

**FOR HEALTHCARE
PROFESSIONALS**

**ADVANCED
CERTIFICATE IN
LIFESTYLE
ONCOLOGY**

2nd EDITION

October 2025

**+ 20 TOPICS
6 MONTHS
ONLINE
EXPERT LECTURERS
SUPPORTING MATERIALS
CERTIFIED DIPLOMA**



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AICSO
Associação de Investigação de
Cuidados de Suporte em Oncologia


MASCC
MULTINATIONAL ASSOCIATION OF
SUPPORTIVE CARE IN CANCER

POWERED BY:


**EUROPEAN SCHOOL OF
LIFESTYLE ONCOLOGY**


**AIM
CANCER CENTER**

ADVANCED COURSE LIFESTYLE ONCOLOGY

October 25th, 2025



FOR

HEALTHCARE
PROFESSIONALS

STARTS

OCTOBER 25th, 2025

RECORDED LECTURES

+ FLEXIBILITY

FORMAT

ONLINE

CERTIFICATE

AT THE END

GENERAL OBJECTIVES.

To empower trainees with a holistic and integrative view and approach to individuals diagnosed with cancer throughout the various stages of the disease (from the day of diagnosis and continuing throughout their life).

To promote the acquisition of knowledge and skills for counseling and guiding individuals diagnosed with cancer on various lifestyle areas that complement hospital treatments and may enhance quality of life and longevity.

PROGRAM

MODULE 1

INTRODUCTION TO CANCER AND CANCER TREATMENTS

What is Cancer? (including theories and hallmarks)

Cancer screening and hereditary syndromes

Cancer treatment

Clinical research in Oncology

Oncogeriatrics

MODULE 2

PILLARS OF LIFESTYLE MEDICINE

Nutrition

Circadian rhythms & sleep

Emotional wellbeing & relationships

Environmental exposure to toxic substances

Internal and External factors related to cancer risk

Microbiome in Oncology

PROGRAM

MODULE 3

MANAGING SYMPTOMS AND SIDE EFFECTS OF CANCER AND ITS TREATMENT

Supportive care and adverse events in Oncology
Oncology Emergencies

MODULE 4

PHYSIOTHERAPY IN ONCOLOGY: PREHABILITATION & REHABILITATION

Physiotherapy and Palliative Care

Physiotherapy in Oncology Care

Integrative rehabilitation after breast cancer

PROGRAM

MODULE 5

EXERCISE AFTER A CANCER DIAGNOSIS

Exercise to improve health outcomes in cancer survivors

Yoga in Oncology

MODULE 6

MENTAL AND EMOTIONAL HEALTH IN ONCOLOGY

Emotional well-being and challenges during & after cancer

Bridging culture and care

Family Caregivers

Communication in cancer care

Meditation and Mindfulness in Oncology

New PNI-Based Paradigm in Oncology

PROGRAM

MODULE 7

NUTRITION IN ONCOLOGY

Cancer cachexia
Assessment of body composition
Body composition and outcomes
Nutrition therapy in cancer

MODULE 8

SUPPLEMENTATION IN ONCOLOGY

Vitamin D

Omega 3

Supplementation in Oncology

PROGRAM

MODULE 9

SEXUAL AND REPRODUCTIVE HEALTH

Sexual and reproductive health in Oncology

MODULE 10

COACHING

Coaching techniques in Oncology

PROGRAM

MODULE 11

INTEGRATING ALL FOR PATIENT CARE

Lifestyle and Integrative Medicine

Case studies

The Spiritual Dimension in Cancer Care: The Hero's Journey as a Path to

Transformation and Healing

Patient Navigation

MODULE 12

EXTRA MODULE (EBOOKS)

Cosmetic and Hair Care in Oncology

Prevention and Management of Cutaneous Toxicities in Oncology

Genetic predisposition for cancer

Jessica Gorzelitz, PhD

Researcher and Lab Director, University of Iowa



Dr. Gorzelitz is equal parts kinesiology and epidemiology applied to cancer survivorship. Her research focuses on the importance of physical activity in cancer survivorship, with special emphasis on gynecologic oncology and the importance of muscle-strengthening exercise.

Her academic preparation all comes from the University of Wisconsin - Madison including formal training in kinesiology, epidemiology, population health, and physical activity epidemiology. After she completed her PhD, she completed the Cancer Prevention Fellowship at the National Cancer Institute within the Division of Cancer Epidemiology and Genetics. During that time, she advanced her cancer epidemiology and biostatistical training. She continues to use both her observational epidemiology training along with her skills as a behavioral interventionist.

Now at the University of Iowa, she directs the Physical Activity and Cancer Survivorship (PACS) lab where she uses distance-delivered behavioral change approaches to advance physical activity behaviors in individuals with a cancer history.

José Pais Silva, MD

Clinical Research Physician at EORTC



José Pais Silva has a background in Pharmaceutical Sciences and Medicine. He then underwent specialist training in Medical Oncology at the Lisbon Portuguese Institute of Oncology whilst also taking a masters in Palliative Care.

He has then worked as a Medical Oncologist connected to the clinics and with an interest in research. He is currently working at the EORTC (European Organization for Research and Treatment of Cancer).

Fábio Gomes, MD, MRes

Physician, Medical Oncology



Dr Gomes received most of his medical training in Lisbon (Portugal), where he achieved his MD having then finalised the medical oncology training between the Lisbon Central Hospitals and The Christie. After completing the speciality training, he continued at The Christie where he worked until 2020 as a clinical research fellow caring primarily for patients with lung cancer and melanoma.

During this time, he also worked with the experimental cancer medicine team (ECMT) and completed a MRes in experimental cancer medicine with a distinction at The University of Manchester. In 2020, Dr Gomes was appointed as a Consultant in Medical Oncology with several roles and responsibilities (described above).



Laura Nasi

Integrative Oncologist, Author, Educator, and Mindfulness Guide

Dr. María Laura Nasi is a pioneering medical doctor specializing in Integrative Oncology, rooted in Psycho-Neuro-Immunology (PNI). With advanced training in Internal Medicine and Clinical Oncology (Memorial Sloan Kettering Cancer Center, New York), she has excelled in oncology research and led international projects. Embracing a human-centered approach, Dr. Nasi skillfully blends her clinical expertise with Mind-Body Medicine (Harvard University). Her holistic vision harmonizes science, spirituality, and mindful living. As a Mindfulness facilitator, she sees her role as a guide on the journey to self-knowledge, empowering individuals to lead healthier, more fulfilling lives through techniques such as mindfulness meditation, yoga, bioenergetics, expressive arts, and somatic practices for trauma healing. An accomplished author, she has published several insightful books that delve into themes of cancer, healing, and consciousness. Dr. Nasi teaches PNI at various universities and offers engaging workshops on integrative health practices. Her work reflects a deep belief in the multidimensional nature of human existence, fostering a transformative healthcare model that resonates with individuals in crisis and incorporates cosmo-spiritual-social-psycho-biology into her innovative approach.



Pedro Carrera Bastos, RD, MSc, PhD cand

Nutritionist, researcher and professor, Lund University and European University of Madrid

Pedro Carrera Bastos is a Portuguese and Spanish nutritionist, researcher, and PhD candidate at Lund University, Sweden, and the European University of Madrid, Spain. He holds a BSc in Nutrition and Dietetics, a BA in Business Administration, an MSc in Human Nutrition, and post-graduate diplomas in Biochemistry, Clinical Nutrition, and Exercise and Health.

Pedro lectures extensively on Nutrition worldwide and is a cofounding partner of CEAN, a Spanish-based company that provides education in Nutritional Sciences for health professionals in Spain and Latin America. He is a co-author of highly viewed and cited papers, including "The Western Diet and Lifestyle and Diseases of Civilization," with over 1.7 million views, and "Chronic inflammation in the etiology of disease across the life span," which ranks in the 99th percentile of all tracked articles in Nature Medicine.



Inês Pires Silva, MD, PhD

Medical Oncologist and Researcher, Melanoma Institute of Australia

Inês earned her MD from Universidade Nova de Lisboa and specialized in Medical Oncology at Instituto Português de Oncologia. She completed her PhD in tumor immunology at Bhardwaj Lab (NYU Cancer Institute), focusing on how innate immune dysfunction affects melanoma progression. She has participated in clinical fellowships at NYU Cancer Institute and Melanoma Institute Australia, serving as a co-investigator in various clinical trials for melanoma. Inês has presented her research at numerous conferences and received several awards, including the best poster award at ESMO 2019 and multiple merit awards in 2019, 2020, and 2021. With over 50 publications, her work has appeared in prestigious journals like *Lancet Oncology*, *Journal of Clinical Oncology*, and *Cancer Cell*. Her research interests include biomarkers for immunotherapy response, mechanisms of resistance to treatment, and understanding patterns of metastasis and response, as well as toxicity associated with immunotherapy.

Luzia Travado, PhD



Clinical Psychologist, Champalimaud Foundation and President emeritus of IPOS

Luzia Travado is a clinical health psychologist specialized in psycho-oncology, holding a PhD from the University of Coimbra. She has over 35 years of hospital experience, with national and international relevance, in the integration of psycho-oncological care in the treatment of cancer patients. Currently, she is involved in clinical practice and research at the Champalimaud Foundation. In 2022, she received a prestigious international award for her work in promoting psycho-oncology.

Kate Swetenham, RN



Director of Nursing, President of Palliative Care Nurses Australia

Adjunct Associate Professor Kate Swetenham is a registered nurse who is the Director of Nursing for the End of Life Care team in the Department for Health and Wellbeing.

Kate holds qualifications in general nursing, psycho oncology, palliative care and holds a Master of Science where the introduction and implementation of a nurse led palliative care clinic was the focus of her research. Kate is a member of the Research Centre for Palliative Care Death and Dying at Flinders University and a Board Director for Eldercare Incorporated. Kate is the current president of Palliative Care Nurses Australia.

Kate was awarded a Nursing and Midwifery travel scholarship in 2011 to study Day Hospices and Rapid Response programs and then in 2017 received a Churchill Fellowship to undertake travel to the UK, Ireland and Canada to investigate end of life care strategies.

Kate has been involved in commissioning services to deliver the Comprehensive Palliative Care in Aged Care Measure in South Australia and the Palliative Care Navigation Pilot and has provided clinical leadership to the implementation of voluntary assisted dying.

Matteo Lambertini, MD, PhD



Medical Oncologist and Professor

Matteo Lambertini is an associate professor and consultant in medical oncology at the University of Genova - IRCCS Ospedale Policlinico San Martino in Italy, specializing in breast cancer care and research. He has particular expertise in managing breast cancer in young women, focusing on fertility and pregnancy-related issues after diagnosis. He completed his PhD at the Université Libre de Bruxelles in 2018, with a project titled "Unmet Fertility and Pregnancy-related Issues in Young Breast Cancer Patients," contributing to the understanding of fertility preservation and pregnancy possibilities post-treatment. Lambertini is a member of guideline groups for fertility preservation with the European Society for Medical Oncology (ESMO), the European Society of Human Reproduction and Embryology (ESHRE), and the Italian Association of Medical Oncology (AIOM). He has authored over 320 publications and has conducted key research on the use of gonadotropin-releasing hormone (GnRH) analogs during chemotherapy and the safety of pregnancy in women with a history of breast cancer. An active ESMO member since 2011, he has received multiple fellowships and has served on various committees, currently chairing the ESMO Young Oncologists Committee.



Priyanka Vandersman, RN

Registered Nurse and Senior Research Fellow

Dr. Priyanka Vandersman is a Registered Nurse and Senior Research Fellow at Flinders University, Adelaide, Australia. Her research interests span palliative care, digital health, and aged care. She contributes to the national palliative care project, End of Life Directions for Aged Care (ELDAC), enhancing Australia's aged care sector's capacity in delivering quality end-of-life care through innovative approaches. Priyanka specializes in developing, implementing, and evaluating novel digital technologies to support end-of-life caregiving processes.



Annemie Galimont, MD

Dermatologist

Dr. Annemie Galimont is a dermatologist with over 20 years of experience, specializing in managing skin-related side effects in cancer patients. She focuses on preventing and treating skin issues resulting from cancer treatments. Through her educational materials, e-learnings, and webinars, she supports professionals such as skin therapists, beauticians, podiatrists, pedicurists, nurses, and medical specialists in their daily practice. She has been involved in establishing an interdisciplinary care pathway for foot side effects in cancer patients, ensuring that this care is now reimbursed. Additionally, she is a member of the EADV Task Force, with a specific focus on oncological nail care.



Paula Ravasco, RD, MD, MSc, PhD

Medical Doctor, Professor, ESPEN faculty and guidelines

Nutritionist (ON0047N), Physician, Specialist in Immuno-Hemotherapy (OM55311). She holds a PhD in Nutrition, Oncology, and Metabolism and has expertise in Clinical Nutrition from ESPEN (European Society for Clinical Nutrition and Metabolism) as well as in Clinical Research from the Faculty of Medicine of the University of Lisbon. She engages in clinical practice in clinical nutrition, metabolism, oncology, immuno-hemotherapy, and clinical medicine. At the Faculty of Medicine of the Catholic University of Portugal, she holds the positions of: Professor of Medicine, Nutrition, and Scientific Research, Member of the Scientific Council, Librarian Professor, Member of the Coordination of the Master's Program, and Member of the Scientific and Installation Council of the Doctoral Program. She is the Director of the International Postgraduate Program "Nutrition and Metabolism in Oncology" and Team Leader and Principal Investigator at the Interdisciplinary Research Center in Health at UCP and CatolicaMed Platform. She is also an Associate Professor of Physiological Biochemistry at Egas Moniz University Institute (IUEM) and Principal Investigator at the Interdisciplinary Research Center Egas Moniz (CiiEM), Egas Moniz University Institute (IUEM). She is a member of the ESPEN Faculty and the ESPEN Guidelines Committee. She is the author and co-author of over 70 original scientific articles published in peer-reviewed journals.

Ana Joaquim

Medical Oncologist



She currently works as a clinical research physician at EORTC. Previously, she worked at the Vila Nova de Gaia/Espinho Hospital Center (CHVNG/E) for 9 years, where she was part of the Breast Pathology Unit, the Head and Neck Tumor Functional Unit, and the CHVNG/E Clinical Research and Trials Unit. She is the President of the Board of GECCP (Head and Neck Cancer Study Group); a member of the Board of AICSO (Association for Research in Supportive Cancer Care); a member of SPO (Portuguese Society of Oncology), ESMO (European Society of Medical Oncology), MASCC (Multinational Association of Supportive Care in Cancer), and SPS (Portuguese Society of Senology); and the coordinator of the ONCOMOVE® program at AICSO.

Antonio Di Meglio

Medical Oncologist and clinical researcher



Dr. Di Meglio trained in research design across Italy, France, and the United States, including a fellowship at Dana-Farber Cancer Institute and a PhD in behavioral sciences from University Paris-Saclay. Since 2017, he has worked at Gustave Roussy as a physician-scientist in the Breast Cancer Survivorship Research Program. His research focuses on improving the management of long-term symptoms in breast cancer survivors, using data from the CANTO study. He specializes in Patient-Reported Outcomes and cancer-related fatigue. Dr. Di Meglio has received multiple awards and has presented his research at major oncology conferences. He is also dedicated to teaching and mentoring young oncologists while providing clinical care to breast cancer patients.

Hima Dalal

Integrative Occupational Therapist and Energy Medicine Practitioner



Hima Dalal is an experienced occupational therapist with 43 years of practice, combining vibrational energy and medicinal science for a unique integrative approach. She earned her degree from Mumbai University and is a National Board Certified OT. Hima's career includes working at Case Western Reserve University on breast cancer rehabilitation and later running a successful private practice in Mumbai. After moving to South Carolina, she opened Vital Energy Wellness & Rehab Center, expanding to two locations. Hima now focuses on teaching and holistic healing through her own practice, Hima Dalal Integrative Health Practice, offering specialized integrative OT interventions.



Toral Shah

Nutritional Scientist and Integrative Oncology Practitioner.

Toral Shah is a Nutritional Scientist and Integrative Oncology Practitioner, dedicated to helping individuals optimise their health, reduce cancer risk, and prevent chronic diseases through evidence-based nutrition, longevity medicine, and integrative approaches. A breast cancer survivor, Toral understands firsthand how patients may want to modify their diet and lifestyle post-diagnosis. She completed her MSc thesis on dietary approaches to reduce breast cancer recurrence risk and has developed integrative oncology courses to support breast and prostate cancer patients throughout treatment and beyond. She also participates in academic research on prehabilitation and rehabilitation for cancer patients, including her work with the NIHR Nutrition and Cancer, and Living Beyond Cancer committees. Beyond clinical work, Toral is an educator, speaker, and advocate. She collaborates with brands, organisations, and media to communicate scientific research in an engaging and accessible way. She is currently writing her first book, which explores the latest nutrition and lifestyle science for cancer risk reduction, alongside her favourite recipes and practical health tips. She is also passionate about health inequalities in cancer care and co-founded South Asian Supernovas to address racial disparities in healthcare outcomes.



Catarina Ribeiro

Medical Oncologist

Medical Doctor specialised in Medical Oncology by the Portuguese Medical Association, with expertise in Palliative Care; Master's degree from King's College London with a scholarship from the Calouste Gulbenkian Foundation (DINAMO Project), completed with distinction; research project: phase 2 clinical trial with strength training in patients with metastatic cancer undergoing chemotherapy; Clinical Scholars Research Training Certificate, 2-year postgraduate course from Harvard Medical School - Portugal; Executive MBA, Quantic Business School, USA.

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