

PATIENT AND FAMILY ADVISORY COUNCIL

Cuthbert Lab & Oncology Outcomes



WELCOME

By Christie Rogers

As the year begins to wind down, our labs have been hard at work wrapping up projects and planning new ones for 2022. We applied for 5 major grants this Fall with several additional competitions targeted for early next year. We are recruiting two new postdoctoral fellows and recently hired two new research assistants. Our labs continue to grow, and we have received dedicated research space at the new Calgary Cancer Centre which is on track to open in 2023.

We hope you have all enjoyed the beautiful Fall weather in Alberta and are in good spirits and health as we get through this fourth wave of covid in the province. Our sincere gratitude to each of you for your participation on this patient and family advisory council.

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For Consideration

Seeking personal experience and insights

1. Time permitting, please [click here](#) to complete a 5-minute survey to provide your insights into how information is presented to cancer patients.
2. We often need to recruit patients to participate in focus groups or interviews for our research studies.
 - In your experience, what is the best way for researchers to reach patients?
 - If you are interested in participating in research, where would you look?
 - How do you want to be approached?
 - What has (or hasn't) made you want to participate in research studies?

Please email all feedback to Christie. We will discuss in more detail at the next meeting.



O2 Updates

Exploring symptom monitoring and outcomes



The Oncology Outcomes (O2) research group has recently launched a new project titled "Real-World Impact of Routine Symptom Monitoring on Outcomes in Cancer Patients".

The primary objective is to determine whether the measurement of patient reported outcomes within a fixed time window of diagnosis (e.g., 30 days of diagnosis) leads to change in clinical outcomes among cancer patients.

Understanding how patient reported outcomes may influence routine health care could provide evidence of impact on clinical outcomes.

We estimate approximately 30,000 patients in Alberta will be included in this study, approved by the Health Research Ethics Board of Alberta (HREBA.CC-21-0410).

Cuthbert Lab Updates

"Investigating the Effects of Cancer Treatment on Gut Microbiota in Colorectal Cancer Patients"

HREBA.CC-21-0153

Our goal is to explore how colorectal cancer treatment affects the microbiome and the further path to recovery by analyzing the gut microbiota. We will recruit 34 patients to follow over a one-year period with the goal of collecting 4 stool samples per patient.

In addition to physical samples, patient reported outcomes and treatment data will be collected to provide a broader understanding of the impact of colorectal cancer treatments. Information from this study has the potential to guide personalized cancer care in the future and improve quality of life during treatment and beyond.

Member Spotlight

Learn more about council member Sharon Rahn

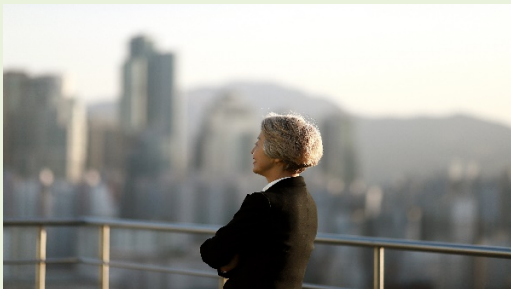
I love to travel. I have been fortunate to have gone on several extended family holidays. Highlights include a trip to Florida and Disney World when my children were little. We brought our camping gear and camped down the Florida Keys. We also went to the big island of Hawaii a few years later and also camped in the Volcano National Park and took a helicopter ride and could see an active volcano with lava flowing to the ocean. It was really cool. We have an RV and have driven and camped down the Oregon Coast from Seaside, Oregon to the Redwoods in California. A highlight of that trip was riding in a dune buggy over the sand dunes near Florence, OR. We also have gone on an extended trip in our RV as a family to Yellowstone, Glacier National Park and the Grand Tetons. Three years ago my husband and I were able to go to Europe and spent three weeks touring Paris, Barcelona, Florence and Rome. It was an amazing adventure. The next trip we hope to go on is to either Eastern Europe or Vietnam. Maybe 2022?



I love to bake. It is probably my favourite pass-time and I find it is a great stress reliever. I like to try new recipes and bake lots of cookies to give away at Christmas time. Since going through my cancer experience, I try to limit my sugar and unhealthy fat consumption so I can't eat a lot of the treats I used to bake, so I have been experimenting with making healthier options and that has been lots of fun. Some succeed and some do not.

I also love to hike in the mountains. We go several times a year and have recently hiked Larch Valley and Sentinel Pass near Moraine Lake as well as the two teahouses and the Highline Trail at Lake Louise. Sometimes we bring our bikes and do the legacy trail from Canmore to Banff. One of my favorite places to go hiking is Glacier National Park. I love the Going to the Sun road and the hikes to Avalanche Lake as well as Iceberg Lake are beautiful.

Looking Forward



Our next newsletter will be released in December 2021

The next meeting will be in January 2022

A save the date for the January meeting will be sent out in early December

If you would like to include your contact information on the attached public directory, please email Christie

Please email Christie with any other comments/feedback