

December 2024 | ISSUE #38

# Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

## Welcome

Christie, Winson and Colleen recently returned from The Professional Society for Health Economics and Outcomes Research Conference in Barcelona, Spain. Christie presented on the development of advisory councils, and Colleen presented the results of our recent scoping review on survivorship resources for rural populations. Our team had an incredible time learning more about the nuances of outcomes research and enjoying the sights of Barcelona!

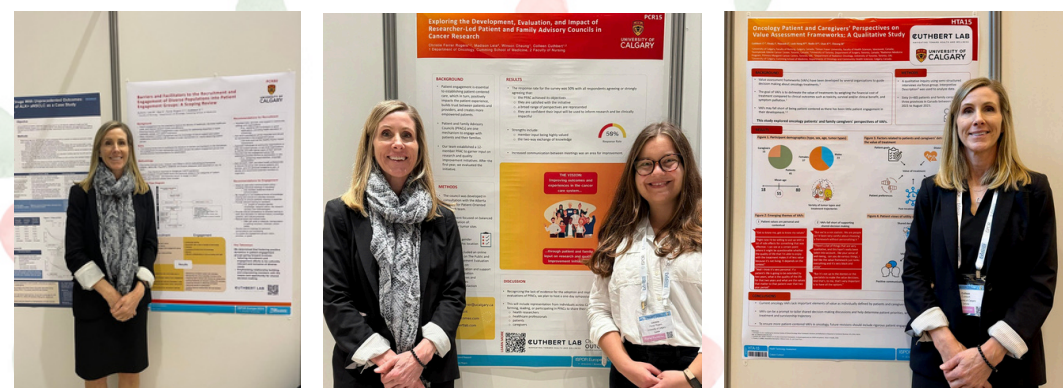
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As we approach the end of the year, we want to send a heartfelt thank you to each of our PFAC members for all of your contributions over the last year. We wish you a happy and healthy holiday season and look forward to connecting in the new year!

# Research Highlights

## Oncology Outcomes

Long-term Projections of Cancer Incidence and Mortality in Canada: The OncoSim All Cancers Model

### STUDY PURPOSE

Using the OncoSim All Cancers Model, this study estimates the annual cancer incidence, mortality, and cancer management costs in Canada from 2020 to 2040

OncoSim is a free, web-based simulation tool that evaluates cancer control strategies



### CONCLUSIONS & FUTURE IMPACT

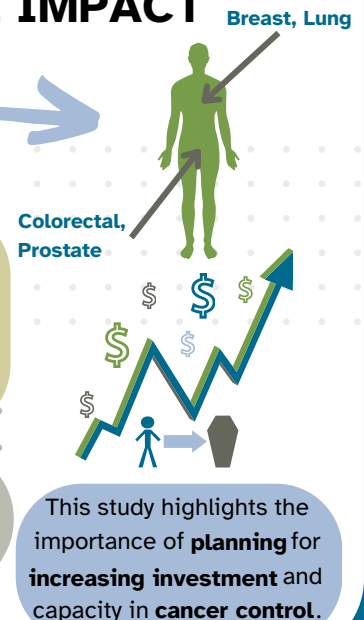
The four most commonly diagnosed cancers are projected to **increase** annually.

Overall number of cancer related deaths = projected to increase by 44% from 2020 to 2040.

Age standardized mortality rate is expected to remain **stable**.

**More** cancer related deaths projected in **males** than females.

Overall cancer management costs are projected to **increase** from 20.6B in 2020 to 31.4B in 2040.



[Click here for full article.](#)

## Cuthbert Lab

### SAFE PRESCRIBING PRACTICES

WOOD T, CHEUNG W, RUETHER D, SINNARAJAH A, TANGUAY R, ET AL.



OPIOIDS ARE OFTEN NECESSARY FOR PATIENTS IN PAIN BUT...

SIDE EFFECTS EXIST AND SOME PATIENTS MAY MISUSE OPIOIDS

MOST CLINICIANS DID NOT SEE OPIOID MISUSE AS A PROBLEM...

BUT WERE AWARE THAT LONG TERM USE CAN BE PROBLEMATIC



WHAT IS NEEDED?  
INCREASED CLINICIAN EDUCATION



# Study Recruitment



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

- 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 January 2025.

The next PFAC meeting will be on Monday, January 13th at 4pm over zoom.  
Please save the date and stay tuned for more details!

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

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