

August 2023 | ISSUE #23

Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

Welcome

Our team has been enjoying some time off this summer and planning for the upcoming fall season. In late August, Dr. Colleen Cuthbert is traveling to Milan, Italy to present at the International Psycho-Oncology Society conference. In September, we plan to submit grant applications to the Canadian Institutes for Health Research and the Canadian Cancer Society. We have received the good news that several team members have had abstracts accepted to the Canadian Cancer Research Conference and will be presenting their work in Halifax in November. As we prepare for this busy fall season, we want to thank our PFAC members for the continued support. Please save the date for our next meeting on October 3, 2023 at 4pm. We look forward to seeing everyone!

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Research Highlights

Oncology Outcomes

Estimates of the current and future burden of cancer attributable to lack of physical activity in Canada

STUDY PURPOSE

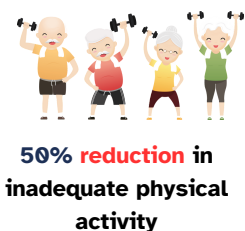
To estimate the number of **incident** cancer cases in Canada due to **inadequate physical activity**



To estimate the number of **preventable** cancer cases using **evidence-based interventions**.

CONCLUSIONS & FUTURE IMPACT

11,553 cancer cases (6.2%) attributable to **inadequate** recreational physical activity



50% **reduction** in inadequate physical activity



3.6% of associated cancers **avoided** by 2042

Future studies could examine **more variables** excluded from this study

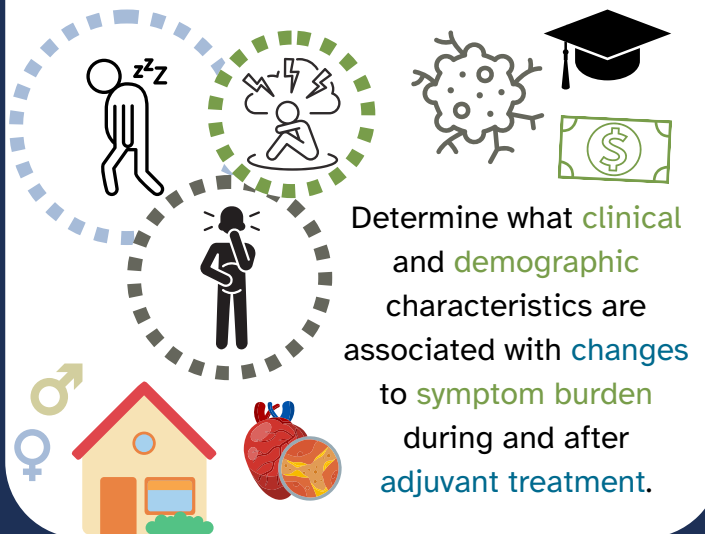
Click [here](#) for full article.

Cuthbert Lab

Patient-Reported Symptom Burden and Supportive Care Needs of Patients With Stage II-III Colorectal Cancer During and After Adjuvant Systemic Treatment: A Real-World Evidence Study

STUDY PURPOSE

Describe the **symptom burden** and **supportive care needs** of patients with **colorectal cancer (CRC)** during and after adjuvant treatment.



CONCLUSIONS & FUTURE IMPACT

Most prevalent Symptoms

pain



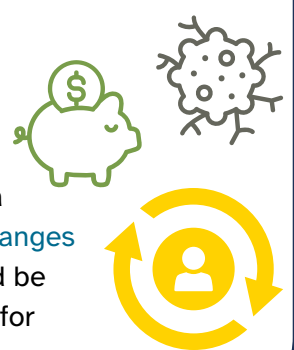
poor well-being



tiredness



Future research using **Patient-reported outcomes (PROs)** data should examine **longitudinal changes** in **all** tumor types. **PROs** should be expanded to include measures for **financial hardship** or **toxicity**.



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](#)

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 PFAC meeting is at 4pm on October 3, 2024.
The next newsletter will release in September 2023.

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

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