



2nd EDITION

**FROM SPORTS LAB
TO CANCER CLINIC**

ONCOFIT

18 - 19 MARCH 2022

CENTRO DE REABILITAÇÃO DO NORTE

www.factorchave.com/oncofit

ORGANIZATION



OFFICIAL AGENCY



SCIENTIFIC SPONSOR



2nd EDITION

FROM SPORTS LAB
TO CANCER CLINIC
ONCOFIT

Organization

AICSO | Associação de Investigação de Cuidados de Suporte em Oncologia
ONCOMOVE

Institutional Partners

Centro Hospitalar Vila Nova de Gaia/Espinho

Instituto Português do Desporto e Juventude

Universidade da Maia

Centro de Investigação em Desporto, Saúde e Desenvolvimento Humano

Câmara Municipal de Vila Nova de Gaia

Núcleo Regional do Norte da Liga Portuguesa Contra o Cancro

Organizing Committee

Ana Joaquim | Centro Hospitalar Vila Nova de Gaia/Espinho

Andreia Capela | Centro Hospitalar Vila Nova de Gaia/Espinho

Alberto Alves | Universidade da Maia/Centro de Investigação em Desporto,
Saúde e Desenvolvimento Humano

Eduardo Vilela | Centro Hospitalar Vila Nova de Gaia/Espinho

Catarina Ribeiro | UC

Sofia Viamonte | Centro Hospitalar Vila Nova de Gaia/Espinho

Training action certified by Instituto Português do Desporto e Juventude, IP

Action code: **60730485**

No. of credit units assigned: **2.0**

2nd EDITION

FROM SPORTS LAB
TO CANCER CLINIC
ONCOFIT

Scientific Committee

Cristina Godinho | Programa Nacional para a Promoção da Atividade Física da Direção Geral de Saúde

Madalena Teixeira | Centro Hospitalar Vila Nova de Gaia/Espinho

Francisco Sampaio | Centro Hospitalar Vila Nova de Gaia/Espinho

Ricardo Fontes Carvalho | Centro Hospitalar Vila Nova de Gaia/Espinho

Diogo Branco | Institut Jules Bordet

Ana Júlia Arede | Centro Hospitalar Universitário do Algarve

Mónica Mariano | IPO Coimbra

Ismael Carneiro | Centro Hospitalar Vila Nova de Gaia/Espinho

Helena Fernandes | Instituto CUF Porto

Ana Campolargo | Centro Hospitalar Vila Nova de Gaia/Espinho

Dulce Esteves | Universidade da Beira Interior | Centro de Investigação em Desporto, Saúde e Desenvolvimento Humano

Paula Mota | Universidade de Trás-os-Montes e Alto Douro | Centro de Investigação em Desporto, Saúde e Desenvolvimento Humano

Luisa Soares Miranda | Centro de Investigação em Actividade Física, Saúde e Lazer | Faculdade de Desporto da Universidade do Porto | Laboratory for Integrative and Translational Research in Population Health

Pedro Morouço | Instituto Politécnico de Leiria

Luísa Helguero | Universidade de Aveiro | Hormones & Cancer Lab | iBiMED

Marta Silvestre | CUF Tejo e Descobertas | NOVA Medical School

2nd EDITION

FROM SPORTS LAB
TO CANCER CLINIC
ONCOFIT

18 MARCH

09.00h – 10.00h

SESSION 1 | FROM BASIC TO CLINICAL RESEARCH

Chairmen: Rita Ferreira; Luís Costa

Basic research - what have we learned? | **Paula Oliveira**

Clinical research - how to register and graduate adverse events? | **Ana Joaquim**

10.00h – 10.45h

FROM PHASE 1 TO PHASE 3: ARE WE THERE YET?

Keynote Speaker: Lee Jones

Chairman: Júlio Oliveira

10.45h – 11.15h

Coffee break

11.15h – 12.30h

SESSION 2 | PREHAB - PRIME TIME?

Chairmen: José Dinis, Lúcio Lara Santos

Gastric cancer | **Daniel Moreira Gonçalves**

Head & neck cancer | **Catarina Garcia**

Psychology intervention | **Eloísa Fernandes**

12.30h – 14.00h

Lunch

14.00h – 14.45h

CARDIO-ONCOLOGY REHABILITATION ACROSS THE CANCER CONTINUUM

Keynote Speaker: Riccardo Asteggiano

Chairman: Ana Abreu

14.45h – 15.45h

SESSION 3 | FROM CARDIAC TO CANCER REHABILITATION

Chairmen: Manuela Fiúza, Fernando Ribeiro

Which side-effects (from immunotherapy, chemotherapy, target therapy and hormonotherapy) compromise the cardiovascular health of cancer patients? | **Catarina Ribeiro**

What can CV rehabilitation add to the oncologic intervention? | **Sofia Viamonte**

How to individually tailor the cardio-oncology rehabilitation intervention? | **Eduardo Vilela**

15.45h – 16.15h

Coffee break

16.15h – 17.15h

SESSION 4 | FROM MOUTH TO MUSCLE

Chairmen: Conceição Calhau, João Vasco Barreira

D vitamin, cancer and muscle | **Pedro Carrera Bastos**

Nutritional supplementation - when | **Marta Silvestre**

17.30h – 18.00h

ORAL COMMUNICATIONS

Chairman: Madalena Teixeira

2nd EDITION

FROM SPORTS LAB
TO CANCER CLINIC
ONCOFIT

19 MARCH

09.00h - 10.30h

SESSION 5 | COMPREHENSIVE CARE TO ADVERSE EVENTS IN ONCOLOGY

Chairmen: Elsa Madureira; Marta Guerra

How to deal with arthralgias and bone health from hormonotherapy | **Helena Fernandes**

Finding the balance in peripheral neuropathy | **Anabela Amarelo**

The role of body composition in treatment outcomes and toxicities in cancer | **Carla Prado**

10.30h - 11.15h

MODELS OF INTEGRATION OF PHYSICAL EXERCISE INTO CLINICAL PRACTICE AND THE ROLE OF SCIENTIFIC SOCIETIES

Keynote Speaker: Nicholas Hart

Chairman: Andreia Capela

11.15h - 11.45h

Coffee break

11.45h - 12.30h

PATIENTS' PERSPECTIVES

Chairman: Eliana Carraça

Telma Costa

João da Silva

TBA

12.30h - 12.45h

CLOSING SESSION