

## **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**

### **Thematic Poster Session**

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

## Wednesday 22 July

12:15

### Thematic Poster Session: 1 Mechanism

Session |

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

12:30-12:35

**Exercise training reshapes the systemic immune environment in patients with metastatic breast cancer: results from the PREFERABLE-EFFECT multi-centre randomised-controlled trial**

**Speaker**

Elisa Heyrman

12:35-12:40

**Acute HIIT preferentially mobilizes virus-reactive CD8+ T cells and enhances leukocyte migratory capacity**

**Speaker**

Katharina Leuchte

12:40-12:45

**Exercise preconditioning alters colon tissue to withstand DNA damage and epigenetic changes during carcinogenesis**

**Speaker**

Fernando Frajacomó

12:45-12:50

**High-Intensity Exercise Serum Alters Glycolytic Metabolism and Proliferation Rate of A549 Lung Cancer Cells**

**Speakers**

Prof. Carlos Soares, Prof. Ana Teixeira

12:50-12:55

**Ultrastructural Skeletal Muscle Adaptations to Resistance Exercise With or Without Creatine Supplementation in Individuals Treated for Colorectal Cancer**

**Speaker**

Dr Thomas Cardaci

12:55-13:00

**Tumor blood flow at rest and during exercise in breast cancer patients**

**Speaker**

Ilkka Heinonen

13:00

12:15

### Thematic Poster Session: 2 Implementation

Session |

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

12:30-12:35

**Evaluating Re-Triage Patterns in an Exercise Oncology Triage and Referral System**

**Speaker**

Erica Schleicher

12:35-12:40

**Predictors of attendance to a referral-based exercise oncology program at a comprehensive cancer center**

**Speaker**

Tarah Ballinger

12:40-12:45

**Assessing the Reach of Exercise Therapy Care Pathways in German Comprehensive Cancer Centers**

**Speaker**

Saskia Blütgen

12:45-12:50

**SweCanMove - The Swedish Network for Exercise and Cancer**

**Speaker**

Dr Annika Grynne

12:50-12:55

**Barriers and Facilitators to Implementing Exercise Therapy in Pediatric Oncology in Germany: A Mixed-Methods Study of Patient and Healthcare Professional Perspectives**

**Speaker**

Rebecca Zimmer

12:55-13:00

**Developing an international consensus to evaluate the practical inclusion of autoregulation in exercise oncology practice**

**Speaker**

Brent Cunningham

13:00

## Thursday 23 July

12:00

### Thematic Poster Session: 3 Mixed Session

Session |

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

12:15-12:20

**Does exercise improve survival after a cancer diagnosis? A living systematic review and meta-analysis of randomized controlled trials**

**Speaker**

Rosa Spence

12:20-12:25

**Innovations in Supportive Cancer Care: Cost-Effective Integration of Exercise Oncology into Radiotherapy Care**

**Speaker**

Kim Edmunds

12:25-12:30

**Four Cochrane reviews on different exercise types for fatigue in people with cancer**

**Speaker**

Carina Wagner

12:30-12:35

**Exercise and Return to work after a cancer diagnosis: A prospective observational study**

**Speaker**

Alina Kias

12:35-12:40

**Moderate-Intensity Aerobic Exercise Improves Cardiac Function in Overweight Breast Cancer Survivors: Results from a Randomized Controlled Trial**

**Speaker**

Mrs Mahnaz Sourani

12:40-12:45

**A Randomized Controlled Trial of a Personalized Telehealth Exercise, Nutrition, and Stress-Management Program for Cancer Survivors**

**Speaker**

Anupam Anand

12:45

12:00

### Thematic Poster Session: 4 Advanced Cancer

Session |

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

12:15-12:20

**Acute Effects of Exercise on Fatigue in Patients with Advanced Cancer**

**Speaker**

Dr Jeff Eagan

12:20-12:25

**Understanding barriers to exercise participation in those living with metastatic breast cancer: insights from the EMBody trial**

**Speaker**

Tarah Ballinger

12:25-12:30

**Promoting IMMunotherapy by Exercise in patients with advanced Renal cell carcinoma (PRIMER)**

**Speaker**

Femke Laarakker

12:30-12:35

**Resistance Training in Incurable Cancer: A Systematic Review of Exercise Prescription, Principles, and Programming**

**Speaker**

Alexander Olai Varjord

12:35-12:40

**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**

**Speaker**

Manon Gouez

12:40-12:45

**Feasibility of Exercise Training in Patients with Advanced Colorectal Cancer During Chemotherapy: Clinical Parameters and Functional Capacity in an Exercise-Oncology Clinical Trial**

**Speaker**

Telma Fátima da Cunha Moraes

12:45