

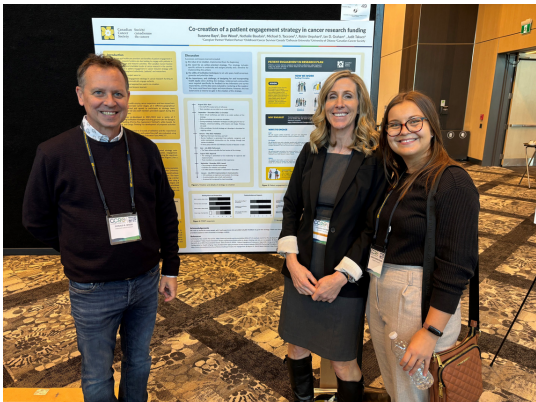
November 2023 | ISSUE #26

Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

Welcome

Several of our team members traveled to Halifax this month to present at the Canadian Cancer Research Conference. It was an excellent conference that covered topics spanning all areas of oncology, and we enjoyed learning from others and spending time as a team.



Dr. Colleen Cuthbert, Christie Farrer Rogers, and patient partner Don Wood



Dr. Dylan O'Sullivan presenting "Risk factors for early-onset colorectal cancer: An analysis of Canadian prospective cohort studies"



Dr. Darren Brenner presenting "Shooting for the Moon: Can we cut cancer mortality by 50% by 2050?"

In this Issue

Welcome

Oncology Outcomes (O2)

Research Highlight

Cuthbert Lab Research

Highlight

Study Recruitment

Coming Up

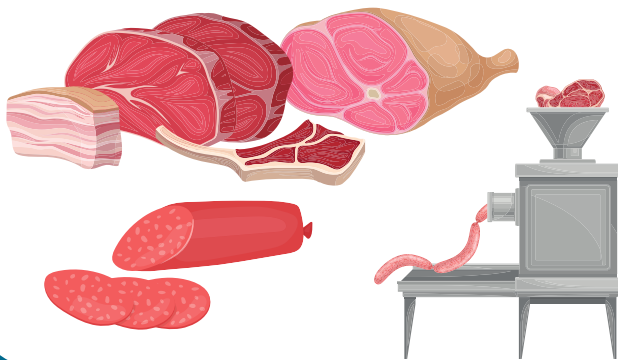
Research Highlights

Oncology Outcomes

Estimates of the Current and Future Burden of Cancer Attributable to Red and Processed Meat Consumption in Canada

STUDY PURPOSE

Estimate the **CURRENT ATTRIBUTABLE** and **FUTURE AVOIDABLE** burden of **CANCER** related to **RED (BEEF, LAMB, AND PORK)** and **PROCESSED MEAT (SAUSAGE AND BACON)** consumption in Canada.



CONCLUSIONS & FUTURE IMPACT

Processed meat consumption is related to:

4.5% OF **ASSOCIATED CANCERS**

and

0.7% OF **ALL CANCERS**.

Red meat consumption is

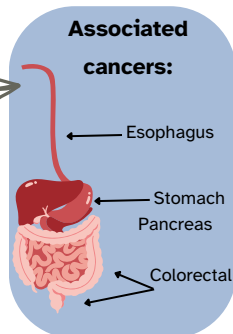
related to:

5.9% OF **ASSOCIATED CANCERS**

and

0.9% OF **ALL CANCERS**.

Interventions aimed at reducing red and processed meat consumption have potential in prevention of many cancers in Canada.



Click [here](#) for full article.

Cuthbert Lab

Self-Management interventions for cancer survivors:
A systematic review and evaluation of intervention content and theories

STUDY PURPOSE

The goal of self-management is to empower patients to achieve optimal health and well-being while living with a chronic illness.

- 1) Assess the effects of **self-management** interventions on **physical and psychological health outcomes**.
- 2) Determine the use of **behaviour change theories** and strategies in self management interventions.
- 3) Describe the **components** of self-management interventions in adult cancer survivors.



CONCLUSIONS & FUTURE IMPACT

While policy documents have indicated self-management as a key strategy for survivor well-being...

There is a **large knowledge gap** between the **science** and **implementation** of self-management interventions



Further research is needed to:

Understand if **self management** interventions are an **important** type of support.

Provide more robust evidence regarding effective **types of intervention**.

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 December 2023.

The next PFAC meeting will be on Feb 13th from 4-5:30pm via zoom.

Previous issues of the PFAC newsletter have been posted online:

<https://www.cuthbertlab.com/advisory-council>

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