

March 2024 | ISSUE #30

Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

Welcome

We are pleased to share that the Cuthbert Lab summer student for this year, Andrea, has been awarded a Program for Undergraduate Research Experience (PURE) Award, which is a highly competitive award to receive and a great accomplishment. This award will allow Andrea to spend 4 months with us this summer working on a project that focuses on survivorship needs in rural and remote communities.

The Oncology Outcomes team is currently in the process of hiring a new full-time Research Assistant, with several other planned hires for this year. In early March, our teams submitted several new grant applications and are hopeful of receiving good news over the coming months. Thank you all for your ongoing support!

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Research Highlights

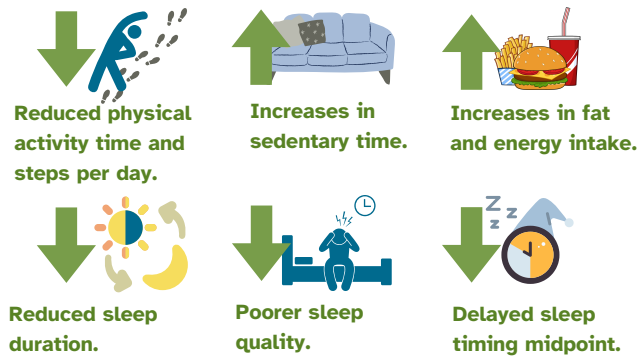
Oncology Outcomes

Behavioral Predictors of Weight Regain in Postmenopausal Women: Exploratory Results From the Breast Cancer and Exercise Trial in Alberta.

STUDY PURPOSE

Assessed **associations** between **changes** in **energy balance** and **sleep behaviors** and the risk of **weight regain** following **exercise-induced weight loss** in **postmenopausal women**.

We hypothesized that greater weight regain is associated with a combination of:



CONCLUSIONS & FUTURE IMPACT

The following factors may increase the risk of weight regain following exercise-induced weight loss in postmenopausal women:



Larger changes in **reductions** in **moderate** to **vigorous** physical activity and **increases** in sedentary time were the **most meaningful** in predicting risk of **weight regain**.

These findings add to current knowledge on the **behavioral factors** that should be targeted in **weight-maintenance programs** following **exercise-induced weight loss**, with a particular emphasis on **physical activity** and **sedentary behavior**.

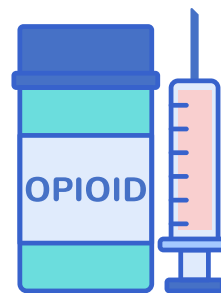
Click [here](#) for full article.

Cuthbert Lab

Outcomes and Healthcare Utilization Among New Persistent Opioid Users and Nonopioid Users After Curative-intent Surgery for Cancer

STUDY PURPOSE

OPIOIDS remain as one of the **MOST COMMONLY PRESCRIBED** cancer pain management strategies, with limited innovations in other pain-relieving alternatives.



Opioid prescriptions are paramount in **alleviating pain** among cancer patients. However, opioid prescriptions among cancer patients who have undergone **curative-intent surgery** continue to be a contentious issue.

CONCLUSIONS & FUTURE IMPACT

Postoperative new persistent opioid use among cancer patients undergoing curative-intent surgery is associated with



Click [here](#) for full article.

Study Recruitment



We continue to actively recruit participants for several studies right now, including:

- Healthcare Provider and Patient Views on Prescribing Opioids for Cancer Patients.
[Poster Link to Share](#)
- Patients Perspectives of Value Frameworks Used to Guide Oncology Treatment Decisions
[Poster Link to Share](#)
- Remote Assessment of Physical Fitness Measures: Reliability and Validity Study
[Poster Link to Share](#)

If you think the studies might be relevant to your contacts, please feel free to share the website or poster links. For the additional details on each study click [here](#).

Coming Up

The next newsletter will release in April 2024.

Previous issues of the PFAC newsletter have been posted online:
<https://www.cuthbertlab.com/advisory-council>

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SAVE THE DATE

MAY 11, 2024 BUMRUN
CALGARY 

On **May 11th** the annual **Bumrun** will be held in Calgary. The Bumrun is a 5K walk/run founded by Dr. Ian Bookman to raise awareness for colorectal cancer and encourage early screenings. Since 2011, the Bumrun has raised over \$1M for colon cancer research, enhancing patient support programs for families living with colon cancer, and raising awareness of colon cancer screening and prevention.

**Help us wipe colon
cancer off the map.**



bumrun.
May 11, 2024

Join the Bumrun 5K at bumrun.com

Please click [here](#)
for more
information about
the Bumrun

Feel free to share
these Bumrun
Promotional
posters linked
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