

# SLEEP FOR HEALTH

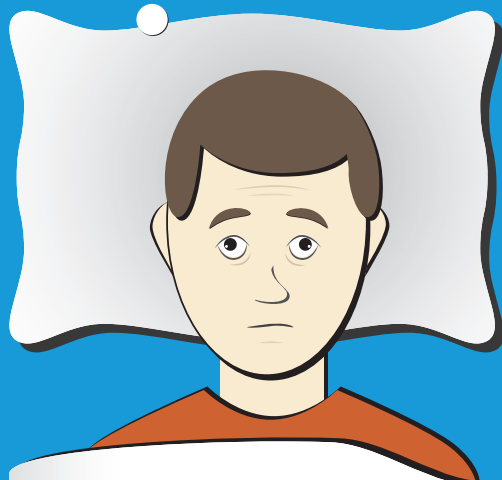
Approaches from Integrative  
Medicine and Psycho-Oncology

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 24/7  
INTEGRATIVE TAI CHI  
THERAPY HERBAL SUPPLEMENTS  
PSYCHO-ONCOLOGY IMPROVING  
PATIENT-CENTERED SLEEP HEALTH  
ACUPUNCTURE MEDITATION  
ALLEVIATING RELIEF 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.

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



Memorial Sloan Kettering  
Cancer Center

### 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

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

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

### 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

	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: [mskcc.org/SleepCourse](http://mskcc.org/SleepCourse)

Registration includes continental breakfast, lunch, and refreshment breaks. Please contact [cme@mskcc.org](mailto: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](mailto: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](http://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)**<sup>™</sup>. 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.



**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: [mskcc.org/cme](http://mskcc.org/cme)

#### CONTACT

Memorial Sloan Kettering Cancer Center  
Office of Continuing Medical Education

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