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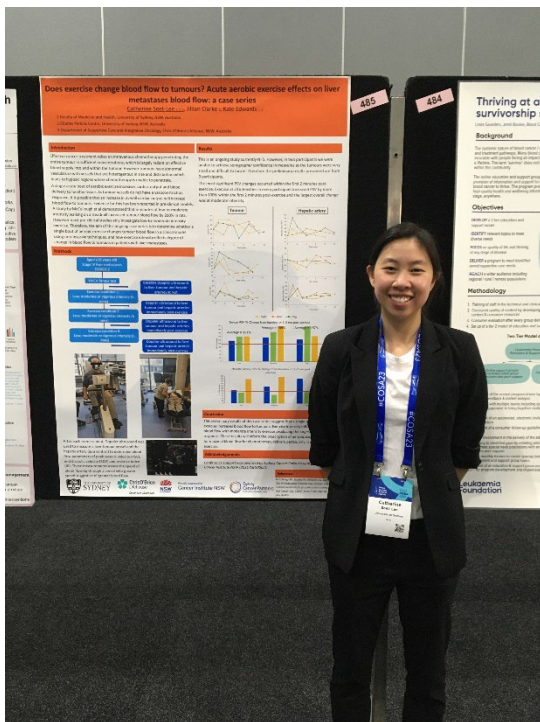
<sup>1</sup> Faculty of Medicine and Health, University of Sydney, <sup>2</sup> Charles Perkins Centre, University of Sydney, <sup>3</sup> Department of Supportive Care and Integrative Oncology, Chris O'Brien Lifehouse. *Does exercise change blood flow to tumours? Acute aerobic exercise effects on liver metastases blood flow: a case series*

**Conference/Meeting Name:** COSA Annual Scientific Meeting

**Location:** Melbourne, Australia

**Dates:** 1-3 November 2023

**Presentation Type:** Poster



I was very excited to attend the COSA Annual Scientific Meeting in person this year particularly as this was my first in-person conference (due to COVID19 pandemic where most conferences were virtual). With over 1000 delegates, the conference was buzzing with excitement from the pre-conference workshop to the final keynote presentation.

The exercise oncology pre-conference workshop brought together exercise oncology clinicians and researchers to share the most up-to-date information on how to improve clinical care for patients. I particularly found interesting were the presentations from Rob Newtown, Sandi Hayes, Shelley Kay, Nic Hart and Prue Cormie all of whom have published research in my area of exercise oncology.

The main conference was insightful with presentations on lifestyle behaviours and breast cancer outcomes, exercise for lymphedema management, cardiotoxicity prevention, management of cancer-related fatigue and case study presentations. One of my key take home messages was the importance of the utilisation of Telehealth for cancer patients to access medical and allied health services.

With many previous conferences being held virtually, I was able to focus on my in-person networking skills. I was able to network with many fellow exercise oncology researchers whom I hope to collaborate with in the future. It was also a great opportunity to network with clinicians who I know from Sydney and new clinicians from interstate.

I presented my poster and had some great interest from researchers, medical doctors and Exercise Physiologists which highlighted the relevance of my current research in the growing wave of exercise

oncology research. The poster sessions had a broad range of research from basic science to translational research. It was encouraging to see a large number of posters that were related to exercise and physical activity which shows the growing acceptance of exercise oncology as an important part of standard patient care.

The personal highlights for me were watching Rob Newtown present in person, being able to network with people face to face after a long period of virtual meet-ups and visiting Melbourne for the first time.

I am very grateful to Sydney Cancer Partners for providing me with the opportunity to attend this conference. Being able to immerse myself with people who share research and clinical interests will enable me to use this experience to bridge the gap between research and clinical application.