POWERED BY:

EUROPEAN SCHOOL OF LIFESTYLE ONCOLOGY

AIM CANCER CENTER

WITH THE SCIENTIFIC SPONSORSHIP OF:

ICRF International Cancer Rehabilitation Foundation



Advanced Certificate in Oncology Nutrition

30 hours | online | Recorded classes | Live mentoring Q&A session | Certified by the European School of Lifestyle Oncology

October 2026

MODULES

MODULE 1

Oncology & Nutrition Fundamentals

- Cancer Biology & Clinical Fundamentals
- Oncology Treatment Modalities
- Pillars of Lifestyle Oncology
- Supportive Care Concepts

MODULE 2

Nutritional Assessment & the Cancer Continuum

- Screening & Assessment Tools
- Body Composition Assessment
- Malnutrition, Sarcopenia & Cachexia
- Nutrition Across the Cancer Continuum
- Misinformation & Unsafe Practices

MODULE 3

Cancer Metabolism & Metabolic Interventions

- Cancer Metabolism
- Metabolic Health Assessment
- Metabolic Dietary Interventions
- Circadian Biology & Meal Timing
- Exercise-Nutrition Interactions
- Gut Microbiome, GI Toxicities & Dietary Management

MODULE 4

Nutrition During Active Treatment

- Nutrition by Treatment Modality
- Chemotherapy
- Immunotherapy
- Targeted Therapies
- Radiotherapy
- Perioperative Nutrition
- Young adults & fertility;
- Safety: Interactions & Escalation
- Culinary Class

MODULE 5

Supplementation in Oncology

- Core Evidence-Based Supplements
- Omega 3
- Vitamin D

MODULE 6

Disease-Specific Clinical Nutrition

- Solid Tumour Nutrition (Breast Cancer, Gastrointestinal Cancers, Head & Neck Cancers)
- Haematological Malignancies (Leukaemia, Lymphoma, Multiple Myeloma, Stem Cell Transplantation)
- Hormonal Therapies & Sarcopenic Obesity

MODULES

MODULE 7

Special Clinical Populations

- Advanced Cancer & Palliative Care
- Pediatric Oncology
- Nutrition and social determinants, and cultural bias

MODULE 8

Nutrition Across the Survivorship Continuum

- The Survivorship Landscape
- Diet & Recurrence Prevention
- Long-Term Nutritional Monitoring
- Culinary Session

MODULE 9

Communication, Behaviour Change & Consultation Skills

- Consultation guidelines
- Motivational Interviewing in Oncology
- Communication Challenges

MODULE 10

Clinical cases

- Clinical Assessment and Prioritisation
- Evidence-Based Decision Making
- Integration of Lifestyle factors and strategies
- Multidisciplinary Referral Pathways

LECTURERS



PEDRO CARRERA BASTOS, RD, MSC, PHD

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

Pedro Carrera Bastos is a Portuguese-Spanish nutritionist and researcher pursuing a PhD at Lund University and the European University of Madrid. Cofounder of CEAN, he lectures internationally and has co-authored influential papers on nutrition, inflammation, and lifestyle-related diseases.



CAROLINA CRISPINO, MD, MPH

Physician specialising in Functional, Integrative, Metabolic and Circadian Medicine

With Master of Public Health from the University of Tennessee, advanced training in Functional Medicine, and additional training in nutrition at the University of California, Berkeley. Has international clinical and academic accross Uruguay, USA and Peru.
Clinical work focuses on metabolic health, cancer metabolism, nutrition, circadian biology and evidence-informed lifestyle interventions to support people with cancer.



CAROL GRANGER, DPROF, MSC, MRSB, CBIOL, FBANT, FRSM

Registered nutrition practitioner, human microbiome

Degree in biochemistry and a Master's in microbiology. Two decades of experience in bioscience research, microbiological diagnostics and medical technology. Co-Chair of the Research Council for complementary Medicine. Contributes to a national research collaboration on nutrition for people affected by cancer, director of the British Society for Integrative Oncology (BSIO). Member of the Nutrition Society and the Microbiology Society, chartered biologist and member of the Royal Society of Biology, Fellow of the British Association for Nutrition and Lifestyle Medicine and a Fellow of the Royal Society of Medicine.



SHELBY YACECZKO, DCN, RDN-AP, CNSC

Doctor of Clinical Nutrition & Registered Dietitian

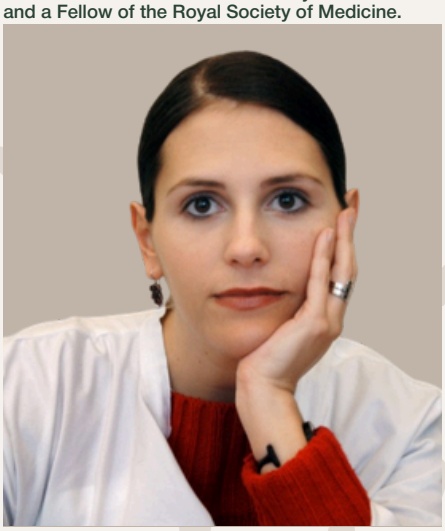
B.S. Dietetics & Food Administration. M.S. Kinesiology: Exercise Physiology & Nutrition Doctor of Clinical Nutrition: Rutgers School of Health Professionals. Outstanding Dietetic Intern in a Dietetic Internship Award 2014-2015, California Academy Nutrition Dietetics. Recognized Young Dietitian of the Year 2016-2017, California Academy Nutrition Dietetics Extensive experience serving in healthcare leadership roles at the local, state, and national level. Innovative thought-leader determined to transform the cancer supportive care landscape globally. Areas of interest: Preventative Health/Wellness, Sports Dietetics, Clinical Nutrition, Digital Health, Oncology



TORAL SHAH, MSC

Nutritional Scientist and Integrative Oncology Practitioner

Toral Shah is a Nutritional Scientist and Integrative Oncology Practitioner focused on evidence-based nutrition and lifestyle medicine for cancer prevention and survivorship. A breast cancer survivor, she contributes to NIHR research, develops integrative programs, and advocates for health equity through South Asian Supernovas.



PAULA RAVASCO, RD, MD, MSC, PHD

Medical Doctor, Professor, ESPEN faculty and guidelines

Physician and nutritionist with a PhD in Nutrition, Oncology, and Metabolism. Professor and researcher at the Catholic University of Portugal and Egas Moniz University Institute, she leads the Postgraduate Program in Nutrition and Metabolism in Oncology and is a member of the ESPEN Faculty and Guidelines Committee.

LECTURERS



GEORGIOS MAVROPALIAS, PHD

Health Coach and Cancer Rehabilitation Specialist

Health coach and cancer rehabilitation specialist with a PhD in muscle and connective tissue adaptation and extensive experience in exercise oncology, clinical trials, and telehealth. Expertise in leading exercise oncology studies, implementing rehabilitation protocols, and designing telehealth programs to improve cancer treatment outcomes. Practicing nutritionist and exercise physiologist specializing in reducing cancer treatment side-effects and improving treatment efficacy. Passionate about integrating targeted exercise and nutrition into oncology care and improving patient quality of life.



CĂTĂLINA-GABRIELA BEZĂRĂU, MD

Medical Oncologist, certified nutritionist and dietitian

Fellow of the College of the European School of Oncology, a member of its Education Working Group, and a member of the European Cancer Organisation's Young Cancer Professionals Group. She belongs to the PR and Social Media Working Group of the Romanian Young Oncologists (RYO),a division of the Romanian National Society of Medical Oncology. Actively involved in clinical trials and medical education, contributes to scientific publications and presents at oncology conferences. Her ongoing training includes clinical nutrition and metabolism through ESPEN, alongside palliative care.



PETER ADINTORI, MS, RD-AP, CSO, CDN, CNSC

Doctor of Clinical Nutrition & Registered Dietitian

Advanced practice oncology dietitian and a PhD student in Rehabilitation Sciences at New York University. Specializes in the interdisciplinary integration of nutrition, physical therapy, and mental health services for patients living with and beyond blood cancers. Has served as an Adjunct Professor and Guest Lecturer to graduate students throughout NYC, including Teachers College Columbia University, New York University, and Pace University. Peter is the chair-elect for the Oncology Nutrition Dietetic Practice Group and has held leadership roles in the House of Delegates, the Practice Excellence Committee, and the CEO Advisory Panel at the Academy of Nutrition and Dietetics. Served as a nutrition expert with the American Congress on Rehabilitation Medicine and Cancer Survivorship and Supportive Care Professionals Network where he strongly advocates for integration of nutrition services into cancer rehabilitation and supportive care teams. Blends clinical, research, academic, and professional service expertise in his daily work to further the knowledge, skills, and influence of oncology dietitians in the field of supportive cancer care



BERNARDO STARLING

Nutritionist and Researcher

Nutritionist, researcher, and lecturer, with training in Nutrition, Biochemistry, and Molecular Biology. He is currently pursuing a PhD in Biochemistry and Immunology at the Federal University of Minas Gerais.
His research focuses on metabolism, inflammation, nutritional supplementation, and integrative health. He is the author of international scientific publications and serves as a reviewer for scientific journals in the field.



GENERAL OBJECTIVES

To equip healthcare professionals with the knowledge, clinical reasoning skills, and practical tools required to evaluate and apply evidence-based nutrition and lifestyle interventions in oncology care. The programme aims to support treatment tolerance, optimise nutritional status, address treatment-related side effects, promote metabolic health, and enhance quality of life throughout the cancer continuum, from diagnosis to survivorship and advanced care.

FREQUENTLY ASKED QUESTIONS

1.Do I need to attend the classes exactly as scheduled?
No, all classes are recorded, and you can watch them at your own convenience.

2.How long will I have access to the course?
Recordings and materials are available during 5 months.

3.What is the evaluation method?
A single multiple-choice test at the end of the course.

4.Are the classes online or in person?
The course is 100% online.

5.Is the course only for healthcare professionals?
No. While it is designed for healthcare professionals, anyone interested in the topic is welcome.

Note: The programme schedule, faculty, and learning materials are subject to change. Any changes will not affect the overall learning objectives of the course.

CONTACT US TO RECEIVE ALL THE INFORMATION:

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WWW.ESLONCOLOGY.COM

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