

January 2026 | ISSUE #51

# Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

## Welcome

Happy new year! We hope you all enjoyed a restful holiday, and we can't wait to continue working together in 2026. We are thrilled to share that we have 4 new hires starting with us this month! We are also excited to be applying for grants for two projects this month. One is focused on survivorship in breast cancer, and the other is focused on improving outcomes for patients with both cancer and cardiovascular disease. We are looking forward to sharing more about these at our upcoming meeting on Monday, February 2 from 4-5:30pm via zoom – please save the date!

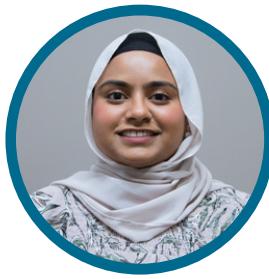
*In this Issue*

Welcome

Research Highlights

Study Recruitment

Coming Up



Dr. Abiha Fatima



Dr. Sana Omer



Dr. Sehar Rizvi



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# Research Highlights

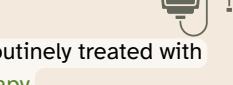
## Oncology Outcomes

Real-world comparative effectiveness and safety of Pertuzumab in patients with HER2+ metastatic breast cancer: A pan-Canadian population-based cohort study

### STUDY PURPOSE AND METHODS

**2013:** Pertuzumab + trastuzumab and chemotherapy for the treatment of HER2+ metastatic breast cancer (mBC) was recommended for public funding in Canada

Prior to this, patients were routinely treated with trastuzumab and chemotherapy



Despite strong evidence supporting pertuzumab in the CLEOPATRA clinical trial, real-world evidence (RWE) is mixed



Assess real-world effectiveness and safety of:

pertuzumab + trastuzumab and chemotherapy

VS

trastuzumab and chemotherapy

for the treatment of HER2+ mBC in Canada

### RESULTS AND CONCLUSIONS

Pertuzumab + trastuzumab and chemotherapy has:



Significantly lower risk of mortality.



Lower risk of hospitalization.

...in comparison to trastuzumab and chemotherapy

The results of this study are consistent with those reported by the CLEOPATRA clinical trial

This study demonstrates the potential for using RWE of effectiveness of publicly funded treatments to inform funding policies and eligibility criteria

Continued investments in Canada's population-based administrative data landscape are needed to increase the capabilities and benefits of RWE

[Click here for full article.](#)

## Cuthbert Lab

### DOES MULTIMODAL EXERCISE REDUCE C-REACTIVE PROTEIN LEVELS IN MAJOR DEPRESSIVE DISORDER? PRELIMINARY RESULTS FROM A RANDOMIZED CONTROLLED TRIAL.

Vagner Deuel de O Tavares, Felipe B Schuch, Geovan Menezes de Sousa, Mats Hallgren, Megan Teychenne, Raissa Nóbrega de Almeida, Rodrigo Vieira Browne, Maria Luiza Barros, Renali Camilo Bezerra, Jaime Eduardo Hallak, Emerson Arcoverde, Scott Patten, Colleen Cuthbert, Nicole Leite Galvão-Coelho

For this month's newsletter we wanted to highlight a study published with our very own **Deuel as first author!** As part of this study, we collaborated with another research group, that focuses on research outside of oncology.

### Purpose and Methods

This trial tested whether a **12-week online, supervised exercise program** could reduce inflammation and depressive symptoms adjunct to **antidepressant treatment**. 59 adults were randomly assigned to either an exercise or control group. **C reactive protein (CRP) levels** and **depressive symptoms** were tracked at three time points.



### Results



Participants in the **exercise group** experienced a **significant reduction in CRP levels by Week 12 compared to baseline**, while no significant change was observed in the control group. Furthermore, **reductions in CRP among exercisers were predictive of improvements in depressive symptoms**, suggesting a link between anti-inflammatory response and mood improvement.

### Conclusion



The findings suggest that a **structured, enjoyable, and accessible online exercise program can be a valuable adjunct to antidepressant treatment**. Not only did the intervention improve depressive symptoms, but it also reduced inflammation, highlighting the **potential of multimodal exercise to target both biological and psychological aspects of depression**.

## Study #1

# Study Recruitment



### What is the study about?

Head and neck cancer (HNC) treatment is often associated with physical and psychosocial burdens.

Your participation will be used to understand the views of participants when it comes to difficulties involved on social isolation and loneliness during HNC treatment

### What is involved?

Participate in an interview (approximately 60 minutes) to share your thoughts and views on social isolation and loneliness during cancer treatment

### Who is eligible?

Individuals diagnosed with HNC as an adult and had completed treatment for at least 1 year



This study has received ethics approval from the Health Research Ethics Board of Alberta HREBA.CC-24-0468

Contact us at [laisrenata.cezariosa@ucalgary.ca](mailto:laisrenata.cezariosa@ucalgary.ca) to join!



## Study #2

### Join Our Research Study!

#### Sociodemographic and Psychosocial Patient and Physician Factors in Oncology Treatment Decision-Making

##### What?

We want to understand how the background, experiences, and personal beliefs of patients and physicians affect the way they make treatment decisions together AND how these decisions impact patient's health. Share your experiences in a focus group with us!

##### Who?

- 18 years old or over
- Received a cancer diagnosis within the past 2 years
- Living in Alberta
- Referred to a medical oncologist for a chemotherapy assessment



Contact us at [cacuthbe@ucalgary.ca](mailto:cacuthbe@ucalgary.ca)

This study has received ethics approval from the Health Research Ethics Board of Alberta (HREBA.CC-25-0065). Contact HREBA at 780-423-5727. This poster was created in accordance with the HREBA.CC-25-0065-Patient ICF\_V1 documented on February 10, 2025.



## Coming Up

The next newsletter will release in  
February 2025.

Next PFAC meeting will be on Monday,  
February 2, 2025 from 4:00-5:30pm.

Previous issues of the PFAC newsletter  
have been posted online:

[https://www.cuthbertlab.com/advisory\\_council](https://www.cuthbertlab.com/advisory_council)

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