

4th Edition

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EUROPEAN SCHOOL OF  
LIFESTYLE ONCOLOGY

**AIM**  
CANCER CENTER



# Advanced Certificate in Lifestyle Oncology

For healthcare professionals

**June 2026 | 45 hours | 100% online**

+ 30 topics | 6 months | online | expert lecturers |  
supporting materials | certified diploma

WITH THE SCIENTIFIC SPONSORSHIP OF:



CERTIFIED BY:



# Why this course?

*Every week, cancer patients ask the same questions: What should I eat during treatment? Can I exercise? Do supplements help or harm? What can I do to prevent recurrence?*

**Most clinicians were never trained to answer them.**

The Advanced Certificate in Lifestyle Oncology exists to close this gap, equipping healthcare professionals with the science, the clinical tools, and the confidence to integrate lifestyle into cancer care safely and effectively.

## What You Will Learn

This is not a theoretical overview. The programme is built around the real clinical challenges that professionals face daily: navigating misinformation, supporting patients beyond hospital treatments, and delivering evidence-based lifestyle guidance across nutrition, exercise, mental health, supplementation, and survivorship.

**Each module translates current research into practical, actionable knowledge.**

## A Global Community, Always Up to Date

**1000+** students across  
all continents

The programme is continuously updated to reflect the latest scientific evidence and clinical best practices, ensuring that every edition delivers the most current and relevant training available.

# What Our Students Say

Real feedback from healthcare professionals across all editions

## BEFORE THE COURSE

## AFTER THE COURSE

*"I had no formal training in lifestyle oncology - patients asked questions. I couldn't answer."*

**Dr. Eliza Froicu**  
Medical Oncologist, Romania

*"My practice is completely transformed. I now have scientific grounding for everything I recommend."*

*"I wanted evidence to back up what I already believed, but I was acting on intuition alone."*

**Dr. Helena Luna Pais**  
Medical Oncologist, Portugal

*"I give evidence-based lifestyle guidance. My interventions are no longer just intuition, they're grounded in research."*

*"Patients kept asking about nutrition, supplements, exercise, and my colleagues had no answers either."*

**Lêda Koehler**  
Clinical Nutritionist, Brazil

*"This course gives answers to the way I think about oncology nutrition. It sealed what I'd been feeling."*

*"My institution was closed to change. I lacked confidence to advocate for integrative approaches."*

**Dr. Mara Lia Scarabino**  
Radiation Oncologist, Argentina

*"A course that can transform lives. I feel capable and confident to care for the whole person."*

# Where Our Students Are Heading

The course doesn't just change practice: it opens new professional paths

**Opening an oncology rehabilitation centre**

**Daryl Kruger**  
Physiotherapist  
South Africa

**Building an online integrative nursing practice**

**Inês Duarte**  
Nurse & Cancer Survivor  
Portugal

**Becoming a certified patient navigator**

**Bogdan Gamalet**  
Occupational Therapist  
Romania

# MODULES

## MODULE 1

### Introduction to Cancer and Cancer Treatments

- What is Cancer? (theories and hallmarks)
- Cancer screening and hereditary syndromes
- Cancer treatment
- Clinical research in Oncology
- Oncogeriatrics

## MODULE 2

### Managing Symptoms and Side Effects

- Supportive care and adverse events
- Oncology Emergencies

## MODULE 3

### Pillars of Lifestyle Medicine

- Nutrition
- Circadian rhythms & sleep
- Emotional wellbeing & relationships
- Environmental exposure to toxic substances
- Internal and External cancer risk factors
- Microbiome in Oncology

## MODULE 4

### Physiotherapy in Oncology: Prehab & Rehab

- Physiotherapy and Palliative Care
- Physiotherapy in Oncology Care
- Integrative rehabilitation after breast cancer

## MODULE 5

### Exercise After a Cancer Diagnosis

- Exercise to improve health outcomes
- Exercise and cancer recovery
- Yoga in Oncology

## MODULE 6

### Mental and Emotional Health in Oncology

- Emotional well-being during & after cancer
- Bridging culture and care
- Family Caregivers
- Communication in cancer care
- Meditation and Mindfulness
- New PNI-Based Paradigm
- Role of Hypnosis in Cancer Care

# MODULES

## MODULE 7

### Nutrition in Oncology

- Cancer cachexia
- Assessment of body composition
- Body composition and outcomes
- Nutrition therapy in cancer
- Decolonising integrative oncology
- Cancer and Nutrition: Setting the scene
- Dietary Interventions
- Metabolic Health and Cancer

## MODULE 8

### Supplementation in Oncology

- Vitamin D
- Omega 3
- Supplementation in Oncology

## MODULE 9

### Sexual and Reproductive Health

- Sexual and reproductive health in Oncology

## MODULE 10

### Coaching

- Coaching techniques in Oncology

## MODULE 11

### Integrating All for Patient Care

- Lifestyle and Integrative Medicine
- Case studies
- The Spiritual Dimension in Cancer Care
- Patient Navigation

## MODULE 12

### Extra Module (eBooks)

- Cosmetic and Hair Care in Oncology
- Prevention of Cutaneous Toxicities
- Genetic predisposition for cancer

# LECTURERS



**PAULA RAVASCO, RD, MD,  
MSc, PhD**

**Medical Doctor; Professor; ESPEN  
Faculty and Guidelines Committee  
Member**

Physician and nutritionist specializing in oncology and metabolism. Professor at the Catholic University of Portugal and Egas Moniz University Institute. Leads a postgraduate program in oncology nutrition and contributes to ESPEN guidelines.



**MICHAEL STUBBLEFIELD, MD**

**Medical Doctor**

Medical Director for Cancer Rehabilitation at Kessler Institute and National Medical Director of Select Medical's ReVital Program. Clinical Professor at Rutgers and board certified in multiple specialties. Focuses on neuromuscular and functional complications of cancer and its treatments.



**LAURA NASI, md**

**Medical Doctor**

Medical doctor specializing in Integrative Oncology grounded in Psycho-Neuro-Immunology. Trained in Internal Medicine and Clinical Oncology, including at Memorial Sloan Kettering Cancer Center. Leads international projects, teaches PNI, and delivers workshops on integrative health and mindfulness.



**SARAH PARTRIDGE, MBBS,  
MRCP, FRCR**

**Consultant Clinical Oncologist**

.Consultant Clinical Oncologist at Imperial College Healthcare NHS Trust, specializing in head and neck cancers. Principal investigator in international trials and active in clinical research. Also trained in hypnotherapy with an interest in psychological aspects of care.



**FRANCESCO BETTARIGA, PT,  
MSc, PhD**

**Physiotherapist**

.Physiotherapist with a PhD in Exercise Medicine at Edith Cowan University. Researcher and international speaker on "Exercise is Medicine." Works clinically with cancer patients to improve quality of life during and after treatment.



**PEDRO CARRERA BASTOS, RD,  
MSc, PhD cand**

**Nutritionist, Researcher and  
Professor, Lund University and  
European University of Madrid**

Nutritionist and researcher pursuing a PhD at Lund University and the European University of Madrid. Cofounder of CEAN, with international lecturing experience. Research focuses on nutrition, inflammation, and lifestyle-related diseases.



**JESSICA GORZELITZ, PhD**

**Researcher and Lab Director,  
University of Iowa**

Researcher at the University of Iowa and Director of the PACS Lab. Studies physical activity in cancer survivorship, developing distance-based interventions to improve long-term outcomes.



**IINÊS PIRES SILVA, MD, PhD**

**Medical Oncologist and Researcher,  
Melanoma Institute of Australia**

IMedical oncologist and tumor immunologist specializing in melanoma and immunotherapy. Trained in Portugal and the United States, including at NYU Cancer Institute. Author of multiple publications in leading international journals.

# LECTURERS



**JOSÉ PAIS SILVA, MD**

**Clinical Research Physician, EORTC**

Trained in Pharmaceutical Sciences and Medicine, with specialization in Medical Oncology in Lisbon and a master's in Palliative Care. Currently a Clinical Research Physician at EORTC with a focus on oncology research.



**PRIYANKA VANDERSMAN, RN**

**Nurse; Senior Research Fellow,  
Flinders University**

Registered Nurse and Senior Research Fellow at Flinders University. Focuses on palliative care, digital health, and aged care, contributing to the national ELDAC project on end-of-life care.



**HIMA DALAL, OT**

**Integrative Occupational Therapist  
and Energy Medicine Practitioner**

Occupational therapist with over 40 years of experience integrating rehabilitation and energy-based approaches. Founder of Vital Energy Wellness & Rehab Center and leader of an integrative health practice. Focuses on holistic rehabilitation and professional education.



**TORAL SHAH, MSc**

**Nutritional Scientist and Integrative  
Oncology Practitioner**

Nutritional scientist specializing in evidence-based nutrition and lifestyle medicine for cancer prevention and survivorship. Contributes to NIHR research and develops integrative oncology programs. Advocate for health equity and founder of South Asian Supernovas.



**ANABELA AMARELO**

**Nurse, Oncology and Rehabilitation**

Nurse since 2003 and specialist in Rehabilitation Nursing. Works in oncological rehabilitation and cancer education initiatives. Vice-president of AICSO and doctoral student in Nursing Sciences at ICBAS.



**SLAVICA KOCHOVSKA, PhD**

**Research Fellow**

Research Fellow at the University of Wollongong and Adjunct Research Fellow at the University of Technology Sydney. Palliative care researcher with a background in linguistics. Focuses on chronic breathlessness in life-limiting illness and improving its clinical management.



**MATTEO LAMBERTINI, MD PHD**

**Associate Professor and Consultant  
in Medical Oncology**

Medical oncologist focused on breast cancer and actively involved in translational and clinical research. Member of international guideline groups (ESMO, ESHRE, AIOM) and Chair of the ESMO Young Oncologists Committee.



**HELENA SILMAN COHEN, PT,  
DPT**

**Physical Therapist and Researcher**

Physical therapist with over 20 years of experience, including at Memorial Sloan Kettering Cancer Center. Leader in oncology rehabilitation in Israel, contributing to education, research, and international initiatives.

# LECTURERS



**LEONOR MARQUES, PT, MSc**

**Physiotherapist**

Physiotherapist specializing in palliative care and respiratory rehabilitation. Clinical experience in hospital and community palliative care settings in Lisbon. Collaborates in education and is actively involved in national and European working groups in oncology and palliative care.



**KATE SWETENHAM, RN**

**Director of Nursing; President,  
Palliative Care Nurses Australia**

Adjunct Associate Professor and registered nurse serving as Director of Nursing for End of Life Care in South Australia. President of Palliative Care Nurses Australia, with leadership in palliative care innovation, research, and service development.



**MATT FOWLER, DNP, ACP**

**Consultant Advanced Clinical  
Practitioner**

Consultant Advanced Clinical Practitioner in cancer services at University Hospitals Derby and Burton NHS Foundation Trust. Specializes in advanced nursing practice, acute oncology care, and cancer-associated thrombosis. Holds a Doctorate in Nursing Practice and lectures internationally.



**GEORGIOS MAVROPALIAS, PhD**

**Health Coach and Cancer  
Rehabilitation Specialist**

Exercise oncology specialist with a PhD in muscle and connective tissue adaptation. Focuses on personalised exercise and lifestyle interventions during cancer treatment. Experienced lecturer and author contributing to integrative cancer care.



**FÁBIO GOMES, MD, MRes**

**Consultant Medical Oncologist, The  
Christie NHS Foundation Trust**

Medical oncologist trained in Portugal and the UK. Works at The Christie with focus on lung cancer, melanoma, and experimental cancer medicine. Holds an MRes from the University of Manchester.



**WENDY DUGGLEBY, PhD**

**Nursing researcher, Professor  
Emerita, Faculty of Nursing**

Nursing researcher specializing in aging, quality of life, and dementia care. Her work focuses on developing and evaluating psychosocial interventions to support older adults and their caregivers. Co-founder of the Nav-CARE program.



**HELENA LUZ PAIS, MD**

**Medical Oncology Assistant**

Medical Oncologist at Hospital de Santa Maria and Assistant Professor at the University of Lisbon. Focuses on digestive and breast cancers, with training in palliative care. Actively involved in clinical trials and member of SPO, ESMO, and ASCO.

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# FREQUENTLY ASKED QUESTIONS

## **Do I need to attend classes on schedule?**

No, classes are recorded. Watch at your convenience within 6 months.

## **Are there any live days? What if I can't attend them?**

Live masterclasses are held monthly as part of the premium plan. All sessions are recorded and available to watch anytime.

## **Will I receive a certificate?**

Yes. Your name can also be listed on our website as a certified professional.

## **How long will I have access?**

6 months unlimited. Premium plan: additional 12 months.

## **Is this course accredited?**

Scientific endorsement from MASCC and AICSO. Featured in RACP Resource Library.

## **Do you provide CPD points?**

CPD certified for 45 hours of CPD learning activities.

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## CONTACT US

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