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.
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.

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

Jun J. Mao, MD, MSCE
Laurance S. Rockefeller Chair in Integrative Medicine
Chief, Integrative Medicine Service

Katherine N. DuHamel, Ph.D
Director, MSK Psycho-Oncology Education & Training Institute
Attending Psychologist
Department of Psychiatry & Behavioral Sciences

MSK Faculty

Gary Deng, MD, Ph.D
Medical Director
Department of Integrative Medicine

Shelly Latte-Naor, MD
Director of Mind-Body Medicine
Assistant Attending Physician
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Kristen E. Riley, Ph.D
Co-Chief Research Fellow in Psycho-Oncology
Department of Psychiatry & Behavioral Sciences

Kelly M. Shaffer, Ph.D
Co-Chief Research Fellow in Psycho-Oncology
Department of Psychiatry & Behavioral Sciences

K. Simon Yeung, Pharm.d., MBA
Manager of About Herbs
Department of Integrative Medicine

Invited Faculty

Sheila N. Garland, Ph.D, R Psych
Registered Clinical Psychologist
Assistant Professor of Psychology and Oncology
Memorial University, St. John’s, Newfoundland

Michael R. Irwin, MD
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

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<th>EARLY*</th>
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<tr>
<td>Physicians (MDs, PhDs and DOs) &amp; Nurse Practitioners</td>
<td>$200</td>
<td>$250</td>
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<td>Acupuncturists, Fellows, Nurses, Residents, Social Workers &amp; Other Health Care Providers</td>
<td>$125</td>
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<td>Industry Professionals**</td>
<td>$375</td>
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*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: 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: 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.

LICENSED ACUPUNCTURISTS
This course has been planned and implemented in accordance with the policies of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®). Memorial Sloan Kettering Cancer Center is approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®) (Provider # 299) to provide PDA points to licensed acupuncturists. Memorial Sloan Kettering Cancer Center designates this live activity for 6.0 PDA points as authorized by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®). This activity is designated for 6.0 PDA points as detailed below: 6.0 hours: Core Knowledge

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.