

April 2025 | ISSUE #42

# Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

# Welcome

We hope everyone is doing well! We are thrilled to share that the Oncology Outcomes (O2) group was recently featured in the daily UToday newsletter! O2's research on breast, kidney, and lung cancer was highlighted alongside future plans for the O2 research group. Click [here](#) to check out the article!



In other news, the data analysts on our teams held a presentation to discuss the data analyst field and the work they conduct on a day-to-day basis. We are looking forward to continuing these presentations to learn more about the different roles and responsibilities of members on our team!

## In this Issue

Welcome

Research Highlights

Study Recruitment

Coming Up

# Research Highlights

## Oncology Outcomes

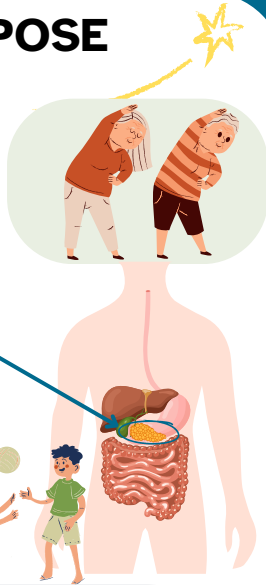
Trajectories of Physical Activity, from Young Adulthood to Older Adulthood, and Pancreatic Cancer Risk; A Population-Based Case-Control Study in Ontario, Canada.

### STUDY PURPOSE

There is inconsistent evidence on the association between physical activity and pancreatic cancer risk.

Few studies have investigated early life or life-course physical activity in association with pancreatic cancer.

Evaluate the association between trajectories of physical activity across the life-course and pancreatic cancer risk.



### CONCLUSIONS & FUTURE IMPACT

Distinct life-course physical activity trajectories were identified, but there was no evidence that any of the trajectories were associated with pancreatic cancer.

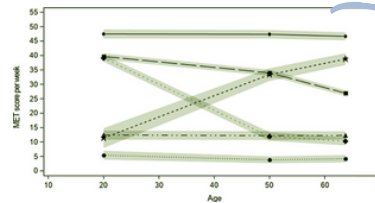


Chart depicting 6 life course physical activity trajectories

- Replications of this study with larger sample sizes are needed.
- Understanding the cumulative effect of physical activity across the life-course can inform prevention strategies which may contribute to a reduction in pancreatic cancer.

[Click here for full article.](#)

## Cuthbert Lab

### FIRST-YEAR IMPLEMENTATION OF THE EXERCISE FOR CANCER TO ENHANCE LIVING WELL (EXCEL) STUDY

Building networks to support rural and remote community access to exercise oncology resources

CW Wagoner, J Dreger, MR Keats, DS Mina, ML McNeely, C Cuthbert, LC Capozzi, GJ Francis, L Trinh, D Sibley, J Langley, J Chiekwe, M Ester, A-M Foucaut, N Culos-Reed



#### Purpose:

Observe the following outcomes in the first-year implementation of the exercise-oncology EXCEL study in rural and remote communities across Canada.



#### REACH:

Participant characteristics, study enrolment, and referral type.

#### ADOPTION:

Number of clinical contacts, trained qualified exercise professionals (QEPs), and QEPs delivering EXCEL exercise classes.

#### IMPLEMENTATION:

Retention, adherence, assessment completion rates, and adverse-event reporting.

#### Findings:

In the first year of implementation, EXCEL developed HCP and QEP networks supporting exercise referral and online delivery, and the intervention was meeting feasibility markers:

A total of **290 individuals** living with cancer consented & enrolled.

**Adherence was 78.2%** to the exercise intervention.

Health care professionals (HCP) network consisted of **163 clinical contacts**, and the QEP network included **45 trained QEPs**, 22 of whom delivered EXCEL classes.

Fitness assessment and patient-reported outcome completion rates were above 85% pre- and post-intervention.

**81.4% retention** to the study intervention.

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# 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](#).

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## Coming Up

The next newsletter will release in May 2025.

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

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