

## Afternoon symposium at the Turku University Hospital

# Physical activity and exercise in the treatment of cancer patients

Thursday September 4<sup>th</sup> 2025, 14:00-17.00

Location: online Zoom (<https://utu.zoom.us/j/68255556799>) or on site in the Haartman hall, T-hospital, TYKS, Turku, Finland

### Program and speakers

chair: Ilkka Heinonen, PhD

**Coffee 13:30** in the front of Haartman lecture hall

30+ min presentations + QA

**14:00** Professor David Poole, Kansas State University, Kansas, USA – Cancer and Exercise: Physiology of Exercise intolerance

**14:45** Associate professor Riikka Kivelä, University of Jyväskylä, Jyväskylä, Finland – Deciphering cancer cachexia beyond muscle fibers - is there a role for exercise?

**15:30** Senior researcher Helene Rundqvist, Karolinska Institute, Stockholm, Sweden – Exercise effects on T-cell mobilization and immune surveillance - consequences for breast cancer prognosis

**16:15** Senior researcher Stephanie Otto, Comprehensive Cancer Center, Ulm University Hospital, Ulm, Germany – Physical exercise as an adjunct therapy before, during and after cancer treatments in patients

**17:00** End of the symposium

Register to the symposium: <https://link.webpolsurveys.com/S/7910993BD07B0754>

or by using the following QR code:



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