

January 27, 2025

Walther Cancer Foundation Palliative and Endowed Supportive Oncology Award from ASCO

Dr. Karen Mustian is a Dean's Distinguished Professor in the Department of Surgery, associate director of population science at Wilmot Cancer Institute, co-director and principal investigator of the University of Rochester Cancer Center NCORP Research Base and founding director of the University of Rochester Medical Center PEAK Human Performance Clinical Research Laboratory. She is also a faculty associate for the Susan B. Anthony Institute for Gender, Sexuality and Women's Studies at the University of Rochester. As a leader in conducting nationwide, multicenter, phase III clinical trials testing exercise, integrative medicine, and behavioral interventions among patients with cancer and survivors, and with over 25 years of experience in the field, Dr. Mustian has conducted several landmark clinical trials. She was the first to discover that tai chi chuan is effective for improving functional capacity among breast cancer survivors and to demonstrate that yoga is effective for treating insomnia and fatigue among cancer survivors in a phase III randomized nationwide clinical trial. She was also the first to demonstrate that an individualized, home-based exercise prescription for walking and resistance band training is effective for treating cognitive impairment, chemotherapy-induced neuropathy, anxiety, and mood in a phase III nationwide randomized clinical trial.

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