

September 2023 | ISSUE #24

# Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

## Welcome

Our team has been hard at work submitting two major grant applications this Fall. The first, led by Dr. Winson Cheung and Dr. Colleen Cuthbert, was submitted to the Canadian Institutes for Health Research and focused on sex and gender considerations in cancer care. The second, led by Dr. Darren Brenner, was submitted to the Canadian Cancer Society and focused on updating cancer screening guidelines. As we await the results of these submissions, we continue to work on other projects and studies. As a fun aside, we have a video highlighting our time at the Canadian Society for Epidemiology Conference, which you can check out [here!](#) We have also launched our new Oncology Outcomes [website](#) and encourage you to have a look. A friendly reminder that our next meeting will be held on October 3, 2023 at 4pm. We look forward to seeing everyone!

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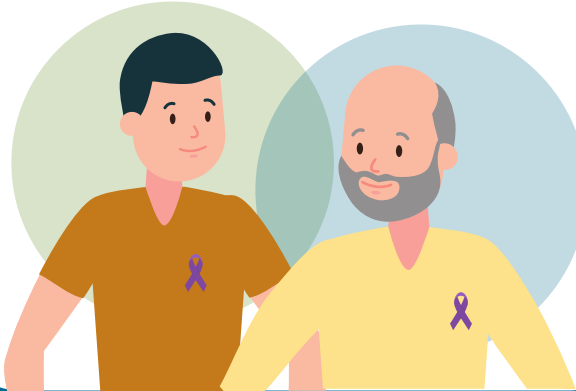
# Research Highlights

## Oncology Outcomes

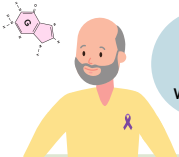
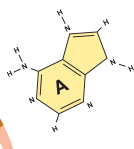
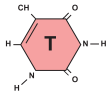
Mutational Signatures Among Young-onset Testicular Cancers

### STUDY PURPOSE

Determine if there are differences in the mutational signatures between young- and older-onset testicular cancer patients



### CONCLUSIONS & FUTURE IMPACT



Signatures 1 and 29 were more prevalent among young-onset tumors, while signatures 11 and 16 were more common among the older-onset group.

Older-onset tumors had a significantly higher mutational load than young-onset tumors.

Future research is needed to explore whether the differential prevalence in signatures 1, 11, 16, and 29 across the age at onset groups are related to particular environmental factors or behaviours.



Click [here](#) for full article.

## Cuthbert Lab

Remote Assessment of Physical Fitness Measures: Reliability and Validity Study (HREBA.CC-23-0104)

We are conducting a study to test the reliability and validity of assessing physical fitness measures remotely (virtually over Zoom) in comparison to in-person assessment. We will be recruiting participants between 18 and 80 years old, who have previously received a cancer diagnosis (any site excluding non-melanoma skin cancer, any stage) and have completed all prescribed cancer treatment (such as surgery, chemotherapy, and/or radiation).

Participants will be asked to:

1. Complete questionnaires related to readiness for physical activity, socio-demographic and lifestyle factors, and questions related to their cancer diagnosis and treatment
2. Attend one in-person assessment in Calgary, AB to complete four physical fitness tests with a certified exercise physiologist
3. Attend two online assessments in their own home to complete the same four physical fitness tests, remotely monitored by a certified exercise physiologist

Recruitment will begin soon for this study, and more information will be shared on our Cuthbert Lab [website](#). Please stay tuned!

# 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, 2023.  
The next newsletter will release in October 2023.

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

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