CFAS Symposium 2019

“Exercise as Medicine: From Research to Practice”

November 25th - 26th

Venue
Auditorium 1, Rigshospitalet, Blegdamsvej 9, 2100 Copenhagen

Scientific committee
Jesper Frank Christensen, Mathias Ried-Larsen
and Bente Klarlund Pedersen

Organizing committee
Louise Seier Hansen and Emil Toft

Contact information
Rigshospitalet, CFAS 7641
Copenhagen
+45 3545 0898
cfas-events.rigshospitalet@regionh.dk
www.aktivsundhed.dk
Monday, November 25th: Exercise as Medicine – a general view

08.30 – 09.00  Registration and coffee
09.00 – 09.15  Welcome: “Exercise as Medicine”
               Bente Klarlund Pedersen

SESSION 1: Motivational barriers towards exercise in patients
Moderator: Anna M. Campbell
09.15 – 09.45  Incentive to exercise training in patients
               Julie Midtgaard
09.45 – 10.15  Behavioral support during exercise intervention
               Ingrid Demmelmaier
10.15 – 10.45  Coffee

SESSION 2: Exercise and inflammation
Moderator: Rikke Krogh-Madsen
10.45 – 11.15  The anti-inflammatory effects of exercise
               Bente Klarlund Pedersen
11.15 – 11.45  Exercise as treatment of osteoarthritis
               Søren Thorgaard Skou
11.45 – 12.45  Lunch

SESSION 3: Exercise and Diabetes
Moderator: Helga Ellingsgaard
12.45 – 13.15  The Exercise Pill – myth or fact
               Jørgen Wojtaszewski
13.15 – 13.45  Exercise as diabetes medicine – extended results from U-TURN
               Mathias Ried-Larsen
13.45 – 14.00  Short stories (pitches)
14.00 – 14.30  Coffee

SESSION 4: Models for exercise implementation in disease management
Moderator: Mathias Ried-Larsen
14.30 – 15.00  CanReHab and MoveMore
               Anna M. Campbell
15.00 – 15.30  Football fitness ABC and FC prostata
               Jacob Uth
15.30 – 16.00  Super setting supporting individuals with diabetes?
               Charlotte Glümer
16.00  Summing up the day
       Bente Klarlund Pedersen

18.30 -  Speakers’ dinner
Tuesday, November 26th: Exercise and Cancer

SESSION 5: Exercise in Symptom management
Moderator: Bente Klarlund Pedersen

08.30 – 08.40 Introduction
Bente Klarlund Pedersen

08.40 – 09.10 Exercise and protection from cardiotoxicity
Amy Kirkham

09.10 – 09.40 Osteopenia and bone metastases
Daniel Galvao

09.40 – 10.10 Exercise training in patients with lymphedema
Kira Blomquist

10.10 – 10.30 Coffee

SESSION 6: Exercise in blood and childhood cancers
Moderator: Julie Gehl

10.30 – 11.00 Exercise in childhood cancer
Alejandro Lucia

11.00 – 11.30 The RESPECT project
Hanne Bækgaard Larsen

SESSION 7: Exercise and cancer – preclinical models
Moderator: Bente Klarlund Pedersen

11.30 – 12.00 How does exercise inhibit cancer growth
Julie Gehl

12.00 – 12.50 Lunch

SESSION 8: Exercise as pre-operative optimization
Moderator: Michael Achaim (TBC)

12.50 – 13.20 Fit-for-Surgery – Preoperative optimization of colorectal cancer patients
Ismail Gogenur

13.20 – 13.50 The PRE-SET study
Jesper Frank Christensen

13.50 – 14.20 Coffee

SESSION 9: Exercise in advance stage patients
Moderator: Jesper Frank Christensen

14.20 – 14.50 Exercise training in metastatic lung cancer patients
Morten Quist

14.50 – 15.20 Exercise and frail cancer patients
Mary Jarden

15.20 – 15.50 Management of patients with brain tumors
Karin Piil

15.50 – 16.00 Symposium closure by Bente Klarlund Pedersen
Speakers and Moderators:

Alejandro Lucia  
Professor, Faculty of Sport Sciences, Universidad Europea de Madrid, Spain

Amy Kirkham  
Postdoctoral fellow, Department of Biomedical Engineering, University of Alberta, Canada

Anna M. Campbell  
Professor, Edinburgh Napier University, Edinburgh, Scotland

Bente Klarlund Pedersen  
Professor, Director, Centre for Physical Activity Research (CFAS), Rigshospitalet and University of Copenhagen, Denmark

Charlotte Glümer  
Centre Leader, Center for Diabetes, Copenhagen, Denmark

Daniel Galvão  
Professor, Director of the Exercise Medicine Research Institute, Edith Cowan University, Perth, Australia

Hanne Bækgaard Larsen  
Postdoctoral fellow, Department of Paediatrics and Adolescent Medicine, Rigshospitalet, Copenhagen

Helga Ellingsgaard  
Postdoctoral fellow, Group Leader, Centre for Physical Activity Research (CFAS), Rigshospitalet, Copenhagen, Denmark

Ingrid Demmelmaier  
Associate Professor, Department of Public Health and Caring Sciences, Uppsala University, Sweden

Ismail Gögenur  
Professor, Department of Surgery, Zealand University Hospital and University of Copenhagen, Denmark

Jacob Uth  
Postdoctoral fellow, The University Hospitals Centre for Health Research, Rigshospitalet, Copenhagen, Denmark

Jesper Frank Christensen  
Postdoctoral fellow, Centre for Physical Activity Research (CFAS), Rigshospitalet, Denmark

Julie Gehl  
Professor, Clinical Oncology, University of Copenhagen. Chief Physician, Zealand University Hospital, Denmark
Julie Midtgaard  
Senior researcher and associate professor, University Hospitals Centre for Health Research, Rigshospitalet and University of Copenhagen, Denmark

Jørgen Wojtaszewski  
Professor, Department of Nutrition, Exercise and Sports, University of Copenhagen, Denmark

Karin Piil  
Senior researcher, Associate professor, The Department of Oncology, Rigshospitalet, Copenhagen, Denmark

Kira Blomquist  
Physical therapist, PhD, The University Hospitals Centre for Health Research, Rigshospitalet, Copenhagen, Denmark

Mary Jarden  
Senior researcher, Associate professor, Department of Hematology, Rigshospitalet, Copenhagen, Denmark

Mathias Ried-Larsen  
Postdoctoral fellow, Group Leader, Centre for Physical Activity Research (CFAS), Rigshospitalet, Copenhagen, Denmark

Michael Patrick Achiam  
Associate Professor, Department of Surgery and Transplantation, Rigshospitalet and University of Copenhagen, Denmark

Morten Quist  
Postdoctoral fellow, The University Hospitals Centre for Health Research, Rigshospitalet, Copenhagen, Denmark

Rikke Krogh-Madsen  
MD, Senior resident, Group Leader, Centre for Physical Activity Research (CFAS), Rigshospitalet, Copenhagen, Denmark

Søren Thorgaard Skou  
Associate Professor, Research Unit for Musculoskeletal Function and Physiotherapy, University of Southern Denmark and Head of Research, Department of Physiotherapy and Occupational Therapy Næstved-Slagelse-Ringsted Hospitals, Denmark

Symposium Organizers:

Louise Seier Hansen  
Cand. Scient., Project coordinator, Centre for Physical Activity Research (CFAS), Rigshospitalet, Copenhagen, Denmark

Emil Toft  
Research - and symposium secretary, Centre for Physical Activity Research (CFAS), Rigshospitalet, Copenhagen, Denmark