

February 2025 | ISSUE #40

Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

Welcome

Thank you to our council members for a fantastic January meeting--your input is so valuable as our labs are currently in the thick of grant writing season! Incorporating your feedback and ideas has been a tremendous help as we continue to flush out our upcoming projects.

In other news, we are excited to share that O2 has recently hired a new junior data analyst to join the team! The Cuthbert Lab is also supporting a funding application for a new summer student this year. Both teams are thrilled to be training the next generation of cancer researchers and we couldn't do this without our PFAC.

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Research Highlights

Oncology Outcomes

Chronic Postoperative Opioid Use: A Systematic Review

STUDY PURPOSE

Investigate the prevalence of **chronic postoperative opioid use** and the associated **risk factors**

To help **guide clinicians** to best **manage postoperative pain** while **avoiding opioid dependence**



CONCLUSIONS & FUTURE IMPACT

Preoperative opioid use is the **strongest predictor** for **postoperative opioid use**



Other factors include:



Up to **10%** of patients with **no history of opioid use** become **chronically dependent** after surgery

This study plays a role in helping to **identify patients at risk**, and to develop **better postoperative pain management strategies**

[Click here for full article.](#)

Cuthbert Lab

THE EFFECTS OF EXERCISE ON ANXIETY AND DEPRESSION IN ADULTS WITH CANCER: A META-REVIEW OF META-ANALYSES

Tavares, V. D. de O., Cuthbert, C., Teychenne, M., Schuch, F. B., Cabral, D., Menezes de Sousa, G., Prado, C. M., Patten, S., Galvão-Coelho, N. L., & Hallgren, M.

OBJECTIVE:

Can exercise reduce anxiety and depression in adults with cancer and adult cancer survivors?

Key Findings

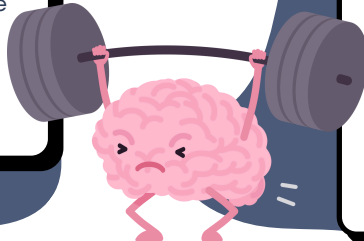
- ✓ Exercise has a small effect in reducing both anxiety and depressive symptoms
- ✓ Aerobic exercise showed larger effects on reducing depression, while resistance training had no effect
- ✓ Upon subgroup analysis breast cancer patients showed a moderate effect on reducing depressive symptoms

Why does this matter?

- ↑ 27% of cancer patients experience depressive symptoms & 21% experience anxiety symptoms
- ↓ Exercise can improve mental health through biological & psychological mechanisms

Conclusions

- 🔍 More research needed on best exercise types & intensity for different cancers
- 🏥 Healthcare professionals should consider exercise (specifically aerobic) as a strategy to manage anxiety and depressive symptoms



Study Recruitment



We are looking for **just one more** participant to meet our recruitment goals:

- ▶ 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 March 2025.

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

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