

onco summit 2027

Scientific Programme

4 - 7 November 2027

Fundação Oriente, Lisbon, Portugal

The Only Dedicated Lifestyle Medicine and Oncology Congress in the World

Preliminary programme. Subject to change.

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esmo EUROPEAN SCHOOL OF LIFESTYLE ONCOLOGY

AIM CANCER CENTER

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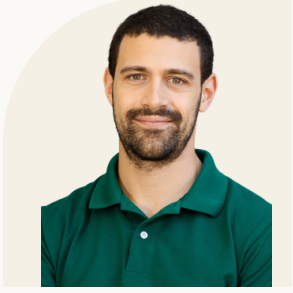
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Four Days

Evidence that changes practice

The OncoSummit 2027 programme is built around one idea: lifestyle is part of cancer treatment. Over four days, oncologists, nurses, physiotherapists, nutritionists, psycho-oncologists, pharmacists, primary care, dermatology and rehabilitation professionals share the same room, and the same programme.

THURSDAY · 4 NOVEMBER

Pre-Congress Day

- Hands-on workshops & masterclasses
- Associations and Patient Advocates session
- Partner & networking moments

FRIDAY · 5 NOVEMBER

Day 1 · Prevention, Exercise, Nutrition & Mind

- Opening Session
- Exercise during cancer treatment
- Nutrition & muscle as clinical outcomes
- Genetics & precision prevention
- Mental health is cancer care
- Oral communications
- Workshops

SATURDAY · 6 NOVEMBER

Day 2 · Function, Survivorship & Care Pathways

- Lifestyle medicine and breast cancer
- Rehabilitation across the continuum
- Women's health after cancer
- OncoSkin
- From guidelines to pathways
- Roundtables: patient voice & survivorship
- Workshops

SUNDAY · 7 NOVEMBER

Day 3 · The Future of Cancer Care

- AI in oncology & supportive care
- The Future Cancer Centre
- Innovative Treatments
- Reimbursement & health-system adoption
- Research Awards & Best Abstracts
- Closing Session

Preliminary programme. Subject to change.



FRIDAY · 5 NOVEMBER 2027 · MORNING

Day 1

OPENING SESSION — **What Is Ready for Routine Practice?**

SCIENTIFIC SESSION 1 — **Exercise During Cancer Treatment: Stop Telling Patients to Rest**

- What the Evidence Says: Exercise During Systemic Therapy and Radiotherapy
- How to Prescribe Exercise Safely During Treatment
- Advanced Disease, Bone Metastases and Complex Clinical Adaptation
- Exercise as Supportive Care: Fatigue, Function and Treatment Tolerance
- *Discussion*

LECTURE — **Behaviour Change That Lasts: From Advice to Supported Action**

COFFEE BREAK · EXHIBITION

LECTURE — **Evidence, Hype and Hope: How Should Clinicians Talk About Lifestyle and Cancer Outcomes?**

EXERCISE SNACK · Movement break for all participants

SCIENTIFIC SESSION 2 — **Beyond Weight: Nutrition and Muscle as Clinical Outcomes**

- Nutritional Risk Screening: Who Needs Action and When?
- Muscle Matters: Sarcopenia, Body Composition and Treatment Tolerance
- Nutrition During Systemic Treatment: What to Do – and What Not to Do
- *Discussion*

INDUSTRY SESSION — **Supportive Oncology**
Confirmed Sponsored session

LUNCH · EXHIBITION

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FRIDAY · 5 NOVEMBER 2027 · AFTERNOON

Day 1

SCIENTIFIC SESSION 3

Genetics & Precision Prevention: What Is Ready Now?

- Hereditary Cancer: From Family History to Actionable Testing
- Risk Stratification and Polygenic Risk Scores: Promise, Limits and Equity
- Liquid Biopsy: Clinical Utility Today — and Where the Evidence Stops
- *Discussion*

EXERCISE SNACK · Movement break for all participants

LECTURE

Circadian Health in Cancer Care: Light, Sleep and Timing as Clinical Variables

COFFEE BREAK · EXHIBITION

LECTURE

Psychoneuroimmunology in Cancer Care: Connecting Stress, the Nervous System and Immune Function

SCIENTIFIC SESSION 4

Mental Health Is Cancer Care

- Distress, Anxiety and Depression: Screening That Changes Care
- Evidence-Based Psychological and Mind–Body Interventions in Cancer Care
- *Discussion*

ORAL COMMUNICATIONS

Selected Abstracts

Rapid oral presentations of selected research

DAY 1 WRAP-UP

Synthesis of Day 1

IN PARALLEL

Hands-on Workshop

Running alongside the plenary programme

Preliminary programme. Subject to change.

SATURDAY · 6 NOVEMBER 2027 · MORNING

Day 2

LECTURE

Growing Up With and Beyond Cancer: Rethinking Care for Adolescents and Young Adults

SCIENTIFIC SESSION 5

Function Is an Outcome: Rehabilitation Across the Cancer Continuum

- Rehabilitation Starts During Treatment: Function as a Clinical Outcome
- Chemotherapy-Induced Peripheral Neuropathy: What Helps, What Does Not
- Cancer-Related Fatigue: One Symptom, Multiple Mechanisms, Multimodal Treatment
- Building a Cancer Rehabilitation Pathway: Triage, Referral and Outcomes
- *Discussion*

COFFEE BREAK · EXHIBITION

KEYNOTE LECTURE

Paving the Path Forward: Lifestyle Medicine Across the Breast Cancer Continuum

SCIENTIFIC SESSION 6

Women's Health After Cancer: Beyond Menopause

- Fertility, Premature Ovarian Insufficiency and Life Planning After Cancer
- Sexual Health After Cancer: Ask, Assess, Treat and Refer
- Bone and Cardiometabolic Health After Endocrine and Gonadal Toxicity
- *Discussion*

EXERCISE SNACK · Movement break for all participants

ROUNDTABLE 1

Patient Voice, Care Design and Clinical Priorities

Bringing Patient Priorities into Clinical Practice

LUNCH · EXHIBITION

Preliminary programme. Subject to change.

SATURDAY · 6 NOVEMBER 2027 · AFTERNOON

Day 2

SCIENTIFIC SESSION 7

OncoSkin

- From Rash to Adherence: How Dermatologic Toxicity Affects Cancer Treatment
- Dermatologic Toxicities: Evidence-Based Supportive Skin Care
- Hair Loss Is Not "Just Cosmetic": Alopecia, Scalp Health and Identity
- *Discussion*

LECTURE

Prehabilitation: Using the Window Before Treatment

COFFEE BREAK · EXHIBITION

SCIENTIFIC SESSION 8

From Guidelines to Pathways: Implementing Lifestyle Oncology

- Screen, Stratify, Refer: The Minimum Clinical Dataset
- Building the Multidisciplinary Pathway: Roles, Referral and Accountability
- Measure, Improve, Scale: Outcomes, Equity and Implementation Metrics
- *Discussion*

ROUNDTABLE 2

Who Owns Survivorship? Oncology, Primary Care and the Multidisciplinary Team

Who Owns Follow-Up? Building the Multidisciplinary Cancer Care Model

DAY 2 WRAP-UP

Synthesis of Day 2

IN PARALLEL

Hands-on Workshop

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SUNDAY · 7 NOVEMBER 2027 · MORNING

Day 3

ROUNDTABLE 3 — **Artificial Intelligence in Oncology and Supportive Care**
Can AI Transform Cancer Care Without Losing the Human Touch?

KEYNOTE — **The Future Cancer Centre: Integrating Oncology, Supportive Care and Lifestyle Medicine**

AWARDS — **Research Awards & Best Abstracts**

COFFEE BREAK · EXHIBITION

LECTURE — **The Next Frontier in Cancer Treatment: Innovation and Emerging Therapies**

ROUNDTABLE 4 — **Making Lifestyle Oncology Deliverable: Reimbursement, Value and Health-System Adoption**
From Evidence to Sustainable Health-System Integration

CLOSING SESSION — **What Should Change in Cancer Care on Monday Morning?**



Preliminary programme. Subject to change.

Workshops

Small groups, practical skills, ready for the clinic

Alongside the plenary programme, OncoSummit 2027 offers hands-on workshops and masterclasses designed for small groups and direct interaction with experts.

01 **Cannabinoid Medicine**

02 **Nutrition, Cachexia and Realistic Goals in Advanced Disease**

03 **Exercise in Cancer Care**

04 **Oral Health during and after Cancer**

05 **Circadian Health in Cancer Care: Light, Sleep and Timing**

06 **Nervous System, Breathwork and Oncology**

07 **Mental Health in Cancer Care**

08 **Supplementation in Oncology: What Does the Evidence Say?**

Be part of the programme

Sponsored symposia, keynotes, sessions and workshops can be integrated into the programme. Industry content is clearly labelled and subject to scientific committee approval. See the Exhibitor & Sponsorship Opportunities prospectus for details.

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