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Full Reference: David Mizrahi, Jonathan King Lam Lai, Hayley Wareing, Yi Ren, Tong Li, Christopher TV Swain, David P Smith, Diana Adams, Alexandra Martiniuk, Michael David. *The effect of exercise interventions on hospital length of stay and admissions during cancer treatment: a systematic review and meta-analysis*

Conference/Meeting Name: Clinical Oncology Society of Australia (COSA)

Location: Melbourne

Dates: 31/10/23 – 3/11/23

Presentation Type: This was a massive conference for me. In addition to my poster, I also organised and chaired the exercise pre-conference workshop, chaired a Breakfast session on implementing exercise and nutrition into cancer care, and chaired the Exercise AGM. Lastly, I organised the conference morning run.



Here is the wonderful group of people interested in the COSA Exercise and Cancer group, of which I am the Chair. This is the turnout to our AGM. Our group has grown rapidly over the past few years, showing the great interest in exercise and cancer. I also organised and chaired the pre-conference workshop on exercise and cancer, with >10 speakers. This included world exercise-oncology leaders Prof Sandi Hayes and Prof Rob Newton, which was a huge career highlight for me.

This conference, with >1000 delegates was the 50th anniversary of the organisation. It was highlighted by amazing presenters such as Prof Michael Friedlander giving an overview of how ovarian cancer treatment has changed since he started working in the late 1970s.

There was so much buzz from exercise-oncology researchers, and we were present in so many different sessions across the whole conference, looking at studies to prevent cardiotoxicity, lymphedema and in challenging cancers such as gynaecological cancers.

I made some nice new connections with some GPs and came up with a few ideas with other clinicians and researchers that I will look to explore in 2024. These new opportunities will strengthen my future planned research in childhood cancer and presents other opportunities for outreach to help patients across low-middle income countries. These opportunities will allow me to continue my growth as an emerging leader in the exercise-oncology field in Australia, which will assist my advocacy efforts at getting exercise to be more accessible by patients by advocating for improved service delivery.

Thank you Sydney Cancer Partners for the wonderful opportunity!



This is our annual morning run in the Melbourne Botanical Gardens with incoming COSA President Prof Sabe Sabesan, and other multidisciplinary researchers such as Prof Ray Chan and A/Prof Lisa Beatty from Flinders.