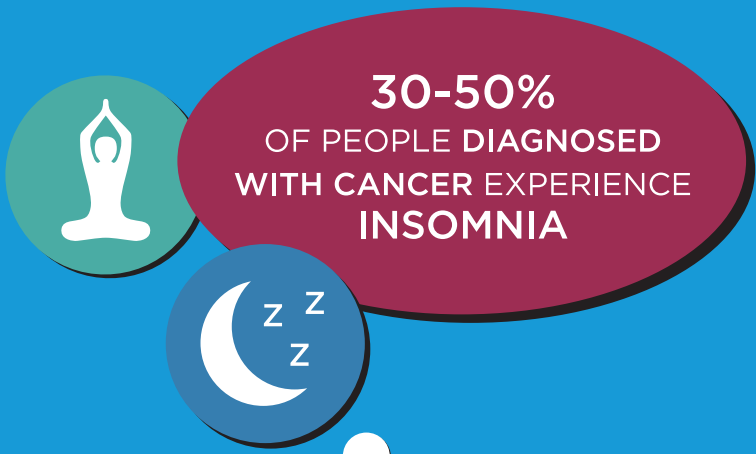


SLEEP FOR HEALTH

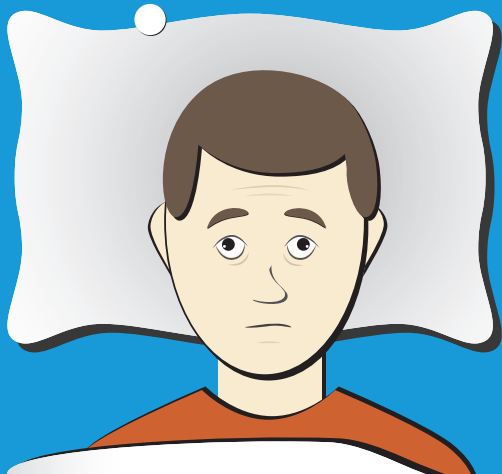
Approaches from Integrative
Medicine and Psycho-Oncology

Saturday, May 5, 2018

Rockefeller Research Laboratories
430 East 67th Street
New York, NY



30-50%
OF PEOPLE DIAGNOSED
WITH CANCER EXPERIENCE
INSOMNIA



Memorial Sloan Kettering
Cancer Center



INSOMNIA
INTEGRATIVE
THERAPY
PSYCHO-ONCOLOGY
PATIENT-CENTERED
ACUPUNCTURE
RELIEF
ALLEViating

24/7
TAI CHI
HERBAL SUPPLEMENTS
IMPROVING
SLEEP HEALTH
MEDITATION
LONG-TERM
SIDE EFFECT

SLEEP FOR HEALTH

Approaches from Integrative Medicine and Psycho-Oncology

Course Overview

Sleep disturbances (including insomnia) and cancer-related fatigue are the most common side effects of cancer treatments, affecting millions of people every year.

Many prescription drug interventions offer limited short-term benefits and can lead to dependence and the development of other distressing symptoms. Non-pharmacological strategies and integrative therapies that have minimal side effects, such as Cognitive-behavioral Therapy for Insomnia, light exposure, Tai Chi, yoga, meditation, and acupuncture, can be more effective for long-term treatment.

This interdisciplinary course will empower healthcare providers to assess sleep disturbances among their patients and recognize the impact insomnia can have on their health outcomes. Participants will gain a better understanding of integrative therapies and psycho-oncology approaches, and how to implement a patient-centered decision making framework to reduce insomnia that is inclusive of safe, evidence-based non-pharmacological treatments.

Target Audience

The target audience includes health care providers who diagnose, manage, and treat quality-of-life issues and side effects of cancer treatment.

This course is co-sponsored by:
MSK Psycho-Oncology Education and Training Institute (POETI)



Educational Objectives

- Describe the presentation, diagnosis, and evolution of sleep disturbances and insomnia among cancer patients.
- Identify patients at high risk for development of sleep disturbances throughout the continuum of cancer therapy.
- Determine a patient-centered framework for the treatment of sleep disturbances and insomnia.
- Present non-pharmacologic strategies to improve sleep quality and insomnia comorbidities.

Sleep & Cancer Facts

23-44% of patients have **ONGOING INSOMNIA 2-5 YEARS AFTER** cancer treatment ends.

Medications to improve sleep are for short-term use and may have **unwanted side effects**.

Insomnia can cause other cancer-related conditions - such as **pain, anxiety, nausea,** and **depression to get worse**.

Integrative therapies, including **tai chi, meditation, acupuncture,** are **novel options** for treating acute and long-term sleep problems.

Scientific Agenda

8:00 AM	Registration & Breakfast
8:30 AM	Welcome Remarks Jun J. Mao, MD, MSCE Katherine N. DuHamel, Ph.D
8:45 AM	Sleep & Biology How Sleep Impacts Cellular Aging & Inflammation Michael R. Irwin, MD
9:45 AM	Sleep Behaviors & Cognition CBT-I as Targeted Treatment for Insomnia in Cancer Sheila N. Garland, Ph.D, R Psych
10:30 AM	Coffee Break
10:45 AM	Experiential Session Guided Meditation for Reducing Muscle Tension Shelly Latte-Naor, MD
11:00 AM	Sleep & the Mind-Body Tai Chi, Yoga and Mindfulness Based Stress Reduction Approaches for Enhancing Sleep Quality Michael R. Irwin, MD Gary Deng, MD, Ph.D Shelly Latte-Naor, MD
12:15 PM	Lunch Break
1:00 PM	Sleep & Circadian Rhythm Systematic Light Exposure for Sleep & Cancer-Related Fatigue William H. Redd, Ph.D
1:30 PM	Sleep & Natural Products Herbs & Dietary Supplements for Sleep K. Simon Yeung, Pharm.d, MBA
2:00 PM	Sleep & Pain Using Acupuncture to Treat Insomnia in Patients with Chronic Pain Jun J. Mao, MD, MSCE
2:30 PM	Coffee Break & Chair Yoga Stretch
2:45 PM	Sleep & the Individual Patient Centered Framework for Insomnia Treatment: Folk Theories of Insomnia Among Cancer Survivors Kelly M. Shaffer, Ph.D Treatments for Hyperarousal and Insomnia in Cancer Patients: Towards Personalized Medicines Kristen E. Riley, Ph.D Decision Making Sheila N. Garland, Ph.D, R Psych
3:45 PM	Sleep & the Whole Person Putting it All Together for Our Patients Jun J. Mao, MD, MSCE Katherine N. DuHamel, Ph.D
4:45 PM	Final Q & A and Program Evaluation
5:00 PM	Course Adjourn

MSK Course Directors



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Laurance S. Rockefeller Chair in Integrative Medicine
Chief, Integrative Medicine Service



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Invited Faculty

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Registered Clinical Psychologist
Assistant Professor of Psychology and Oncology
Memorial University, St. John's, Newfoundland

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Norman Cousins Professor of Psychiatry and Biobehavioral Sciences,
David Geffen School of Medicine
Director of the Cousins Center for Psychoneuroimmunology,
UCLA Semel Institute of Neuroscience

William H. Redd, Ph.D
Center for Behavioral Oncology
Professor of Population Health Science & Policy
Icahn School of Medicine at Mount Sinai

Registration

	EARLY*	GENERAL
Physicians (MDs, PhDs and DOs) & Nurse Practitioners	\$200	\$250
Acupuncturists, Fellows, Nurses, Residents, Social Workers & Other Health Care Providers	\$125	\$175
Industry Professionals**	\$375	\$425

*Early registration available until April 1, 2018

**Industry professionals may attend CME activities for their own education. Marketing, sales, and promotion of products and services is strictly prohibited at MSK CME activities.

Register Online:

www.mskcc.org/SleepCourse

Registration includes continental breakfast, lunch, and refreshment breaks. Please contact cme@mskcc.org at least one week prior to the course if you have any special dietary needs.

- **30% Discounted Rate for MSK Alumni and MSK Alliance Members:** MSK offers a 30% discounted rate to all MSK Alumni and MSK Alliance members to attend a CME course. Please contact cme@mskcc.org for a promotion code or more information.
- **MSK Staff Registration:** Registration is complimentary for MSK staff. However, you must register online: www.mskcc.org/SleepCourse

ACCREDITATION STATEMENT

MSK is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



AMA CREDIT DESIGNATION STATEMENT

MSK designates this live activity for a maximum of **7.00 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

SOCIAL WORK ACCREDITATION STATEMENT

This presentation is approved for a maximum of **seven (7) Continuing Education Contact Hours of Live Training**. Memorial Sloan Kettering Cancer Center SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0228.

FACULTY DISCLOSURE

It is the policy of MSK to make every effort to insure balance, independence, objectivity, and scientific rigor in all continuing medical education activities which it provides as an ACCME accredited provider. In accordance with ACCME guidelines and standards, all faculty participating in an activity provided by MSK are expected to disclose any significant financial interest or other relationship with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services which are discussed by the faculty members in an educational presentation. As required by the ACCME, when an unlabeled use of a commercial product or an investigational use not yet approved for any purpose is discussed during an educational activity, MSK requires the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.



Memorial Sloan Kettering
Cancer Center



CONFERENCE LOCATION

Memorial Sloan Kettering Cancer Center
Rockefeller Research Laboratories
430 East 67th Street
New York, NY

ACCOMMODATIONS

MSK has negotiated special rates and amenities at select hotels in Manhattan. For information on hotels in the area of MSK with discounted rates, please visit: www.mskcc.org/cme.

CONTACT

For more information, including all upcoming MSK CME courses, visit our website at www.mskcc.org/cme. To contact us directly, email cme@mskcc.org.

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