

Greetings

Chair of the 17th ISEI Symposium

Professor Katsuhiko Suzuki, M.D. & Ph.D.

Faculty of Sport Sciences, Waseda University, Japan



We are pleased to be hosting [the 17th International Society of Exercise and Immunology \(ISEI\) Symposium](#), bringing together experts from more than 15 countries worldwide to discuss topics in sports science, health science, and medicine in general, with a focus on exercise, immunity, and inflammation. I deeply appreciate everyone who has been helping with the preparations.

The theme of this event is “[Exercise Immunology: From Scientific Basis to Practical Applications](#).” The symposium features a wide range of academic sessions covering not only basic research on immunity, inflammation, and their mechanisms and regulation, but also cutting-edge analytical techniques, nutrition, development, aging, lifestyle and metabolic diseases, cancer, stress, hot environments, and the preventive measures, and various clinical issues. We are confident that all participants will be able to hear the latest research presentations, with sessions-featuring invited speakers, young researchers, and graduate students presenting the progress being made in this field of research. At the luncheon seminar, sponsoring companies will also provide information on immune proteins (1) from the field of functional food research and oxidative stress markers (2) from the field of diagnostic testing. We believe this information will be helpful in assessing the practical applications of these fields.

Although the COVID-19 pandemic has generally raised public awareness of the importance of the immune system, the importance of exercise in boosting immune function is gradually being scientifically validated (3). In addition, while heatstroke has become increasingly common due to recent global warming, there will be presentations on the mechanisms underlying systemic inflammation and organ damage associated with heatstroke, as well as measures to prevent it (4). Furthermore, it is becoming clear that incorporating exercise into cancer treatment improves treatment outcomes and that exercise is effective in preventing cancer recurrence, through the anti-inflammatory effects of exercise (5) and myokine involvement(6). Presentations will also include the latest findings regarding tumor immunity.

A quarter of a century ago, as research in exercise immunology began to flourish, the clinical importance of exercise also began to be discussed. Since then, the use of exercise as an adjunct in disease prevention and clinical practice has become widespread(7), and knowledge of its immunological mechanisms have continued to

advance (8). We look forward to your participation so that we can share the latest information and advance future developments, clinical application, and societal implementation of exercise and immunology.

- (1) Ma S, et al. [Effects of an 8-week protein supplementation regimen with hyperimmunized cow milk on exercise-induced organ damage and inflammation in male runners: a randomized, placebo controlled, cross-over study](#). *Biomedicines*, 2020; 8: 51.
- (2) Kobori H, et al. [The utility of a small animal grip strength measurement device as a model for studying exercise-induced muscle damage](#). *Antioxidants*. 2026; 15:23.
- (3) Suzuki K, Hayashida H. [Effect of exercise intensity on cell-mediated immunity](#). *Sports*. 2021; 9:8.
- (4) Suzuki K, et al. [Characterization and modulation of systemic inflammatory response to exhaustive exercise in relation to oxidative stress](#). *Antioxidants*. 2020; 9:401.
- (5) Khalafi M, et al. [Comparative efficacy of exercise modes on inflammatory cytokines in patients with breast cancer: a systematic review with pairwise and network meta-analyse](#). *Scientific Reports*. 2026.
- (6) Ahmadi Hekmatikar A, et al. [Muscle–tumor crosstalk in exercise oncology: Exercise-induced myokines and cancer cachexia](#). *Cancers*. 2026; 18:2343.
- (7) Suzuki K, et al. [Application of exercise/training models to evaluate food functionality with special focus on preventing inflammation and oxidative stress and enhancing exercise performance](#). *Foods*. 2025; 14:4025.
- (8) Suzuki K. [Chronic inflammation as an immunological abnormality and effectiveness of exercise](#). *Biomolecules*, 2019, 9:6.

The 17th ISEI Symposium
ISEI 2026 Tokyo
The International Society of Exercise and Immunology
Exercise Immunology:
From Scientific Basis to
Practical Applications
August 27-30, 2026
Waseda University
International Conference Center
Tokyo, Japan

SCHEDULE					
Day 1	Opening & Keynote		Welcome reception		
Day 2	Session 1 Immune mechanisms & regulation	Session 2 Host defence, infection & vaccination	Session 3 Inflammation & resolution	Session 4 Methods, omics & systems approaches	Poster Session
Day 3	Session 5 Nutrition, metabolism & immunometabolism	Session 6 Ageing, growth & development	Session 7 Lifestyle & metabolic disease	Session 8 Cancer & tumour immunology	
Day 4	Session 9 Environmental & physiological stress	Session 10 Clinical issues	Closing & Awards		

Registration is now open <参加登録受付中>	Early Bird Deadline: May 31, 2026 <早割料金適用 2026年5月31日まで>
Abstract Submission Period <演題登録期間>	Deadline: May 31, 2026 <2026年5月31日締切>

Chair: Katsuhiko SUZUKI
Waseda University Faculty of Sports Sciences

ISEI 2026 Tokyo (BV) ISEI 2026 Tokyo (JP) Registration Site (BV/JP)

Supported by Tokyo Convention & Visitors Bureau
<https://www.tcvb.or.jp/en/>