

# Integrative therapy of breast cancer

## Evidence and clinical practice

**Thu, 16 May 2024, GDI, Rüschlikon/Zurich**  
09:00–12:30 workshops, 14:00–18:30 plenary session

ORGANIZER



PARTNER



# Integrative therapy of breast cancer

## Evidence and clinical practice

Dear Colleagues,  
Dear Oncology Nurses,

Complementary medicine is playing an emerging role in the care of women and men with breast cancer. Recommendations for its use and evidence of its clinical relevance can be found in the guidelines of the American Society of Clinical Oncology ASCO and the German Association for Gynaecologic Oncology AGO. An update of the S3 guideline for the use of complementary medicine in oncology was recently published.

An important requirement for the successful implementation of these recommendations in the sense of integrative oncology is the trustful cooperation between the treating physician and the informed patient who is committed to contribute to the healing process or at least to influence positively the course of the disease.

Integrative oncology aims to strengthen resources and, together with optimal surgery, systemic therapy and radiotherapy, to achieve a good treatment outcome and a good quality of life.

The ESIO Update 2024 is therefore dedicated to the question of how the various treatment modalities in breast cancer can be combined and interact in a holistic, patient-centred treatment concept.

For the first time with an ESIO Update, there will be six practice-oriented workshops to gain a deep insight on compresses, mistletoe therapy, acupuncture, orthomolecular medicine, scalp cooling and training therapy.

In the plenary sessions, six eminent colleagues will discuss the most important innovations in the standard of systemic therapy, radiotherapy and hyperthermia via practice-oriented presentations with contributions on gender oncology and genetic aspects, microbiome and artificial intelligence.

The final lecture is dedicated to communication and spirituality in cancer care.

On behalf of the European Society for Integrative Oncology ESIO e.V., we are very much looking forward to your participation, to the very exciting lectures, and to an intensive exchange with colleagues.

On behalf of the board of ESIO e.V.

  
Boris Hübenthal

  
Valeria Milani

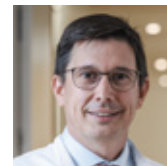
  
Daniela Paepke

## WORKSHOPS (IN GERMAN)

	Raum 1	Raum 2
09:00–10:00	<b>Wickel und äußere Anwendung</b> Irene Brenneisen, Daniela Paepke	<b>Kühlung der Kopfhaut und Extremitäten</b> , Valeria Milani
10:00–10:30	Kaffeepause	
10:30–11:30	<b>Ohrakupunktur</b> Petra Voiß	<b>Orthomolekulare Therapie</b> Teelke Beck
11:30–12:30	<b>Misteltherapie</b> Matthias Rostock	<b>Onkologische Trainingstherapie</b> Victoria Lalla-Stickler
12:30–13:30	Mittagspause	
13:30–14:00	Arrival	

## PLENARY SESSIONS (IN ENGLISH)

14:00–14:15	<b>Introduction</b> Valeria Milani, Daniela Paepke, Zurich
14:15–14:45	<b>Keynote: Digitale Tools und KI für die Integrative Onkologie</b> Friedrich Overkamp, Berlin
14:45–15:15	<b>Systemic therapy in breast cancer: update 2024</b> Isabell Witzel, Zurich
15:15–15:45	<b>Microbiome: the role in breast cancer therapy</b> Petra Voiß, Essen
15:45–16:00	<b>Case report: a patient shares her story</b> Petra Winkler-Hirter
16:00–16:45	Break and presentation of the exhibitors
16:45–17:15	<b>Radiotherapy and the role of hyperthermia in breast cancer</b> Markus Notter, Berne
17:15–17:45	<b>Gender oncology: a new discipline?</b> Berna Özdemir, Berne
17:45–18:15	<b>Communication and spirituality in oncology</b> Raimund Jakesz, Vienna
18:15–18:30	Discussion and conclusion
from 18:30	Apéro riche



Dr. med.  
**Boris Hübenthal**  
*Centre for Integrative  
Oncology, Zurich*



Dr. med.  
**Valeria Milani**  
*Centre for Integrative  
Oncology, Zurich*



Prof. Dr. med.  
**Isabell Witzel**  
*USZ, Zurich*



**Petra Winkler-Hirter**  
*Stage 4 breast cancer  
patient, Yoga Therapist*



PD Dr. med. et phil.  
**Berna Özdemir**  
*Inselspital, Bern Univer-  
sity Hospital*



**Irene Brenneisen**  
*Zollikerberg Hospital,  
Zurich*



Prof. Dr. med.  
**Matthias Rostock**  
*University Cancer  
Centre, Hamburg*



PD Dr. med.  
**Daniela Paepke**  
*Zollikerberg Hospital,  
Zurich*



Dr. med.  
**Friedrich Overkamp**  
*OncoConsult GmbH,  
Berlin*



PD Dr. med.  
**Petra Voiß**  
*Clinic for Integrative  
Oncology and Supportive  
Medicine, Essen*



Dr. med.  
**Markus Notter**  
*Lindenhof Hospital,  
Berne*



Univ. Prof. Dr. med.  
**Raimund Jakesz**  
*Private consultation,  
Vienna*



**Teelke Beck**  
*Zollikerberg Hospital,  
Zurich*



**Victoria Lalla-Stickler**  
*MYAIRBAG - Training  
Against Cancer GmbH,  
Cologne*

#### VENUE

**GDI Gottlieb Duttweiler Institute**  
**Langhaldenstrasse 21, 8803 Rüschlikon/ZH**



#### PARKING LOTS

Parking deck at Park im Grüene Zürcherstrasse 4, 8803 Rüschlikon  
Two e-charging stations are available free of charge directly in front of the GDI.

#### PUBLIC TRANSPORT

- Zurich/Bürkliplatz: Bus no. 165 to Langhaldenstrasse, 5 min. walk from there
- Thalwil train station: Bus no. 156 to Park im Grüene, 5 min. walk from there
- S-Bahn S24/S8 to Rüschlikon station, from there bus no. 165 to Langhaldenstrasse
- S-Bahn S2 to Thalwil station, from there bus no. 156 to Park im Grüene

#### PARTICIPATION

The afternoon lectures are free of charge.  
The participation fee for the morning workshops is CHF 75.  
Due to limited places, early registration is requested until May 12. We look forward to your registration.  
**Register online: [www.esio.ch](http://www.esio.ch)**

#### EDUCATION CREDITS

4 Credits SRO  
4 Credits SGMO  
applied for:  
Credits SGGG  
Credits VAOAS

#### WITH KIND SUPPORT FROM

