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Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

Welcome

Cuthbert Lab has a few exciting updates to share!

First, our postdoctoral fellow Lais has officially completed recruitment for her study exploring social isolation in head and neck cancer.

We have 3 new students starting with our lab this September: two PhD students (Amy and Yinka) and one master's student (Jason).

We have recently had several manuscripts approved for publication, and we look forward to sharing more details once the embargo lifts.

Finally, we would like to thank our PFAC members in advance for all of the continued support on our grant applications. It means so much to us, and we look forward to sharing more information at our next meeting on Monday, September 28 at 4pm via zoom.

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Coming Up

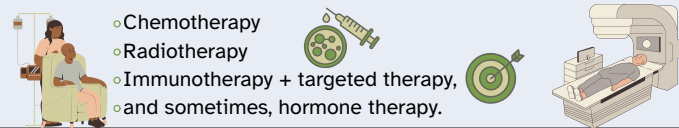
Research Highlights

Oncology Outcomes

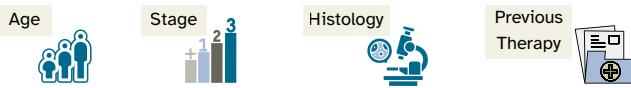
First-Line Treatment Use and Survival Outcomes for Patients With Primary Advanced or Recurrent Endometrial Cancer in Alberta, Canada.

STUDY PURPOSE AND METHODS

Current [treatment recommendations](#) for first line primary advanced/recurrent (A/R) [endometrial cancer \(EC\)](#) in Canada include:



[Prognostic factors](#) for response to [first-line therapy](#) include:

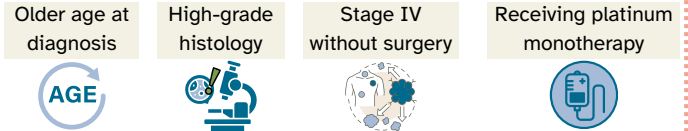


However, the [impact](#) of these factors on [EC survival outcomes](#) have [not been investigated](#) in a Canadian [real-world](#) setting.

Describe first-line treatment patterns and factors impacting overall survival (OS) for patients with primary advanced (stage III-IV) or recurrent (A/R) endometrial cancer (EC) in Canada.

CONCLUSIONS AND FUTURE IMPACT

Factors associated with [worse overall survival \(OS\)](#):



There is a [need](#) for [further treatment options](#) for patients who cannot [tolerate combination chemotherapy](#), or undergo [invasive surgery](#).

Effective treatments are needed to prolong survival for patients with A/R endometrial cancer in Canada.

Results from this real-world analysis can inform factors important for clinical decision-making and help identify patients who may be eligible for newer treatments.

[Click here for full article.](#)

Cuthbert Lab

CANCER SURVIVORS LIVING WITH CHRONIC PAIN: PATIENT AND HEALTHCARE PROFESSIONAL PERSPECTIVES AND CURRENT RECOMMENDATIONS

[Julie Armoogum, Colleen Cuthbert](#)

PURPOSE & METHODS

Chronic pain affects approximately 40% of cancer survivors across different tumour types, yet it remains underrecognized.

This review aimed to synthesize recent research (published since 2024) on cancer survivors' and health care professionals' experiences of the **management of chronic post-cancer treatment pain** and **current guideline recommendations**.

FINDINGS

Three key themes emerged from the literature:

1. **Inadequate pain assessment and communication**, compounded by negative clinical and societal attitudes
2. **Opioid stigma and uncertainty about long-term benefits**, creating barriers for patients and clinicians
3. The role of **self-management strategies**, including physical activity, psychological support, and multimodal approaches.

CONCLUSIONS

Ultimately, the findings from this paper highlight the need for:

- Enhanced **education for health care professionals**
- Updated **clinical guidelines** incorporating evidence on opioids, non-opioid medications, nonmedication strategies
- **Patient education** around risks of chronic pain
- Further research focused on the development and evaluation of **robust interventions**



Study Recruitment



Sociodemographic and Psychosocial Patient and Physician Factors in Oncology Treatment Decision-Making



Who?

- ≥ 18 years old and living in Alberta
- Self-identify as members of racial or ethnic minority groups and/or members of the 2SLGBTQ+ community
- Received a cancer diagnosis within the past 2 years
- Referred to a medical oncologist for a chemotherapy assessment

What?

Understand the factors that shape how patients and physicians make cancer treatment decisions together

- Background
- Identities (culture, race, and gender)
- Life experiences
- Personal beliefs



Contact us at cacuthbe@ucalgary.ca

This study has received ethics approval from the Health Research Ethics Board of Alberta (HREBA.CC-25-0065)



Coming Up



Our next meeting will be held on Monday, September 28 at 4pm via Zoom.
The next newsletter will release in September 2026.
Previous issues of the PFAC newsletter have been posted online:
<https://www.cuthbertlab.com/advisory-council>

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