rehabilitation

Speaker

Oliver Növermann

Exercise as combination partner for cancer immunotherapy

Speaker

Sara Fresnillo Saló

Heart Rate Variability in Breast Cancer: Influence of Hormone Receptor and HER2 Status and Host-Related Factors

Speaker

Marina Livia Venturini Ferreira

Home-based exercise training for medically underserved men undergoing treatment with ADT

Speaker

Dr Alexander R. Lucas

The perceptions of a home-based blood flow restriction training program during and after treatment for hepatopancreatobiliary cancer

Speaker

Sara Mijwel

Ventilatory and metabolic thresholds in colorectal, breast and prostate cancer patients throughout a 6-month home-based exercise intervention - data from the CRBP-TS-study

Speaker

Ms Mailin Beyer

Pre- and postoperative energy expenditure in major liver resection: what do we ask of a patient?

Speaker

Ms Lis Hoeijmakers

Exercise tailored to patients with rare cancers.**Speaker**

Dr Marieke ten Tusscher

15:15

14:00

Poster Session: 3.4 Breast Cancer & Gyn**Poster Session** |**Location:** Heidelberg Congress Center , Heidelberg Congress Center, Czernyring 20 69115 Heidelberg Germany**Does the type of endocrine therapy influence the effect of Mat Pilates on pain, anxiety, and depressive symptoms in breast cancer survivors? A randomized controlled trial****Speakers**

Dr Josefina Bertoli, Prof. Cíntia de la Rocha Freitas

Recruiting and Retaining Breast Cancer Patients undergoing Neoadjuvant Chemotherapy into a Randomized Controlled Exercise Trial**Speaker**

Prof. Pedro Júdice

Delivering a physical activity intervention during breast cancer chemotherapy: recruitment, adherence, and attrition**Speaker**

Elizabeth Salerno

Risk-Guided Rehabilitation After Breast Cancer: Development, Validation, and Implementation of the ARM-BCT Tool**Speaker**

Ifat Klein

Effects of Structured Exercise Interventions in Gynecologic Cancer Survivors: A Systematic Review and Meta-analysis of RCT**Speaker**

Susanna Jun

Strong Against Fatigue: How Resistance Training Influences Quality of Life in Breast Cancer Patients**Speaker**

Jasmin Lange

Immediate changes in fatigue, pain, dizziness, nausea, and mood after supervised exercise in patients with breast cancer receiving neoadjuvant chemotherapy**Speaker**

Eva Kjeldsted

Effect of a supervised intermittent exercise program on insomnia in breast cancer patients undergoing chemotherapy**Speaker**

Chloé Drozd

Impact of Structured Exercise vs. Brief Counseling on Pain in Breast Cancer Survivors on Aromatase Inhibitors - The PAC-WOMAN Trial

Speaker
Ines Nobre

The role of Kinesiologist and Adapted Physical Activity as Integrative Medicine in promoting Lifestyle changes in Breast Cancer Survivors

Speakers
Laura Gatti, Laura Bernaroli

Patient characteristics related with exercise training response in breast cancer patients undergoing cancer treatment

Speaker
Maximilian Köppel

Optimising Postoperative Recovery After DIEP Flap Breast Reconstruction: Addressing Unmet Exercise and Education Needs Through Phase-Based Exercise Oncology.

Speaker
Dale Ischia

Treatment-Phase-Tailored Exercise in Breast Cancer: 6-Month Interim Results from a Randomized Controlled Trial

Speaker
Ms Su Jin Yeon

Short- and Long-Term Effects of Supervised and Home-Based Lifestyle Interventions on Quality of Life and Cardiorespiratory fitness in Breast Cancer Survivors: Results from the MOVIS Trial

Speaker
ELENA BARBIERI

Evaluating Exercise Therapy for Managing Breast Cancer-Related Lymphedema: A Systematic Review and Meta-Analysis of Randomised Controlled Trails

Speaker
Chérien Roux

Associations of Phase Angle with Sleep Quality, Fatigue, and Global Health in Women Newly Diagnosed with Breast Cancer

Speaker
Ana Bernardino

Lifting More Than Weights: Implementing the Strength After Breast Cancer Program across Appalachia

Speaker
Dr McKinzey Dierkes

Perceptions and experiences of coping with breast cancer related lymphedema among breast cancer survivors at a tertiary comprehensive cancer care centre in India

Speaker
Dr Nivedita Prabhu

Evaluating Cardiorespiratory Fitness and Functional Outcomes in Women Breast Cancer Survivors: Preliminary Data

Speaker
Aline Gurgel

Effects of Concurrent Resistance Training on Shoulder Strength and Function in Women with Breast Cancer Undergoing Hypofractionated Radiotherapy

Speaker
Dr EMEL TUGRUL

Improving functional capacity and strength in breast cancer women and the correlation with mortality

Speaker
Alice Francisco

Effect of 36 weeks of regular resistance training on double product in women with breast cancer

Speaker
Alice Francisco

The effect of physical exercise on the biomarkers BDNF, VEGF, and CRP in chemotherapy-exposed breast cancer patients with cognitive complaints

Speaker
Stefanie Veenhuizen

Anthropometry and body composition outcomes from the PREDICOP trial - a randomized weight control trial among breast cancer survivors

Speakers
Ms Catalina Bonet, Dr Marta Crous-Bou

15:15

14:45

Poster Session: 3.5 Prehabilitation

Poster Session |

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

Physical activity and prehabilitation in cancer patients

Speakers
Mrs Gudrun Protte, Dr Pauline Lödding

Understanding adherence to exercise prehabilitation in patients with bladder cancer: a preliminary analysis from the ENHANCE randomized controlled trial

Speaker
Maria Lopes

Effect of early exercise on functional recovery and surgical outcomes after post-mastectomy breast reconstruction: A Randomized Clinical Trial

Speaker
Rosa Park

Rationales for prehabilitation programs in patients preparing for oncologic surgery: a systematic review

Speaker
Emine Akdemir

Redefining treatment interval in lung cancer surgery in the era of prehabilitation: A systematic review

Speaker
Lisa Geomini

Effects of Early Postoperative Exercise on Body Composition After Gastrectomy: Secondary Analysis of a Randomized Clinical Trial

Speaker
Taeho Lee

Trimodal prehabilitation during neoadjuvant treatment for resectable non-small cell lung cancer: Preliminary results of a prospective cohort-study.

Speaker
Laurie Assenbaum

The impact of cancer prehabilitation and rehabilitation on one-year survival: The Active Together service evaluation

Speaker
Kerry Rosenthal

Does a Multidisciplinary Prehabilitation and Rehabilitation Program Improve Anxiety and Depression in Patients Undergoing Colon Cancer Resection? Preliminary Results from the ONCOFIT Randomized Controlled Trial

Speakers
Sofia Carrilho-Candeias, Mr Manuel Fernandez-Escabias, Prof. Francisco J. Amaro Gahete

Postoperative Aerobic and Resistance Exercise Training in Patients with Colorectal Liver Metastases - A Randomized Controlled Trial

Speaker
Christina Yfanti

Exercise Prehabilitation to Optimize Functional Capacity in Head and Neck Cancer Patients Planned for Definitive Chemoradiotherapy: The FIT4TREAT Trial

Speaker
Catarina Garcia

Exercise training during neoadjuvant treatment for gastroesophageal cancer: a randomized controlled trial

Speaker
Dr Casper Simonsen

15:15

14:45

15:15

Poster Session: 3.6 Late Breaking

Poster Session |

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