



Exercise and Lifestyle Medicine in Oncology Care: A Survivorship Conference



July 9,10- 2024
University of Montana Ali Conference Room
Phyllis J Washington School of Education

AGENDA

Tuesday, July 9

<i>Time</i>	<i>Session</i>	<i>Presenters</i>
7:30 – 8:15 am	<i>Registration/Breakfast</i>	
8:15 – 8:30 am	<i>Welcome / Introduction</i>	John Quindry, PhD, FACSMT Univ of MT Nan Condit, MS, Silver Lining Foundation
8:30 – 9:30 am	Let's Do This: Exercise and Cancer, Evidence and Mechanisms	Kathryn Schmitz, PhD, MPH, FACSMT, Univ of Pittsburgh
9:30 – 10:30 am	Nutrition and Cancer Survivorship: Recipe for Health	Cynthia Thomson, PhD, RD, University of AZ
10:30 – 10:40 am	Exercise snack	Led by UM grad students
10:40 – 11:20 am	Cardiotoxicity; Cancer's Evil Sibling, and the Need for CardioOncology Rehabilitation Exercise (CORE)	John Quindry, PhD, FACSMT, Univ of MT
11:20 – 12:00 pm	Team-Based Oncology Care: Engaging Primary Care Providers in Collaborative Oncology Care Delivery from Diagnosis Through Survivorship	Jack Hensold, MD, Medical Oncologist, Medical Director, Bozeman Health
12:00 – 1:00 pm	LUNCH	
1:00 – 2:00 pm	Paddling, Breast Cancer, Exercise...What's Next?	Don McKenzie, OC, MD, PhD Prof Emeritus, Univ of British Columbia
2:00 – 3:00 pm	Implementation Strategies in Exercise Oncology: The Maple Tree Story	Karen Wonders, PhD, FACSMT, CEO Maple Tree Cancer Alliance, Professor Wright State Univ
3:00 – 3:10 pm	Exercise snack	Led by UM grad students
3:10 – 3:50 pm	Pragmatic Approaches to PT in Oncology Care: Coffee Talk: Cancer and the Power of Group Movement	Jennifer Haarr, PT, CLT; Samantha Schmidt, DPT, with moderator Sarah Close
4:00 – 5:00 pm	Let's Get Real: A Conversation About Diet and Physical Activity for Survivorship	Kathryn Schmitz, PhD, FACSMT; Cynthia Thomson, PhD, RD

Wednesday, July 10

7:30 – 8:30 am	<i>Breakfast</i>	
8:30 – 9:30 am	The Interdisciplinary Approach to Exercise and Lifestyle Medicine: It Takes a Village to Build It! The Logan Health Team	Brad Roy, PhD, FACSMT, Leah Scaramuzzo, MSN, RN, MEDSURG-BC, AOCN, Teckla Putnam, NSCA, National Board Certified Health and Wellness Coach
9:30 – 9:40	Exercise snack	Led by UM grad students
9:40 – 10:20 am	The BfitBwell Cancer Exercise Program: Efforts in the Development of a Personalized Exercise Oncology Program.	Ryan Marker, PT, PhD, Univ of Colorado, Anschutz School of Medicine

10:20 – 11:20 am	Building Referral Pathways in Exercise Oncology	Karen Wonders, PhD, FACSM
11:30 – 12:30 pm	LUNCH	
12:30 – 1:30 pm	Round Table Talk, Pulling it All Together	Kathryn Schmitz, PhD, FACSM; Karen Wonders, PhD, FACSM; Brad Roy, PhD, FACSM; Cynthia Thompson, PhD, RD, John Quindry, PhD, FACSM, and others
1:30 – 2:15 pm	AMA (Ask Me Anything) Moderator Kathryn Schmitz	Panelists from audience: Insurers, diagnostic testing, integrative/alternative therapies, other
2:15-2:25 pm	Exercise Snack	Led by UM grad students
2:30 – 3:45 pm	Break out groups: 3 topics: (tentative) <ol style="list-style-type: none"> Addressing behavioral health/psychosocial aspects of cancer care (MSW from local cancer center) Identifying and overcoming barriers to exercise and nutritional interventions (rural, tribal, living in isolation, other) Voices from survivors and caregivers: Quality of Life—what works for you, how much is enough, what other activities enhance life, how many days, how much time? Describe what things are value added, post diagnosis? 	Facilitator: John Quindry Group collaboration: 20 min Group report: a. 10 min b. 10 min c. 10 min
3:45 – 4:15 pm	<i>Closing remarks</i>	John Quindry, PhD, FACSM; Nan Condit, MS, Silver Lining Foundation; Kimoeko Kapahulehua, Kimoeko Foundation
THANK YOU!		

