

# GRAND ROUNDS



**Thursday, November 14, 2024**

**Location: Zoom** (*RSVP for link*)

**4:30pm- 6:00pm EST**

RSVP [here](#) or

[bioethics@stonybrookmedicine.edu](mailto:bioethics@stonybrookmedicine.edu)

## **Evidence-Based Integrative Medicine: Understanding the Impact of Exercise on CIPN in Breast Cancer Survivors**

***Alexie Lessing, MD/MA Candidate 2025***

Integrative medicine is a patient-centered, evidence-based field that utilizes lifestyle modifications, mind-body practices, and natural products, alongside conventional pharmacological and procedural interventions, to treat a variety of medical conditions. Chemotherapy-induced peripheral neuropathy (CIPN) is a common, and often debilitating, chronic side effect of neurotoxic chemotherapy. There are currently limited traditional treatment options for CIPN. In this Grand Rounds, we will review Lexie's research examining the impact of exercise on CIPN symptom burden in breast cancer survivors. This research was conducted as part of her SCP with her advisor, Dr. Stephen Post, and Dr. Ting Bao at Memorial Sloan Kettering Cancer Center.



*Lexie Lessing is a current MD/MA student applying to OB/GYN residency this year to continue her journey in women's health. She grew up in Blue Point, Long Island and went to Middlebury College in Vermont where she studied Neuroscience with a minor in Anthropology. After college, she moved to New York City and worked at NYU Langone's Neuroscience Institute for two years before matriculating to the Renaissance School of Medicine. In addition to her interest in integrative medicine, she hopes to continue to use what she's learned in the MA program to explore topics including the ethics of uterine transplantation and the impact of climate change on reproductive health.*

To learn more about the **MD with Scholarly Concentrations in Medical Humanities and Ethics track**, the **Master of Arts program**, and **Center for Medical Humanities, Compassionate Care and Bioethics**, please visit [stonybrook.edu/bioethics](http://stonybrook.edu/bioethics)