



ADVANCING CANCER SURVIVORSHIP CARE

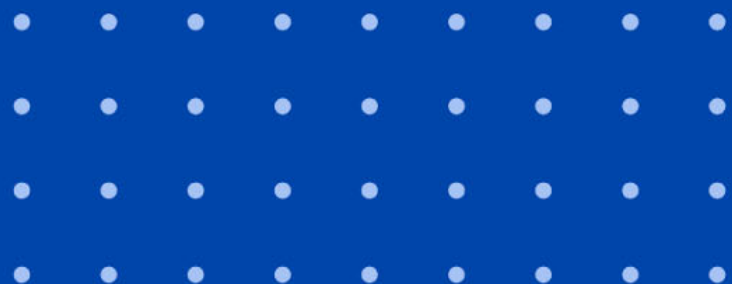
"Evidence-Based Strategies for Health Professionals"

Conference Program

**DAY 1: Australia – Thu 19 Sep 2024 &
DAY 2: USA – Wed 9 Oct 2024**



www.foundation96.com



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IMPORTANT NOTICE

The Advancing Cancer Care Conference program and information is subject to change without notice. We recommend checking for updates regularly to stay informed of any modifications.

Program details are current as of 18 September 2024.



Advancing Cancer Care Conference Program

1. Foreword:

"I am deeply grateful for the tremendous response to our Call for Speakers from our Foundation96 members. The concept for this conference emerged from member discussions and feedback, reflecting a desire to share research, experiences, and learn more within our community. Caring for clients living with cancer or managing the side effects of treatment is a distinguished and specialised task. As part of a multi-disciplinary care approach, this conference is designed to bring together various disciplines to share insights and oncology care strategies. By collaborating, we can better understand our roles and improve client support, striving for enhanced survivorship and quality of life. Sincere thanks to our speakers and sponsors for supporting our inaugural conference – we are privileged to benefit from your wisdom."



- Karen Anderson, Founder and CEO, Foundation96

2. Conference Overview:

Foundation96 started our series of health provider online training programs and building on this success we have launched our inaugural health provider conference.

The theme of the conference is Evidence-Based Strategies for Health Professionals

The objective of our conference is to leverage our training resources to provide a forum for multidisciplinary health professionals to learn more about supporting their clients who are living with cancer or the side effects from cancer treatment. To understand the issues, how to approach them with clients and options and resources available.

All registered delegates will receive a Certificate of Attendance for your continuing professional development.

If you are unable to attend the live session for whatever reason, all registered delegates will have access to the conference recordings.

Details and tickets to both conference days are available on our website >>
<https://foundation96.com/events/>

Conference Special Offers

1. Register for our conference dates before 31 August to receive the Early Bird Discount!
2. Student discounts are available by application send a copy of your student ID and course information to events@foundation96.com
3. Two conference date bundle is also available.



15% DISCOUNT
FOR CONFERENCE
DELEGATES

ONLINE COURSES

Unlock Your Oncology
Expertise with Foundation96

<https://foundation-96.mylearnworlds.com/>



*Terms & conditions apply

3. Conference Program:

The Advancing Survivorship Conference is online via Zoom across two dates and time zones to accommodate our global audience. Tickets are available via Eventbrite.

Day 1. Advancing Cancer Care Conference Thursday, September 19 · 7am - 3pm AEST

Day 1 is held during the Australian time zone, if you can't make it don't worry - the entire conference will be recorded and available for registered delegates. Click the link or copy and paste into your browser for conference tickets:

<https://www.eventbrite.com.au/e/advancing-cancer-survivorship-care-online-conference-aust-2024-tickets-905795658197>

Time Brisbane AEST	Topic	Speaker
7:00 AM	Welcome Address	Karen Anderson, Founder & CEO Foundation96
7:25 AM	Sponsor Session - Cancer Survivorship Provider Network	Leslie Heron, CSPN Founder Located in Deming Washington, USA
7:35 AM	Keynote Speaker - Targeting Barriers to Cancer Survivorship	Dr Jennifer Vaughn, MD Hematologist-Oncologist Located in Ohio, USA
8:55 AM	Healing Through Music and Break	Amie Camie, The Healing Harpist Located in Missouri, USA
9:10 AM	Plenary Session 1: Addressing the Emotional and Psychological Impact of Cancer Treatment	
	Zapping Radiation Side Effects One Session at a Time	Sadie Engelken, Exercise Physiologist Located in Tennessee, USA
	Exploring the Impact of Aesthetic Services on Recovery and Confidence Boosting	Morag Currin, Oncology Training International Located in Canada
	Stress Relief, Pain Management, and Accelerated Healing	Frances O'Brien, Hypnotherapist Located in Los Angeles, USA
	Panel Question & Answer	Facilitated by Denise Stewart Located in Brisbane, Australia
10:35 AM	Navigating the Healing Journey Post-Cancer Treatment: A Personal Perspective	Pat Wetzel, A Bump in the Road Located in Arizona, USA

Time Brisbane AEST	Topic	Speaker
11:05 AM	Break	
11:35 AM	Plenary Session 2: Chronic Fatigue	
	Radiation Fibrosis	Jen McKenzie, Physiotherapist Located in Brisbane, Australia
	Locating and rating stiffness impairments following cancer	Denise Stewart, Occupational Therapist Located in Brisbane, Australia
	Fatigue levels remain as the body recovers after chemotherapy and radiation	Kate Butler, Massage Therapist Located in Melbourne, Australia
	Panel Question & Answer	Facilitated by Karen Anderson Located in Brisbane, Australia
1:00 PM	Quiz	
1:25 PM	How to prevent upper limb lymphedema post mastectomy	Kerelous G Estfanous, Lymphedema Therapist & Physical Therapist Located in Egypt
1:45 PM	A Journey of Healing and Advocacy in Sexual Health	Melissa Hadley Barrett, Sexologist & Nurse Practitioner Located in Perth, Australia
2:00 PM	ReThinking: Reality & Resilience	Jo Clouden, Physiotherapist & Emily Searle, Cancer Coach Located in New Zealand
2:45 PM – 3:00 PM	Conference Wrap-up and Thank you	Karen Anderson, Founder & CEO Foundation96 Located in Brisbane Australia
Conference End		

Thanks to our Sponsor:



Day 2. Advancing Cancer Care Conference Wednesday, October 9 - 7am - 3pm PDT

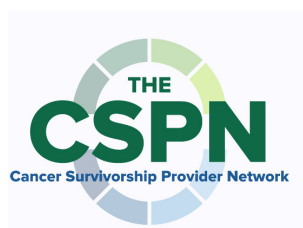
Day 2 is held during the American time zone, if you can't make it don't worry - the entire conference will be recorded and available for registered delegates. Click the link or copy and paste into your browser for conference tickets:

<https://www.eventbrite.com.au/e/advancing-cancer-survivorship-care-online-conference-us-2024-tickets-913285390187>

Time Los Angeles PDT	Topic	Speaker
7:00 AM	Welcome Address	Karen Anderson, Founder & CEO Foundation96 Located in Brisbane, Australia
7:25 AM	Sponsor Session - Cancer Survivorship Provider Network	Leslie Heron, CSPN Founder Located in Deming Washington, USA
7:35 AM	Keynote Speaker - Balancing Well-being: Mastering Stress Through Emotional Intelligence	Dr Wendy Garvin Mayo, DNP, APRN, ANP-BC Located in USA
8:55 AM	Healing Through Music and Break	Amie Camie, The Healing Harpist Located in Missouri, USA
9:10 AM	Plenary Session 1: Comprehensive Pain Management in Cancer Care	
	Fascia & Cancer the Secrets of a Potential Link between two Fascinating Worlds	Dr Stephanie Otto, PhD (Human Biology) Professor, Universidad Fundacion de Barcelo, Buenos Aires; Comprehensive Cancer Center Ulm (CCCU) Located in Germany
	Evidence-based & Practical Nutrition Management of the Oncology Outpatient	Krysty Willams Dietitian Located in South Africa
	When to refer to an acupuncturist through the cancer pathway	Katherine Dandridge Acupuncturist Located in Scotland
	Panel Question & Answer	Facilitated by Denise Stewart
10:35 AM	Transformative Solutions for Hair and Breast Care Post-Cancer Treatment	Anne Roche Hair Replacement Located in Ireland
11:05 AM	Break	

Time Los Angeles PDT	Topic	Speaker
11:35 AM	Plenary Session 2: Evidence-Based Cancer Rehabilitation	
	Benefits of cancer-specialized outpatient cancer rehabilitation services	Dr Kelley Covington Wood, PhD Research Director Located in North Carolina, USA
	Combating Cancer Related Fatigue with Exercise	Stacey Mann Cancer Exercise Located in Virginia, USA
	Trauma Informed Holistic Occupational Therapy Approach for Oncology Population	Shaloo Choundhary Occupational Therapist Located in New York, USA
	Panel Question & Answer	Facilitated by Denise Stewart Located in Monterey, USA
1:00 PM	How a Positive Mindset Can Help You Manage Pain (Interactive session)	Joni Sturgill Counselling Psychology Located in Pittsburgh, USA
1:25 PM	Locating and rating stiffness impairments following cancer	Denise Stewart Occupational Therapist Located in Monterey, USA
1:45 PM	Cancer Treatment and Survivorship through Diversity, Inclusion, and Equity	Rochelle Prosser Registered Nurse Located in Miami, USA
2:00 PM	Pelvic and Sexual Health for Cancer Survivors: A Comprehensive Approach	Beth Hoag Physiotherapist Located in Canada
2:45 PM – 3:00 PM	Conference wrap-up and thank you	Karen Anderson Located in Brisbane, Australia
END		

Thanks to our Sponsor:



Bonus Presentations

Due to the overwhelming support for our conference and paper submissions, we could almost have added a third day! We are pleased to present a series of bonus presentations which will be made available to all conference delegates.

Length (mins)	Topic	Presenter
15:00	Managing Chronic Pain through Movement	Ainslie McLean Certified Pilates Instructor Located in Alabama, USA
15:00	Exercise and Bone Metastases	Dale Ischia Owner & Accredited Exercise Physiologist at Melbourne Exercise Physiology Group/Moving Beyond Cancer located in Melbourne, Australia
	Hands-On Stress Reduction for Lymphedema	Kathleen Lisson Lymphedema Therapist Located in San Diego, USA
15:00	Physical and Psychological Benefits of Pilates	Patti Kreiner Balanced Body® Pilates Educator and Cancer Exercise Specialist Located in Florida, USA
15:00	What's Your Value	Shariann Tom Founder, The Cancer Journey Institute Located in California, USA

FOUNDATION 96

EARLY BIRD
Conference
TICKETS*

* Available until 31 August

7. About Our Speakers

Our incredible lineup of speakers hail from around the world, which truly makes this a global sharing of like minds, we are honoured by the breadth of experience and range of topics that we are presenting. Our speakers are listed in order of appearance.

Day 1: Australian Conference Presenters



Karen Anderson
Founder & CEO
Foundation96
Located in Brisbane,
Australia

Bio: Karen Anderson

Karen Anderson is a dedicated exercise physiologist with decades of experience in cancer care and support. Specializing in the development and implementation of exercise programs for individuals living with and recovering from cancer, Karen has been a pivotal figure in integrating exercise physiology into oncology care.

Throughout her career, Karen has collaborated extensively with oncologists and healthcare providers to create integrated exercise programs tailored to the needs of cancer patients. Her contributions include significant roles with the Leukaemia Foundation (Australia) and as the Chronic Disease Wellness Director at the Carilion Clinic (USA), where she emphasized the importance of integrated care approaches.

Identifying a critical gap in post-treatment support, Karen founded Foundation96, a pioneering virtual cancer health and wellness consulting service. As the CEO and developer of Foundation96, she has established a comprehensive support network for individuals transitioning from formal cancer treatment to daily life. Foundation96 offers a range of services, including personalized health consulting, a resource hub for products and services, and specialized oncology training for health professionals and survivors.

Karen's work through Foundation96 embodies her mission to empower individuals and enhance their quality-of-life post-cancer diagnosis. Located in Brisbane, Queensland, Foundation96 has been making a meaningful difference since its inception in 2014, supporting cancer survivors and their families with innovative and compassionate care.

At this conference, Karen will share insights from her extensive experience and discuss the impactful work of Foundation96, highlighting how integrated care models and virtual support can transform the lives of cancer patients and survivors.

Conference Host



**Keynote Presenter
Dr Jennifer Vaughn, MD
Hematologist-Oncologist
Located in Ohio, USA**

Bio: Dr Jennifer Vaughn, MD Hematologist-Oncologist

Jennifer Vaughn, MD, MSPH is an Assistant Professor in the Division of Hematology, Department of Internal Medicine at The Ohio State University in Columbus, OH, USA. She received her training in hematology and oncology from The University of Washington, Fred Hutchinson Comprehensive Cancer Center in Seattle, Washington, USA, and it was here that she initially developed an interest in understanding the patient-specific factors that effect long term survival outcomes and quality of life after aggressive treatment for hematologic malignancies. In particular, she published on the effects of medical and social comorbidities on patient outcomes after aggressive treatments for hematologic malignancies. Her first faculty position was shared between a community practice in Roanoke, VA, and an academic research and teaching position at Virginia Tech Carilion School of Medicine.

Treating patients who lived in the surrounding rural communities, she encountered patients with both solid tumor and hematologic malignancies who struggled to adhere to recommended treatments and lifestyle changes that would otherwise lead to optimal survival outcomes. Counseling these patients was met with varying success—particularly among patients dealing with social and economic stressors. Faced with these clinical dilemmas, she expanded her research interests to investigating the social, financial and psychological mechanisms underlying non-adherence among patients suffering from oncologic and hematologic malignancies. As a faculty member at The Ohio State University, Dr Vaughn continues to explore mechanisms to understand and target patient-related hurdles to optimal cancer survivorship in patients with hematologic malignancies.

[Topic: Targeting Barriers to Cancer Survivorship](#)



**Denise Stewart,
Occupational Therapist
Located in Brisbane,
Australia**

Bio: Denise Stewart

Denise Stewart is an Occupational Therapist trained at the University of Queensland, Australia. Her career has transitioned from providing rehabilitation for people with severe and chronic conditions in the public hospital setting to managing chronic injuries and conditions in the private sector: at the workplace and in lymphedema clinics. For the last 30 years, Denise has pioneered rehabilitation services for less-known physical impairments experienced by people after breast cancer. Her latest work involves creating educational resources, to empower women and health professionals with knowledge about the assessment and treatment options for common physical issues that follow cancer surgery and radiotherapy. Denise enjoys using various technologies to facilitate learning: face-to-face upper-body impairment workshops, the International Breast Cancer Rehabilitation Summit, online training for oncology manual therapy, and her Breast Cancer Rehabilitation YouTube channel.

Plenary Facilitator Day 1



Amy Camie
Clinical Musician
Located in Missouri,
USA

Bio: Amie Camie

Amy Camie is a classically trained professional harpist, Certified Clinical Musician, TEDx Speaker, and two-time breast cancer thriver who uses music to empower individuals and groups with skills that build trust, understanding, empathy, and self-compassion. Certified in Intercultural Creativity®, she encourages audiences to expand their perceptions and increase self-awareness, fostering deeper connections and community. Known as “The Healing Harpist,” Amy has co-authored clinical trials on the benefits of music for anxiety reduction and immune support in cancer patients. Her music, "The Magic Mirror," has aided thousands worldwide in relaxation, sleep, and healing. Research highlights its therapeutic potential for reducing the impact of disease in stressed patients. Amy continues to inspire through her innovative talks, programs, articles, and interviews, broadening the conversation about music, creativity, and self-discovery.

The Healing Harpist



Sadie Engelken,
Exercise Physiologist
Located in Tennessee,
USA

Bio: Sadie Engelken

Sadie Engelken holds a B.A. in Exercise Science and Music from Simpson College and an M.S. in Clinical Exercise Physiology from Carroll University. She is an ACSM Certified Clinical Exercise Physiologist with specialized certifications in cancer exercise from ACSM and the University of Northern Colorado. With clinical experience from Mary Greeley Medical Center, the University of Northern Colorado Cancer Rehabilitation Institute, and the Duke Diet and Fitness Center, Sadie has worked in medically integrated gyms and as an adjunct professor. She serves as the Continuing Education Chair for the Clinical Exercise Physiology Association. Focusing on cancer exercise, she has provided consultations, assessments, and prescriptions across the cancer continuum, and has contributed to wellness and exercise education nationwide. Currently, Sadie is developing cancer exercise programs at CHI Memorial in Chattanooga, Tennessee, advocating for exercise as a standard care practice through writing and speaking engagements.

[Topic: Zapping Radiation Side Effects One Session at a Time](#)



Morag Currin
Located in Balgonie,
Saskatchewan, Canada

Bio: Morag Currin

Morag Currin is a pioneering expert in the salon and spa industry, dedicated to transforming the approach to care for individuals diagnosed with cancer. Recognizing a significant gap in the knowledge and readiness of salon/spa professionals to serve cancer patients, Morag founded Oncology Training International (OTI) in 2007.

Her mission is to revolutionize the industry by providing advanced training that equips professionals with the skills and understanding necessary to meet the unique aesthetic and emotional needs of those living with cancer. With a staggering projection of 23.6 million new cancer cases annually by 2030, Morag's work is more vital than ever. OTI offers comprehensive training options — including in-class, blended, and online formats—ensuring accessibility for all learning styles, budgets, and time constraints.

Morag's commitment is to ensure that every salon/spa professional can provide compassionate, informed care to cancer fighters and survivors, promoting dignity and well-being in their services.

[Topic: Exploring the Impact of Aesthetic Services on Recovery and Confidence Boosting](#)



Frances O'Brien
Hypnotherapist
Located in Los Angeles
County, US

Bio: Frances O'Brien

Frances O'Brien is a dedicated hypnotherapist at Relieve Your Mind, where her mission is to help you overcome stress, unhappiness, and discomfort. Specializing in hypnotherapy and Emotional Freedom Technique (EFT), Frances provides a safe, supportive space for healing and self-discovery. Her personalized treatment plans focus on relieving stress, alleviating pain, releasing fear, and finding hope after loss. With a compassionate and professional approach, Frances promises to be there for you every step of your journey, guiding you towards a more fulfilling and empowered life.

[Topic: Stress Relief, Pain Management, and Accelerated Healing](#)



Pat Wetzel

Bio: Pat Wetzel

Pat Wetzel is the award-winning, Amazon best-selling author of "Bump In The Road: 15 Stories of Courage, Hope and Resilience." She is also a speaker, pilot, and acclaimed photographer. Her popular podcast, *Bump In The Road*, which inspired her book series, delves into human courage as guests confront their fears, challenge their beliefs, and take steps toward personal and spiritual growth. Pat's life embodies the essence of resilience. From Wharton Business School and Wall Street deals to near total disability, from disability to divorce, and from discovering the joy of soaring in high-performance sailplanes to battling "incurable cancer" for six years, her journey is

Bump in the Road
Located in Arizona, US

one of perseverance and inspiration. Through her speaking engagements, books, and podcast, Pat shares the collective wisdom of her guests and her own experiences, inspiring audiences worldwide with stories of resilience and hope.

[Topic: Navigating the Healing Journey Post-Cancer Treatment: A Personal Perspective](#)



Jen McKenzie
Physiotherapist
Located in Brisbane,
Australia

Bio: Jen McKenzie

Jen McKenzie is a highly skilled physiotherapist and exercise physiologist at The McKenzie Clinic, specializing in rehabilitation for breast cancer patients. With a deep understanding of the challenges that arise post-treatment, Jen offers expert care for conditions such as cording, lymphoedema, scar pain, and radiation fibrosis. She is dedicated to improving her patients' quality of life through tailored exercise programs, strength and yoga classes, and personalized treatment plans. Jen's compassionate approach ensures that each patient receives the attention and support they need to navigate their recovery journey.

[Topic: Radiation Fibrosis](#)



Denise Stewart
Occupational Therapist
Located in Brisbane,
Australia

Bio: Denise Stewart

Denise Stewart is an Occupational Therapist trained at the University of Queensland, Australia. Her career has transitioned from providing rehabilitation for people with severe and chronic conditions in the public hospital setting to managing chronic injuries and conditions in the private sector: at the workplace and in lymphedema clinics. For the last 30 years, Denise has pioneered rehabilitation services for less-known physical impairments experienced by people after breast cancer. Her latest work involves creating educational resources, to empower women and health professionals with knowledge about the assessment and treatment options for common physical issues that follow cancer surgery and radiotherapy. Denise enjoys using various technologies to facilitate learning: face-to-face upper-body impairment workshops, the International Breast Cancer Rehabilitation Summit, online training for oncology manual therapy, and her Breast Cancer Rehabilitation YouTube channel.

[Topic: Locating and rating stiffness impairments following cancer](#)



Kate Butler
Oncology Massage
Located in Hepburn
Springs, Victoria,
Australia

Bio: Kate Butler

Kate Butler is a highly experienced massage therapist with over 25 years of practice, specializing in Oncology Massage. Before the pandemic, she taught in person in Barcelona, whilst teaching two Spanish facilitators to run the courses independently. Shortly before COVID-19, she expanded her teaching to Argentina, transitioning to online instruction and successfully training two more facilitators there.

She transitioned to facilitating internationally accredited online courses in Oncology Massage for English speakers around the globe. Kate's career includes establishing the Oncology Massage service at the *Olivia Newton-John Cancer Research & Wellness Centre* and serving as the *Victorian Coordinator for Oncology Massage Limited*. Currently based in Daylesford, she runs a private practice, serves clients at Central Highlands Rural Health, and continues her passion for teaching. Kate's work is inspired by the pioneering efforts of Eleanor Oyston and Petrea King, who laid the foundation for Oncology Massage courses in Australia, empowering therapists to effectively support cancer patients during treatment.

[Topic: Fatigue levels remain as the body recovers after chemotherapy and radiation](#)



Kerelous G Estfanous
Lymphedema &
Physical Therapist
Located in Cairo, Egypt

Bio: Kerelous G Estfanous

Kerelous G Estfanous is a passionate Lymphedema & Physical Therapist and the visionary Founder and CEO of Lymph Clinic in Egypt (LCE), where he has dedicated over 12 years to transforming lives. Since its inception in January 2012, Kerelous has spearheaded efforts to foster crucial connections with leading vascular surgeons, oncologists, and plastic surgeons. His mission is to raise awareness about lymphedema, lipoedema, and post-liposuction rehabilitation across Egypt and the Middle East.

Kerelous's expertise is multifaceted, honed through years of hands-on patient care and professional development. He excels in emotional patient support, personalized patient education, establishing robust medical networks, crafting meticulous medical reports, and targeted medical advertising. Kerelous is a certified lymphedema therapist from Klose Training/USA, boasting extensive experience with over 2000 lymphedema patients since 2012. Kerelous has completed his advanced certified lymphedema therapist course from Gultig LYMPHOLOGY, Germany. He holds a Physical Therapy degree from MUST/Egypt (2010), is board-certified equivalent in NY/USA (2014) and is accredited by DHA since 2023.

Topic: How to Prevent Upper Limb Lymphedema Post Mastectomy



Melissa Hadley Barrett
Sexologist
Located in East Fremantle, Western Australia, Australia

Bio: Melissa Hadley Barrett

Sexologist / Nurse Practitioner / Podcast Host / Clinic Director & Men's Online Program Creator.

Melissa is an experienced Australian healthcare professional, with a comprehensive background in nursing, midwifery, and sexology.

Her journey from a remote nursing role in Western Australia to becoming a Sexologist was prompted by the realisation that there were some big gaps in what we know about sexual health.

Melissa's dual qualifications as a Sexologist and Nurse Practitioner uniquely position her to address both the physical and complex psychological aspects of men's sexual health conditions.

This enables her to diagnose and treat physical issues while also providing crucial support for the psychological aspects associated with these conditions.

As the director of a sexual clinic, Melissa and her clinical team work across seven clinics, servicing metropolitan Perth and reaching as far as the beautiful South West Region.

With a busy clinic and a growing waitlist, Melissa is on a mission to make her support more accessible for men all over the world.

Recognising the shift in how we access information online, Melissa created online programs like The Penile Rehabilitation Program for Prostate Cancer; the first and only program of its kind - and the Erectile Dysfunction Program. The Premature Ejaculation Program and Peyronie's Disease Program are currently in development, aiming to provide targeted solutions for these specific aspects of men's sexual health.

All of Melissa's programs go beyond addressing sexual well-being; they offer a solution for men to reclaim intimate connections and rediscover a part of themselves they may have thought was lost forever.

[Topic: A journey of healing and advocacy in sexual Health – Let's talk about sex!](#)



Jo Clouden
Physiotherapist
&
Emily Searle
Cancer Coach

Bio CGoals Jo Clouden & Emily Searle

Introducing CGoals, where Jo Clouden and Emily Searle synergize their expertise to integrate cancer care and wellness. Jo, a seasoned Physiotherapist specializing in Cancer Rehabilitation, customizes care to alleviate cancer-related challenges and enhance vitality, guided by each person's priorities.

Emily, a dedicated Health Coach and Cancer Coach, brings a wealth of experience in advisory, education, and advocacy, championing improved cancer care. Her approach is to bridge the gap between

**Located in Wellington,
New Zealand**

current circumstances and desired outcomes, drawing from her own cancer journey to empathetically support clients through phases, transitions, and survivorship challenges.

Together, Jo and Emily embrace an integrated model of health, honoring each client's unique values and wellness definitions. At CGoals, they empower individuals and families affected by cancer, guiding them towards clarity, purpose, and whole-person wellness with resilience and hope.

[Topic: ReThinking: Reality & Resilience](#)

Day 2: USA Conference Presenters



**Keynote Presenter
Dr Wendy Garvin Mayo
DNP, APRN, ANP-BC
Located in Hartford, US**

Bio: Dr Wendy Garvin Mayo

Dr Wendy Garvin Mayo brings more than two decades of varied healthcare expertise, spanning from clinical environments to the pharmaceutical sector. During the pandemic, she witnessed the profound impact of stress and burnout on healthcare workers' mental well-being. In response, she created a platform, The Stress Blueprint, to help nurses and healthcare professionals manage personal and workplace stress.

Building on this mission, Dr Garvin Mayo founded Collaborative Cancer Care, mental health practice tailored to offer support to cancer patients, survivors, and their loved ones. Dr Garvin Mayo's commitment lies in aiding individuals in managing stress effectively to attain optimal mental well-being.

[Topic: Balancing Well-being: Mastering Stress Through Emotional Intelligence](#)



**Dr Stephanie Otto, ,
PhD (Human Biology)
Exercise Oncologist**

Bio: Dr Stephanie Otto, PhD (Human Biology)

Dr Stephanie Otto, with over 35 years of expertise in Clinical Exercise Oncology and Physiology, has dedicated her career to revolutionizing cancer care through holistic approaches. As a pioneer in the field, she founded EXAMS FOR CARE (EXercise And Movement Science FOR CAncer REcovery), integrating exercise and movement into cancer recovery strategies. Her focus on Integrative Medicine and Fascia in Oncology has led to groundbreaking insights in Exercise Oncology Quality Management and Personalized Exercise Oncology.

Stephanie's extensive experience spans all cancer types, specializing in Exercise during the Cancer Care Continuum and developing Screening Programs for high-risk patients. Her research in Cancer Mechanobiology, Myofascial Release, and Muscle Metabolism of

Professor, Universidad Fundacion de Barcelo, Buenos Aires; Comprehensive Cancer Center Ulm (CCCU) Located in Ulm, Baden-Württemberg, Germany

BRCA mutation carriers has shaped new standards in precision Exercise Oncology Treatment. Stephanie also excels in translating research into practice, educating patients, researchers, and healthcare providers alike.

[Topic: Fascia and Cancer - The Secrets of a Potential Link Between Two Fascinating Worlds](#)



**Krysty Willams
Dietitian
Located in Nelspruit,
Mpumalanga, South
Africa**

Bio: Krysty Williams

Krysty Williams, RD (SA), leverages two decades as a dietitian specializing in oncology care. From her roots in clinical dietetics at an oncology outpatient clinic to founding her private practice, Art of Nutrition Wellness LLC, Williams' expertise emerged through hands-on experience. Her journey began with volunteering at the American Cancer Society during university and receiving Hospice training, further deepened by participation in a cancer survivor group at Poudre Valley Hospital.

Raised in Colorado, USA, Williams earned her Bachelor's Degree in Science, Dietetics concentration from Colorado State University and a Post Graduate Diploma in Dietetics from the University of Kwa-Zulu Natal, South Africa. Her speaking engagements range from training fellow dietitians and hospice nurses in oncology nutrition to educating the public on cancer prevention.

She emphasizes a holistic approach to oncology patient care, blending clinical knowledge with practical nutrition interventions within a multidisciplinary team. In her upcoming session, Williams will share evidence-based clinical oncology nutrition management strategies, including patient-friendly apps and tools from her practice.

[Topic: Evidence-based & Practical Nutrition Management of the Oncology Outpatient](#)



**Katherine Dandridge
Acupuncturist
Located in Scotland,
United Kingdom**

Bio: Katherine Dandridge

Katherine Dandridge is a traditional Chinese Acupuncturist and herbalist based in Scotland in the UK. She has been in practice since 2006 and completed a thorough 5 year training in the UK and China. She has worked in an oncology ward in a hospital in the UK providing acupuncture alongside radiotherapy, chemotherapy and in the pre and post cancer pathways using current evidence and traditional methodology. She is passionate about integrated care and relieving patient suffering wherever possible. She now has her own practice in a small community in Perthshire and a weekly service in Edinburgh.

[Topic: When to refer to an acupuncturist through the cancer pathway](#)



Anne Roche
Roches Hair
Replacement and
Breastcare
Located in Dublin,
Ireland

Bio: Anne Roche

Anne Roche is a compassionate and dedicated professional who specializes in assisting clients with the appearance, well-being, and emotional challenges of cancer and its treatment. With a focus on services like wigs, mastectomy wear, headwear, oncology massage, organic hair color, and hair regrowth treatments post-cancer, Anne provides a comprehensive and holistic approach to supporting individuals through their cancer journey.

What sets Anne apart is her personal connection to the cause; many members of her team have battled cancer themselves, infusing their work with empathy and understanding. Anne's commitment to helping others extends beyond physical appearance, as she and her team offer a supportive environment and a range of services both in private fitting rooms and through online consultations. Through her professional and dedicated approach, Anne Roche strives to make a meaningful difference in the lives of those navigating cancer and its aftermath.

[Topic: Comprehensive Care and Confidence Restoration: Transformative Solutions for Hair and Breast Care Post-Cancer Treatment](#)



Dr Kelley Wood
PhD Research Director
Located in Mebane,
North Carolina, US

Bio: Dr Kelley Covington Wood

Dr Kelley Covington Wood, Ph.D., M.S., ACSM-CEP, ACSM/ACS-CET, is the Research Director at ReVital Cancer Rehabilitation. With certifications as an ACSM Clinical Exercise Physiologist and Cancer Exercise Trainer, she focuses on designing and delivering exercise interventions for cancer patients and individuals with chronic conditions. Dr Wood co-founded CSU's Fit for Cancer Program in 2017, a community-based exercise initiative. Her research, grounded in pragmatic and constructivist paradigms, employs mixed methods to enhance outpatient cancer rehabilitation and community-based exercise programs. She spearheads the Exercise in Cancer Evaluation and Decision Support (EXCEEDS) algorithm, aimed at improving implementation, accessibility, and effectiveness in this field.

[Topic: Health-related quality of life benefits of cancer-specialized outpatient cancer rehabilitation services](#)



Stacey Mann
Advanced Qualified
Cancer Exercise
Specialist
Located in Springfield,
Virginia, USA

Bio: Stacey Mann

Stacey Mann is an Advanced Qualified Cancer Exercise Specialist dedicated to empowering women through exercise, helping them regain control after a cancer diagnosis. Stacey inspires movement and transformation through creative and effective exercises, blending her passion for helping others with extensive knowledge of functional movement.

Motivated by her son's journey with Leukemia, she advocates for exercise and healthy movement during and after cancer treatment. Stacey collaborates with local organizations to support oncology exercise and develops safe programming for women with cancer. She also works individually with clients to exceed their health goals and is the developer and coach of the 2Unstoppable Strong Program

[Topic: Combating Cancer Related Fatigue with Exercise](#)



Shaloo Choudhary
Occupational Therapist
Located New York City,
USA

Bio: Shaloo Choudhary

Meet Shaloo Choudhary: Expert Occupational Therapist With over 30 years of experience in the USA and India, Shaloo Choudhary is a highly skilled and compassionate Occupational Therapist. She specializes in oncology rehabilitation and lymphedema management, scars and fascia management, hand therapy, vestibular therapy, vision rehabilitation, and concussion management. Committed to evidence-informed and based, holistic care, Shaloo actively engages her patients and collaborates with multidisciplinary teams to ensure optimal outcomes and wellness. Her extensive expertise and dedication make her a respected and influential therapist in her field.

[Topic: Trauma Informed Holistic Occupational Therapy Approach for Oncology Population](#)



Joni Staaf-Stamford
Counselling
Psychology
Located in Pittsburgh,
USA

Bio: Joni Staaf-Stamford

Joni Staaf-Stamford (formerly Sturgill) is a licensed professional counsellor with over two decades of experience in mental health and wellness. She holds a Master of Science in Counselling Psychology and a Bachelor's in Communication, integrating this academic background with extensive training in yoga, meditation, and nutrition. Joni is an advanced ERYT-500 yoga and meditation teacher and a graduate of the Institute for Integrative Nutrition.

For over 20 years, Joni has imparted her expertise to diverse groups, including individuals, corporate teams, cancer patients, and caregivers. She founded Plugged into Mindfulness, a program designed for school districts, recovery counselors, first responders, and medical professionals.

Specializing in emotional intelligence, Joni empowers individuals to cultivate purpose and perspective, guiding them to live with intention

and clarity. She is a sought-after speaker, a member of the Vistage Speaker's Bureau, and an Amazon best-selling author. Her books, including "Heart of All Life" and "The Space to Choose, a Path to Life Mastery," are available on Amazon.

[Topic: How a Positive Mindset Can Help You Manage Pain](#)



Denise Stewart
Occupational Therapist
Located in Monterey,
USA

Bio: Denise Stewart

Denise Stewart is an Occupational Therapist trained at the University of Queensland, Australia. Her career has transitioned from providing rehabilitation for people with severe and chronic conditions in the public hospital setting to managing chronic injuries and conditions in the private sector: at the workplace and in lymphedema clinics. For the last 30 years, Denise has pioneered rehabilitation services for less-known physical impairments experienced by people after breast cancer.

Her latest work involves creating educational resources, to empower women and health professionals with knowledge about the assessment and treatment options for common physical issues that follow cancer surgery and radiotherapy.

Denise enjoys using various technologies to facilitate learning: face-to-face upper-body impairment workshops, the International Breast Cancer Rehabilitation Summit, online training for oncology manual therapy, and her Breast Cancer Rehabilitation YouTube channel.

[Topic: Locating and rating stiffness impairments following cancer](#)



Rochelle Prosser
Registered Nurse
Located in Miami,
Florida, US

Bio: Rochelle G. Prosse

Rochelle G. Prosser, RN, CLNC, is a detail-oriented nursing professional specializing in product and software development.

With a strong commitment to Diversity, Inclusion, and Equity in cancer treatment and survivorship programs, Rochelle brings a wealth of experience in managed care, Affordable Care Organizations, and provider and patient engagement. She is the founder of Orchid Healthcare Solutions, a pioneering cancer treatment data repository and referral service catering to both paediatric and adult populations.

Orchid Healthcare Solutions leads the industry in patient and family treatment resource services, offering comprehensive population health management, engagement tools, nursing care management resources, social services, and support organization access. Rochelle is also the founder of the Prosser Cancer Library, a founding member of Cancer X Moonshot, and an advocate for patient storytelling with GRACE.

[Topic: Enhancing Cancer Treatment and Survivorship through Diversity, Inclusion, and Equity](#)



Beth Hoag
PT, CLT,
Lymphedema & Pelvic
Health Physiotherapist
Located in Ottawa,
Ontario, Canada

Bio: Beth Hoag

Beth Hoag, founder of the Cancer Rehab Space, is a physiotherapist, educator, and advocate whose work has focused on cancer rehabilitation, including lymphedema and pelvic health, since 2008. In a healthcare landscape often centered solely on treating the disease, Beth's approach recognizes the integrated needs of cancer survivors. From diagnosis to survivorship, she empowers individuals with knowledge, tools, and confidence to actively participate in their individual care pathway.

Beth offers in-person and online education, advocacy, professional mentoring, and personalized rehabilitation. Her comprehensive online platform, the Cancer Recovery Space, provides accessible, self-guided rehab and education programs to support recovery regardless of geographic location. All of her offerings foster a safe and non-judgmental environment for individuals to reconnect with their bodies, rebuild strength and mobility, and reclaim a sense of independence.

While we cannot choose whether or not we develop cancer, we can choose how we navigate the process. Beth is on a mission to support people's cancer path with empowerment, confidence and self-compassion.

[Topic: Pelvic and Sexual Health for Cancer Survivors: A Comprehensive Approach](#)

Bonus Presenters




Ainslie McLean
Certified Pilates
Instructor
Located in Birmingham,
Alabama


Bio: Ainslie McLean

Ainslie McLean is an Entrepreneur with a Bachelor's Degree in Marketing and International Business, a Comprehensively Certified Pilates Instructor and a Certified Laser Safety Officer. Ainslie is also a breast cancer survivor and a Wellness Advocate. She is an athlete and movement specialist and focuses on healing chronic pain through movement, not medicine.

Based in Birmingham, Alabama, she launched ReformUPilates, LLC in 2009, the first studio of its kind in Alabama. Specializing in managing chronic pain through movement, ReformUPilates offers boutique-style Pilates with a clinical rehabilitation focus. Ainslie's tailored programs enhance flexibility, stability, core strength, balance, and coordination using specialized Pilates apparatus, including

	<p>resistance training, cardio, and lymphatic stimulation with minimal joint impact.</p> <p>Topic: Managing Chronic Pain through Movement</p>
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 <p>Kyra Suarez Exercise Physiologist Located in Gold Coast, Australia</p>	<p>Bio: Kyra Suarez</p> <p>Kyra Suarez is an accomplished Accredited Exercise Scientist and Accredited Exercise Physiologist (BExSc AES, MClinExPhys AEP ESSA) dedicated to improving the lives of individuals through specialized exercise programs. With a strong passion for NDIS-related conditions, including spinal cord and traumatic brain injuries, as well as cancer care with a focus on breast and women's reproductive exercise oncology, Kyra brings a wealth of expertise to her practice. Since 2019, Kyra has been actively engaged in private practice, transitioning from an exercise scientist/therapy assistant to a fully accredited exercise physiologist after completing her Masters in Clinical Exercise Physiology in 2021. She founded Rehab Aid Exercise Physiology, a mobile-based business on the Gold Coast, and has worked with Blue Care and Avanti Health Centre. In 2023, Kyra expanded her business by partnering with General Wellness Centre Pty Ltd, enhancing her services with an internal referral system. Rehab Aid Exercise Physiology now offers virtual consultations and one-on-one services across Brisbane, Redland Bay, Logan, and the Gold Coast. In 2024, Kyra will further her impact as a Research Assistant at Griffith University's iHop program.</p> <p><u>Title: Addressing Exercise and Cancer-Related Fatigue in Cancer Survivors.</u></p>
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 <p>Shariann Tom Founder, The Cancer Journey Institute Located at Pacifica, USA</p>	<p>Bio: Shariann Tom</p> <p>Shariann Tom is the co-founder and CEO of The Cancer Journey Institute, established in 2012. With over 18 years of experience, she has pioneered the "journey mindset" in cancer coaching. This approach empowers patients, survivors, and caregivers to transform their mental, emotional, and spiritual well-being through their cancer journey.</p> <p>The Cancer Journey Institute provides world-class training for individuals to become effective Cancer Journey Coaches, utilizing the proprietary Cancer Journey Framework". This program aims to shift individuals from fear to empowerment, fostering holistic healing.</p> <p>Shariann's mission is to revolutionize cancer care by equipping survivors, coaches, and healthcare professionals with the tools to support meaningful transformation. Her innovative methods have set a new standard in the field, emphasizing personal growth and resilience through cancer experience.</p> <p><u>Topic: What's Your Value</u></p>
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Patti Kreiner
Cancer Exercise Specialist
Located in Port St Lucie, Florida, USA

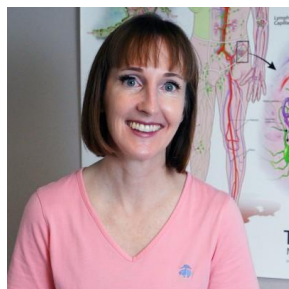
Bio: Patti Kreiner

Patricia Eppolito Kreiner, NCPT, is a seasoned Balanced Body®

Pilates Educator and Cancer Exercise Specialist with advanced qualifications in Breast Cancer Recovery and BOSU®. She offers virtual private sessions and group classes via Zoom. With a rich history in the health, wellness, and fitness industry, Patricia excels in improving postural awareness and alleviating various disorders, including sciatic pain, low back pain, and tension.

As an Integrated Movement Specialist™ and Tye4® MINIS™ by Parasetter® instructor, she leverages innovative techniques to enhance core strength and overall wellness for individuals of all ages. Patricia's extensive global network within the Pilates and fitness community highlights her commitment to integrity, creative innovation, and leadership. She is dedicated to empowering others, motivating them to achieve their health and wellness goals.

[Topic: Physical and Psychological Benefits of Pilates](#)



Kathleen Lisson
Lymphedema Therapist
Located at San Diego, USA

Bio: Kathleen Lisson

Kathleen Helen Lisson uses her lymphedema therapy, yoga, mindfulness and health coaching skills to help people recover from surgery and optimize self-care in the midst of chronic illness.

She holds a Bachelors of Applied Science degree in Massage Therapy, is board certified in therapeutic massage and bodywork and is a Certified Lymphedema Therapist. She has spoken at the American Venous and Lymphatic Society (AVLS), Fat Disorders Resource Society (FDRS), International Society of Lymphology (ISL), Lymphedema Association of Manitoba, MLD UK, National Lymphedema Network (NLN) and Society for Oncology Massage (S4OM) conferences. Kathleen is the author of 'Stress Reduction for Lymphedema.

[Topic: Hands-On Stress Reduction for Lymphedema](#)

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Appendices: Conference Abstracts

Presenter: Keynote Presenter, Dr Jennifer Vaughn, MD Hematologist-Oncologist, Located in Ohio, USA

Topic: Targeting Barriers to Cancer Survivorship

Scientific research has led to the development of more effective therapies for both solid tumor and hematologic malignancies, thus changing the landscape of what “cancer survivorship” entails. Survivorship is no longer limited to cancers that have an available cure, as many patients can now expect years to decades of life with continued, chronic therapy. As such, it has become more and more important to understand all aspects of the cancer-journey, including the patient-specific factors that may impede optimal outcomes. Identification of internal and external obstacles to PATIENT participation in their own cancer survivorship provides an opportunity for the oncology-community to further accelerate our achievements in developing effective treatments and promoting quality of life. The presentation will highlight the importance of evaluating the health, behavioral and socioeconomic burdens that patients bring with them to the oncology clinic. It will discuss how translational research may play a role in developing new “targeted therapies” to improve cancer survivorship behavior with the goal of providing patients with the ideal cancer-care experience.

Presenter: Sadie Engelken, Located in Tennessee, USA

Topic: Zapping Radiation Side Effects One Session at a Time

Prostate cancer is the leading cancer diagnosis among men with about 1 in 8 men being diagnosed during their lifetime. Standard of treatment often includes combinations of surgery, radiation, chemotherapy, hormonal therapy, and immunotherapy. These treatments alone, much less combined, lead to a myriad of side effects from fatigue, urinary and bowel problems, erectile dysfunction, increase in body fat, loss of muscle mass, and negative effects on mental health to name a few. Exercise has been shown to be a safe and effective way to help mitigate and manage these side effects. It can be utilized as prehabilitation for surgery, surgical recovery, on treatment maintenance, and post-treatment rehabilitation.

Purpose: The purpose of this presentation is to focus on exercise during radiation treatment in combination with hormonal therapy to aid in symptom mitigation and management for men with prostate cancer.

Methods: Males were referred to the Cancer Exercise Program prior to starting treatment by a nurse navigator. Medical and exercise histories were obtained along with baseline anthropometric data. Patients completed mental health surveys for quality of life, fatigue, anxiety, and depression. Their baseline fitness was assessed by obtaining estimated VO₂peak and estimated 1-RM. The participants were then prescribed a 12-week progressive exercise prescription. Participants exercised five days per week for the duration of the prescription followed by a reassessment of all variables upon completion.

Results: In the preliminary data, it is found that exercise prescription while receiving radiation and hormonal therapy can combat fatigue, maintain muscle strength despite weight loss, and aid in the maintenance or improvement of mental health.

Conclusion: Exercise should be standard of care for all men diagnosed with prostate cancer especially those receiving radiation and hormonal therapy.

Presenter: Morag Currin, Located in Balgonie, Saskatchewan, Canada

Topic: Exploring the Impact of Aesthetic Services on Recovery and Confidence Boosting

The process of appearance recovery is multifaceted and crucial for individuals seeking to regain confidence and self-esteem following various physical challenges or changes. Aesthetic services play a pivotal role in this journey, offering specialized care and expertise to address both the physical and psychological aspects of appearance transformation.

This abstract explores the benefits of aesthetic services in facilitating appearance recovery. Firstly, aestheticians possess the technical proficiency to administer a range of treatments tailored to individual needs, including skincare regimens, makeup techniques, and hair styling. Through these services, individuals can effectively conceal scars, blemishes, or other imperfections, thereby enhancing their outward appearance and boosting self-assurance.

Moreover, aesthetic sessions provide a nurturing environment where clients feel understood and supported. Beyond physical enhancements, aestheticians offer emotional support and empathy, fostering a sense of acceptance and belonging. This integrative approach contributes significantly to the psychological well-being of individuals undergoing appearance recovery, promoting resilience and self-acceptance.

Furthermore, aesthetic services extend beyond mere aesthetics, encompassing wellness practices that promote overall health and vitality. From therapeutic massages to stress-relief techniques, these services address the interconnectedness of mind, body, and spirit, promoting a sense of rejuvenation and inner balance.

In conclusion, aesthetic services play a vital role in facilitating appearance recovery by addressing both the physical and emotional aspects of transformation. Through personalized care, empathy, and integrative wellness practices, aestheticians empower individuals to embrace their unique beauty and embark on a journey of self-discovery and confidence restoration.

Presenter: Frances O'Brien Located in Los Angeles County, USA

Topic: Stress Relief, Pain Management, and Accelerated Healing

Emotional Freedom technique, (EFT, tapping), is based on the same ancient Eastern healing system as acupuncture, but it uses fingertips instead of needles. It doesn't require an appointment with a Traditional Chinese Medicine-trained person. For a myriad reasons, it's preferable to acupuncture.

The Eastern belief is that you have, within you, a series of meridians, much like those in your circulatory and lymphatic systems. These meridians, however, transport your Life Energy (Ki, Chi, Prana, Elan Vital). Any time there's anything wrong anywhere in your life, regardless of what it is or what seems to have caused it, the problem is really caused by a blockage along the meridians, which keeps your Life Energy from flowing freely. Tapping on endpoints along the meridians while discussing the problem releases the blockage and allows your life energy to flow freely again.

Hypnotherapy works with the power of your subconscious mind. Often, it's difficult for someone to be rid of something unwanted without accessing the subconscious. The subconscious may be identifying the person by the very thing that's unwanted, so, even with the conscious attempt to rid oneself of it, the subconscious clings to it. Hypnotherapy helps one to work with the subconscious mind to remove the problem permanently and to replace it with a preferred solution.

EFT and Hypnotherapy are very powerful techniques to achieve one's goals, regardless of what they may be. In addition, these techniques are all natural, so they'll never be contraindicated for Western medicine, because they enhance the improvements of Western medicine.

Presenter: Pat Wetzel, Located in Arizona, USA

Topic: Navigating the Healing Journey Post-Cancer Treatment: A Personal Perspective

Healing is not merely about restoring health— It is a journey marked by acts of kindness, empathy, and compassion that allow the patient to process the physical, emotional, and soulful the impact of the experience.

True healing arises from the patience and care needed to tend an often-wounded soul and give it the space to heal. It is about connecting with the energy of the heart, to help script a unique path for each individual.

Cancer impacts our relationships, finances, and our very identity. It challenges our spiritual and physical perspective on life. But the turmoil that results can also be an opportunity to recraft one's path forward. Therapists and other post treatment professionals can be a part of that journey. It requires balancing an emotional sensitivity to the cancer experience with the professional expertise to help the patient move toward mind, body, soul congruence. Post cancer treatment is the essence of much needed healing.

As a patient who went through six years of on again off again treatments for lymphoma, I am keenly aware of the need for compassion in post cancer care. In this talk, I share some of my perspectives on the opportunities I experienced in terms of healing.

Presenter: [Jen McKenzie](#) Physiotherapist, Located in Brisbane, Australia

Topic: Radiation Fibrosis

Radiation treatment has the potential to cause a delayed side effect that very few patients are being informed about across the globe: Radiation Fibrosis. Like many side effects of Breast Cancer, Radiation Fibrosis has a range of presentations but moderate to severe versions can cause significant impact on quality of life. Women commonly develop breast or chest wall pain and tension, breast lymphoedema, and restriction in thoracic and shoulder range of movement.

This presentation will discuss diagnosis of Radiation Fibrosis, treatment options including effective products, as well as how Allied Health Professionals have a huge role to play in assisting patients with Radiation Fibrosis.

Presenter: Kyra Suarez, Accredited Exercise Physiologist & Cancer Care Specialist, Located in Brisbane, Australia

Title: Addressing Exercise and Cancer-Related Fatigue in Cancer Survivors.

Cancer survivors often endure debilitating cancer-related fatigue (CRF) post treatment, significantly impacting their quality of life and daily activities. As accredited exercise physiologists (AEP), our paramount focus is on integrating evidence-based strategies to mitigate CRF and enhance the overall well-being of this population.

A recent meta-analysis highlights exercise interventions as a viable approach to alleviate CRF and improve quality of life (QoL) among clients. The meta-analysis underscores the effectiveness of aerobic exercise interventions lasting less than 12 weeks, with a frequency of three sessions per week, particularly beneficial for female cancer clients. It's noteworthy that the participants in this study included people aged over 18 with any cancer type, irrespective of sex or cancer stage (Chen et al., 2023).

This presentation will delve into the efficacy of exercise interventions in managing cancer-related fatigue, featuring case studies from our own clients exemplifying tailored exercise regimens and their positive impact on CRF levels, QOL, and functional capacity among cancer survivors.

One such case study spotlights Mrs. A, a 61-year-old breast cancer survivor in the survivorship phase. Despite grappling with multiple health challenges, including depression, osteoarthritis, polymyalgia rheumatica, and asthma post-cancer treatment, Mrs. A was able to engage in a lower body strength-based program twice a week and progressive walking program with supervision online from an AEP. Remarkably, her initially severe fatigue levels (36, severe) improved gradually over 1 month of intervention to normal levels (18, normal), as evidenced by the Fatigue Assessment Scale (FAS) results.

This presentation endeavours to equip healthcare professionals with evidence-based tools to seamlessly integrate exercise as a cornerstone in the holistic care of cancer survivors, ultimately fostering their resilience and enhancing their quality of life.

References:

Chen, X., Li, J., Chen, C. et al. Effects of exercise interventions on cancer-related fatigue and quality of life among cancer patients: a meta-analysis. BMC Nurs 22, 200 (2023).
<https://doi.org/10.1186/s12912-023-01363-0>

Presenter: Kate Butler, Occupational Therapist, Located in Australia

Topic: Fatigue levels remain as the body recovers after chemotherapy and radiation

When a patient has completed cancer treatment and the immediate threat to life has been managed, issues that impact daily life come to the fore. Post-treatment scarring can leave patients with range of movement difficulties, postural stress, residual pain after the scars have healed, internal catching from abdominal adhesions, cording and/or tissue puckering. There can be disassociation from the part of the body that has been altered in function, sensation and/or appearance. Fatigue levels may remain as the body recovers after chemotherapy and radiation. Insomnia can be an ongoing problem that is often addressed with more medication. Moreover, post treatment is often when patients have the time and space to begin to process the shock of the original diagnosis, right at a time when support services have thinned.

Oncology Massage therapists are trained to respond effectively to a broad range of physical and psychological stresses.

Gentle hands-on techniques can provide deeply effective treatment for scar mobilisation, can have outstanding results on easing internal adhesions, reducing pain and improving movement, generally and specifically. With a positive therapeutic relationship, the patient can gradually reincorporate the part or parts of their body that have been blocked from consciousness as a result of their sense of disfigurement and subsequent association with the traumatic event. Deep relaxation frequently leads to better sleep and improved energy.

The intent of all oncology massage is to provide a non-judgemental, safe space of comfort with techniques that support the whole person, body and mind, in their healing process.

Presenter: Kerelous G Estfanous, Lymphedema & Physical Therapist, Located in Cairo, Egypt

Topic: How to Prevent Upper Limb Lymphedema Post Mastectomy

Kerelous G. Estfanous, a distinguished Lymphedema & Physical Therapist and the visionary Founder and CEO of Lymph Clinic Egypt (LCE), in this insightful presentation dedicated to supporting lymphedema patients.

With over 12 years of experience and having treated over 2,000 patients, Kerelous showcases his expertise in manual lymphatic drainage techniques, bandaging methods for effective lymphedema wrapping, and patient care strategies.

His presentation demonstrates practical, hands-on approaches, complemented by his in-depth knowledge of personalized education, emotional patient support, and collaborative medical networking. Kerelous's dedication to raising awareness about lymphedema, lipoedema, and post-liposuction rehabilitation across Egypt and the Middle East makes this presentation an invaluable resource for both patients and healthcare professionals alike.

Presenter: Melissa Hadley Barrett, Sexologist, Located in East Fremantle, Western Australia, Australia

Topic: A journey of healing and advocacy in sexual Health – Let's talk about sex!

Disease and treatment of disease are improving all the time, with this people live longer and as health professionals we have an obligation to make sure the quality of life is considered. Sexual wellbeing is important "Sexual health is an integral part of overall health, well-being and quality of life. It is a state of physical, emotional, mental and social well-being in relation to sexuality, and not merely the absence of disease, dysfunction or infirmity" World Health Organisation.

Upwards of 60% of adults living with and beyond cancer report unmet functional needs and diminished health-related quality of life (HRQOL).

This presentation will draw on the research available and Melissa's personal experience assisting 1000s all genders and their partners with sexual issues during and following cancer treatment. She will discuss the need to talk about sex, address the obstacles, and will empower you to raise and discuss topics of sexuality and sexual difficulties with your patients. This presentation will also briefly cover the assessment and management of common sexual difficulties, from a bio-psycho-socio-cultural perspective and provide educational resources should you want to know more.

The session will cover the following:

- Are cancer patients interested in sexual function?
- What health professionals can do to help,
- Resources for health professionals and patients
- How to open the conversation about sex and sexual function with your patients/ clients
- Common issues encountered by patients and treatment options
- Sexual function, masculinity and mental health- the triad.

Presenter: Jo Clouden, Physiotherapist & Emily Searle, Cancer Coach, Located in Wellington, New Zealand

Topic: ReThinking: Reality & Resilience

In this groundbreaking online conference presentation, we are pleased to introduce "CGoals," a pioneering initiative where Jo Clouden and Emily Searle combine their extensive expertise to revolutionize cancer care and wellness. The session, titled "ReThinking: Reality & Resilience", promises to offer profound insights to enhance the quality of life for those affected by cancer; and a lens on behaviours which enhance overall wellbeing for the health professionals involved in their care.

Jo Clouden, a highly experienced Physiotherapist specializing in Cancer Rehabilitation, tailors her care approach to address the unique challenges faced by cancer patients. Her work focuses on alleviating cancer-related issues and enhancing vitality, ensuring that each individual's care plan is driven by their personal priorities and goals.

Emily Searle, a dedicated Health Coach and Cancer Coach, brings a comprehensive background in advisory, education, and advocacy to the table. Drawing from her personal journey with cancer, Emily is deeply committed to bridging the gap between a client's current circumstances and their desired outcomes. Her empathetic support spans the entire cancer journey, addressing phases, transitions, and survivorship challenges.

Together at CGoals, Jo and Emily embrace an integrated model of health that respects each client's unique values and definitions of wellness. Their collaborative approach empowers individuals and families affected by cancer, guiding them towards clarity, purpose, and integrated wellness. Through this presentation, participants will gain valuable knowledge on fostering resilience and hope, redefining their reality in the face of cancer.

Join us to explore how Jo and Emily's synergistic efforts at CGoals can inspire a new paradigm in cancer care, where personalized rehabilitation and compassionate coaching converge to support whole-person wellness.

Keynote Presenter: Dr Wendy Garvin Mayo, DNP, APRN, ANP-BC, Located in Hartford, USA

Topic: Balancing Well-being: Mastering Stress Through Emotional Intelligence

"Balancing Well-being: Mastering Stress Through Emotional Intelligence" delves into the vital relationship between emotional intelligence (EI) and stress management, particularly crucial for healthcare professionals navigating their demanding roles. Given that workplace stress affects up to 69% of healthcare workers, understanding EI's role in promoting well-being becomes imperative. This presentation explains EI's pivotal role in fostering resilience among healthcare practitioners, offering practical strategies to navigate and alleviate stressors across various life domains. By refining self-awareness, self-regulation, social awareness, and relationship management skills, healthcare professionals can develop a robust toolbox to cope with stress and maintain well-being amidst adversity.

Moreover, the presentation examines the implications of integrating emotional intelligence interventions within healthcare settings and workplace environments. It provides insights into how organizations and individual practitioners can utilize EI principles to cultivate a culture of well-being and resilience, benefiting both professionals and patients alike. By seamlessly integrating EI into stress management practices, healthcare professionals can adopt effective approaches to enhance psychological well-being and thrive amidst the challenges of their profession.

Furthermore, the presentation explores the long-term benefits of EI development, not only in stress management but also in fostering collaborative teamwork, patient care, and leadership effectiveness within healthcare settings. By investing in EI training and fostering a supportive environment that values emotional intelligence, healthcare organizations can enhance employee satisfaction, reduce burnout rates, and ultimately improve patient outcomes. This holistic approach to EI integration underscores its significance in shaping the future of healthcare delivery and professional well-being.

Presenter: Dr Stephanie Otto, PhD (Human Biology), Professor, Universidad Fundacion de Barcelo, Buenos Aires; Comprehensive Cancer Center Ulm (CCCU) Located in Ulm, Baden-Württemberg, Germany

Topic: Fascia and Cancer - The Secrets of a Potential Link Between Two Fascinating Worlds

This presentation explores the potential connection between fascia and cancer, an emerging field that bridges exercise oncology and integrative medicine. Dr Stephanie Otto, with 35 years of expertise, will highlight how fascia, the connective tissue surrounding muscles and organs, may influence cancer progression and treatment outcomes. Key topics include the role of fascia in cancer metastasis, integrative approaches combining exercise and fascia therapy, and the development of personalized exercise oncology programs.

Her research emphasizes precision exercise oncology and translating findings into practice, aiming to set new care standards in cancer treatment. Attendees will learn about innovative strategies to integrate fascia-focused therapies into comprehensive cancer care plans, enhancing prevention, recovery, and overall outcomes.

Presenter: Krysty Willams, Dietitian, Located in Nelspruit, Mpumalanga, South Africa

Topic: Evidence-based & Practical Nutrition Management of the Oncology Outpatient

Malnutrition poses a significant challenge for oncology patients, impacting up to a substantial 70-80% of individuals. In October 2020, a panel comprising international oncology medicine, nutrition, and exercise experts convened to review current research and society recommendations. Their consensus was clear: oncology nutrition should occupy a central role in the care model.

A national survey conducted in Ireland in 2022 revealed a stark reality. While 97.8% of survivors acknowledged diet as “important”, merely 40.1% had received a referral to a dietitian. Alarming, a third of those survivors admitted to experimenting with unproven dietary methods and another third avoided certain foods altogether. Compelling evidence has indicated that early nutrition screening, assessment, and intervention can enhance patient outcomes.

Oncology dietitians offer vital support throughout the cancer journey, from diagnosis to post-treatment. Their expertise allows for the assessment of eating patterns along with critical factors such as age, gender, tumour type, tumour location, and stage, by using gold-standard tools like the PG-SGA. Dietitians adhere to evidence-based protocols, providing tailored medical nutritional therapy in collaboration with medical teams.

In addition to nutrition intervention, dietitians empower patients and caregivers with practical knowledge for daily living. This includes guidance on useful apps, nutritious recipes, and troubleshooting tips for treatment side effects. By attending this presentation, you'll gain insights through case studies on when to refer patients to oncology dietitians, the assessment tools, guidelines and protocols Oncology Dietitians follow in the nutrition care process, and valuable apps to support patient education.

Presenter: Katherine Dandridge, Acupuncturist, Located in Scotland, United Kingdom

Topic: When to refer to an acupuncturist through the cancer pathway

How do you know what to refer your oncology patients for with acupuncture? Katherine will walk through the evidence and practical health provision that acupuncture can support in your patients, safely and effectively. Who to refer to, how to ascertain level of training and competence. Anxiety care, pain relief, circulation issues, hot flushes and more...

Presenter: Anne Roche, Roches Hair Replacement and Breastcare, Located in Dublin, Ireland

Topic: Comprehensive Care and Confidence Restoration: Transformative Solutions for Hair and Breast Care Post-Cancer Treatment

For nearly four decades, Roches Hair Replacement and Breastcare has been a beacon of support for individuals undergoing profound changes to their appearance due to alopecia, cancer treatments, and surgeries. As the Managing Director of Roches, Anne Roche is at the forefront of delivering specialized, empathetic care through a diverse range of products and services designed to restore both appearance and confidence.

This presentation will delve into the comprehensive care model developed at Roches, a specialist wig and breast care shop based in Dublin. Attendees will gain insights into how Roches has meticulously tailored its offerings by listening to clients' needs and continuously updating its product range to provide the best possible support. From innovative solutions for camouflaging thinning eyebrows to guidance on coloring new hair post-loss, Roches addresses every aspect of the hair loss journey.

In 2010, Roches expanded its expertise to include breast care, offering a full suite of services and products for those affected by breast cancer. Located conveniently in the same building as the wig shop, the Breast Care Department provides a seamless, supportive environment for clients seeking mastectomy lingerie, prostheses, and swimwear, along with oncology massage and beauty treatments.

Anne will highlight Roches' commitment to providing premium hair and wig services throughout Ireland, and beyond, via both in-store and online consultations, ensuring accessibility for all clients. She will also share personal stories and testimonials from team members and clients, illustrating the profound impact of Roches' holistic approach on their sense of well-being and self-confidence.

Join us to explore how Roches' expert team, many of whom have personal experiences with cancer, offer unwavering support to clients through private consultations in Dublin, with virtual consultations, and home or hospital visits. This presentation will showcase Roches' dedication to helping clients feel

like themselves again, embodying a journey of healing and empowerment that extends far beyond physical appearance.

Presenter: Dr Kelley Covington Wood, PhD, Research Director, Located in Mebane, North Carolina, US

Topic: Health-related quality of life benefits of cancer-specialized outpatient cancer rehabilitation services

Upwards of 60% of adults living with and beyond cancer report unmet functional needs and diminished health-related quality of life (HRQOL). Outpatient rehabilitation services provided by cancer-specialized physical and occupational therapists (i.e., cancer rehabilitation, PT/OT) could address these needs. However, as few as 2% use rehabilitation services. We performed a series of retrospective studies to better understand the potential benefits of participating in outpatient cancer rehabilitation services.

Methods

Rehabilitation cases treated were extracted from the medical record (N=4,121), and then grouped by cancer type for analysis (N=13). For each group, we used mixed linear models to analyze changes in PROMIS® HRQOL outcomes from initial evaluation to discharge while controlling for covariates including age, sex, service type, number of visits, and length of care. HRQOL outcomes measured global physical health (GPH), global mental health (GMH), physical functioning (PF), and ability to participate in social roles and activities (SRA).

Results

On average, significant improvements in HRQOL outcomes were observed among cases with breast (n=2,706, all p<.001), head and neck (n=257, all p<.001), lung (n=169, all p<.001), gynecologic (all p<.001), prostate (GMH: p=.002, others: p<.001), colorectal (GMH: p=.002, others: p<.001), gastrointestinal (all p<.001), genitourinary (GMH: p=.012, others: p=.001), pancreatic (GMH: p=.020, others: p<.001), multiple myeloma (all p<.001), leukemia (all p<.001), lymphoma (GMH: p=.005, others: p<.001), and brain, spinal cord or nervous system cancers (GMH: p=.091, GPH/PF: p<.001, SRA: p=.003).

Conclusion

Improved utilization of outpatient cancer rehabilitation services may help to address the unmet functional needs of adults living with and beyond cancer and optimize HRQOL.

Presenter: Stacey Mann, Advanced Qualified Cancer Exercise, Specialist, Located in Springfield, Virginia, US

Topic: Combating Cancer Related Fatigue with Exercise

We understand the science behind why you should exercise during and after cancer treatment. We know that it changes the body's chemistry, creating a less hospitable place for cancer to grow. Multiple studies have shown that exercise increases the circulation of immune cells that fight cancer. While we know all this to be true, it often feels counterintuitive to move when you are exhausted from treatments and medications. 2Unstoppable aims to educate women on why they should and how they can move throughout their cancer journey.

Finding your why, your source of motivation and determination to move, can serve as a daily reminder to get up and walk, even if it is around the bed and back. Discovering how you can safely move and have fun while doing it will keep you returning to movement even when you are experiencing side effects from treatment.

Learn how to get started with exercise and why you should move to fight that fatigue even when sitting on the couch seems to be the only thing you can do. 2Unstoppable is a leader in oncology

exercise for women, any cancer and at any time on their cancer journey. Let us help you get back to movement in a fun, safe and evidence-based way.

Presenter: Shaloo Choundhary, Occupational Therapist, Located New York City, US

Topic: Trauma Informed Holistic Occupational Therapy Approach for Oncology Population

This presentation explores a holistic approach to occupational therapy management for individuals with Cancer, emphasizing trauma-informed care and the unique principles of the Occupational Adaptation Practice Model. Polytrauma, characterized by multiple traumatic injuries occurring concurrently, often complicates symptoms of post-radiation fibrosis and lymphedema due to a significant correlation between trauma and oncology fascia.

The Occupational Adaptation Practice Model integrates the profession's historical practice with contemporary interventions, highlighting the importance of both the patient's occupational environments and their sensorimotor, cognitive, and psychosocial functioning. This integrated approach drives the treatment process, focusing not on the mere acquisition of functional skills but rather on achieving a balance between these concepts.

Specialized oncology fascia management techniques are proposed as a key component of the holistic occupational therapy management strategy. By addressing the manifestations of trauma-related oncology fascia issues, such as scarring, post-radiation fibrosis and lymphedema, this approach aims to enhance patient outcomes, improve functional abilities, and reduce the incidence and severity of these conditions. The patient's experience of personal limitations and potential for change are validated through the integration of these holistic concepts.

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Presenter: Joni Staaf-Stamford Counseling Psychology Located in Pittsburgh, US

Topic: How a Positive Mindset Can Help You Manage Pain

Life doesn't turn out the way most of us expect and accepting pain (either physical or emotional) as part of the journey is truly challenging. The only thing we have control over is how we respond to what's happening in the moment. The practice of mindfulness offers a structure of how to cultivate peace inside, even when the future is uncertain. Additionally, a positive mindset has been proven to reduce incidences of depression, anxiety, and stress, as well as improve health outcomes. Join Joni Sturgill, mindfulness facilitator, and integrative wellness counsellor, to build a framework for your mind to help you manage physical and emotional pain and to practice techniques to help you soothe your

emotions.

In this session, you will:

- recognize mindfulness as both a mindset and a daily technique
- learn breathing to cultivate a focused state of calm
- understand the nature of the primitive brain and nervous system
- create daily habits to support resilience

Presenter: Denise Stewart, Occupational Therapist, Brisbane, Australia

Topic: Locating and rating stiffness impairments following cancer

Clinicians and exercise professionals must develop oncology scar evaluation tools for various cancers to better guide and evaluate the effectiveness of manual therapy interventions and specific exercises. Oncology scarring and radiation fibrosis are recognized as impairments that can cause pain, restrictions in the range of movement, and peripheral nerve damage. Statistically significant results in shoulder abduction range and breast scar severity have been reported when myofascial treatments are used on breast cancer patients. While specific exercise therapy (mobilization and stretching) targeting the affected area is more widely recommended for use by people following cancer treatments. Current standardized oncology scar questionnaires gather information on patient satisfaction, quality of life, and the frequency of scar-related symptoms. However, these patient-rated questionnaires fail to identify scar features to guide myofascial and scar treatments, and specific safe exercise.

Myofascial Adhesions in Patients after Breast Cancer (MAP-BC) is the only reliable and valid oncology-specific evaluation tool for health professionals to evaluate a range of scar features systematically. Scar locations within three soft-tissue layers and palpation and rating of the scar/adhesion will be presented. MAP-BC's unique feature of using limb positioning to evaluate scar stiffness/elasticity, positional limitations, and an adapted method will be discussed. The MAP-BC experience can guide health and exercise professionals to develop new scar severity evaluation tools for clinical use and research.

Presenter: Rochelle Prosser, Registered Nurse, Located in Miami, Florida, US

Topic: Enhancing Cancer Treatment and Survivorship through Diversity, Inclusion, and Equity

In the evolving landscape of cancer care, the integration of managed care, Affordable Care Organizations, and innovative patient engagement strategies is pivotal. This presentation delves into the comprehensive approach of Orchid Healthcare Solutions, founded by Registered Nurse and CEO Rochelle G. Prosser, in addressing the complex needs of cancer patients and their families. Emphasizing diversity, inclusion, and equity, Orchid Healthcare Solutions stands at the forefront of providing critical resources for both paediatric and adult populations.

The presentation will highlight Orchid Healthcare Solutions' unique offerings, including a robust cancer treatment data repository and referral service, along with population health management and engagement tools. By combining extensive experience in nursing care management with advanced communication skills in product and software development, the platform ensures seamless access to vital services ranging from social support to financial assistance for medications.

Attendees will gain insights into the practical applications of Orchid Healthcare Solutions' tools, which empower patients and families through comprehensive care navigation and support. The discussion will also focus on the organization's role in fostering provider and patient engagement, ultimately enhancing the overall cancer treatment and survivorship experience. Through this detailed

exploration, participants will understand how Orchid Healthcare Solutions is setting new industry standards and driving meaningful change in cancer care.

Presenter: Beth Hoag, Oncology, Lymphedema & Pelvic Health Physiotherapist, Located in Ottawa, Ontario, Canada

Topic: Pelvic and Sexual Health for Cancer Survivors: A Comprehensive Approach

Nearly 50% of all people diagnosed with cancer will be vulnerable to developing pelvic health dysfunction secondary cancer or cancer treatments. Problems like pelvic pain, dryness, sexual dysfunction, urinary incontinence and bowel dysfunction can cause ongoing suffering and significantly impact quality life.

Unfortunately, due to multiple factors, many of these people will suffer in silence as their pelvic health problems will go undiagnosed and thus untreated. We MUST do better to promote pelvic health during and after cancer treatment; everyone supporting cancer survivors has a role to play in improving this situation. Having some basic knowledge and asking key questions about pelvic health can easily and quickly screen patients for dysfunction and direct them to the help they need in a timely manner.

Specifically, we will explore how cancer and cancer treatment impacts pelvic health, the role of all providers in identifying pelvic health dysfunction, and the specific role of pelvic health physiotherapy in directly supporting pelvic health during and after cancer.

Presenter: Shariann Tom – CEO & Co-Founder of The Cancer Journey Institute, located in Pacifica, US

Topic: What's Your Value

Navigating life after cancer is like embarking on a journey into the unknown, filled with the daunting question: "Who Am I Now?" This soul-searching quest, riddled with uncertainty and introspection, shapes how survivors re-enter the world. But amidst this labyrinth of self-discovery, where can they find solace? Look no further than the Cancer Journey Institute, a compassionate ally to countless survivors facing this very dilemma. Through our heartfelt work, we've uncovered a pivotal starting point: rediscovering and embracing Core Values. Cancer alters not just bodies but also perspectives, leading to a shift in what truly matters. Using personal stories as guiding lights, we've crafted a method to unveil each individual's Core Values. These values serve as friendly signposts, illuminating the path to a life filled with personal meaning and purpose. By distilling these values into a manageable Top 5, survivors gain trusted companions to navigate the twists and turns of post-cancer life. With these Core Values as steadfast friends, survivors can lay the groundwork for their new identity, paving the way to a future brimming with joy and fulfillment.

Presenter: Patti Kreiner, Cancer Exercise Specialist, Located in Port St Lucie, Florida, USA

Topic: Physical and Psychological Benefits of Pilates

Pilates exercise accompanying treatment for cancer is steadily gaining acceptance in the fitness community. Safe and supportive programs are improving the quality of life for cancer survivors. The physical and psychological benefits of Pilates can aid in the rehabilitation and recovery of those with cancer.

As clients, cancer survivors often present with muscle weakness, limitation of movement, and pain. Pilates exercises allows this special population to lie supine and relaxed and reintroduce movement at any stage of recovery. The specific movements are dependent on the individual's type and stage of cancer and recovery.

Physiological benefits are improvement in muscular strength and endurance, postural enhancement, increased range of motion and better ability to perform activities of daily living.

Clients reported psychological benefits such as mood elevation, improved body awareness, a renewed focus on wellness and less dependence on others.

Exercising:

- reduces the side effects of cancer treatment;
- makes you feel less tired;
- strengthens your immune system;
- reduces pain;
- makes you sleep and feel better; and
- prevents future cancers and other conditions that make it easier for cancer to arise.

So there is no question that exercising is beneficial, but why would you choose Pilates as your workout?

What is different about Pilates?

Let me tell you a little bit about your muscles. There are two layers of muscles in the body:

Superficial - They are big and strong, for instance in your thigh (the quadriceps) or in the arm (the biceps). You use superficial muscles when you make big movements or need a lot of strength.

Deep - They are small and connect the bones in the joints. You might not feel them, but the deep muscles are essential to all movements, alignment and balance.

Because we are less aware of the deep muscles, it is easier to just use the superficial ones all the time, but this can lead to an imbalance: the superficial muscles work too much, while the deep muscles get weaker. This can lead to pain or even injuries.

Pilates exercises train both layers of muscles, with a specific focus on activating the deep ones: since you are not used to feeling them, it takes focus and concentration to develop that awareness. Pilates then teaches you to control your movements, so you activate deep and superficial muscles correctly. This is why you hear people say they feel a sense of connection between their mind and body when they do Pilates - because you need to think about what you are doing!

How does this help after a cancer diagnosis?

Cancer treatment can get in the way of enjoying the things you want to do, such as going out with friends, playing with your children or working. Sometimes you get side effects or feel tired. Pilates can help you with all this:

Energy. I can easily adjust the intensity level of the session, depending on your energy levels and what you enjoy. The resistance props used in Pilates (bands, circles, springs) adapt to your body and respond to your actions, so you can work to your best level every **time**

Mind. A key component of the Pilates practice is the focus on breathing: cancer does not just have a negative impact on your physical body, but is also a stressful and challenging experience for your mental wellbeing. Pilates improves your level of awareness and control of your breath, so when you feel anxious or nervous you can avoid panic and bring yourself back to a more calm state.

Control. Cancer changes your body and your relationship with it, but Pilates will

- Make you understand how your muscles have been impacted by the illness and treatments

- Make you aware of how your whole body moves, so you can use it all to overcome a weakness or pain in one part
- Restore a positive connection with your body.

Pilates is a system of training for your body and mind, based on principles created by Joseph Pilates. I have been successfully working with Cancer Clients for 10 years. I look forward to sharing the movement experience with you.

Presenter: Kathleen Helen Lisson, CLT, Lymphedema Therapist, Located in San Diego, US

Topic: *Hands-On Stress Reduction for Lymphedema*

- Describe the effect of stress on the lymphatic system
- Demonstrate mind-body exercises

How can we help people with a cancer history reduce the effects of stress in their lives? Meditation, stress management and yoga are recommended for stress reduction in the clinical practice guidelines from the Society for Integrative Oncology, with meditation receiving a Grade A recommendation for improving QOL in breast cancer patients.

In my presentation we will practice simple stress reduction exercises people with a cancer history can add to their daily self-care routine, including practices for patients with lymphedema. I will lead attendees in experiencing a handful of mindfulness techniques in a fun, interactive environment.

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Dale Ischia, Accredited Exercise Physiologist, Located in Melbourne, Australia

Topic: Exercise and Bone Metastases



The support network for people living with and transitioning from cancer treatment to everyday life.



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