

February 2024 | ISSUE #29

# Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

## Welcome

Our teams have hit the ground running this year with several new grant applications underway, ranging from pain management in survivorship to complexity in cancer care. We are hopeful that 2024 will be a year of successful projects! We are also pleased to announce several new hires within the Cuthbert Lab, including a postdoctoral fellow and summer student, who are both interested in attending future PFAC meetings to meet our council members.

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# Research Highlights

## Oncology Outcomes

Estimates of the Current and Future Burden of Cancer Attributable to Sedentary Behavior in Canada.

### STUDY PURPOSE

Leisure-time sedentary behavior is an emerging modifiable risk factor for cancer.

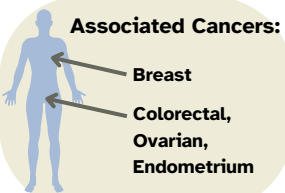
Sedentary behavior is described as any prolonged, non-sleep activity, absent of bodily movement with a low energy expenditure of 1.0 to 1.5 metabolic equivalents.

Estimate the proportion of cancers attributed to leisure-time sedentary behavior as a separate risk factor from physical activity in Canada for 2015.



### CONCLUSIONS & FUTURE IMPACT

The total attributable burden due to leisure-time sedentary behavior was estimated to be 10.3% for associated cancers and 6.5% for all cancers in 2015.



Over 3000 cancer cases in Canada were attributable to leisure-time sedentary behavior in 2015.

Estimating cancers attributed to leisure-time sedentary behavior provides evidence to support strategies in reducing sedentary lifestyles to prevent a substantial number of cancers in Canada in the future.

Click [here](#) for full article.

## Cuthbert Lab

Association Between Adjuvant Chemotherapy Duration & Survival Among Patients with Stage II and III Colon Cancer: A Systematic Review and Meta-analysis

### STUDY PURPOSE

The results from the recent International Duration Evaluation of Adjuvant Therapy (IDEA) collaboration study have led some clinicians to adopt shorter durations of adjuvant chemotherapy for patients with stage III colon cancer

Analysis: Are shortened durations of postoperative chemotherapy associated with decreased survival among patients with stage II and III colon cancer?



### CONCLUSIONS & FUTURE IMPACT

Shortened durations of chemotherapy may **REDUCE SURVIVAL** among patients with stage III colon cancer prescribed **monotherapy but NOT combination** regimen (standard treatment).

The **standard** 6 months of **chemotherapy** was associated with **improved survival** among patients prescribed with **monotherapy**.

**Patients** prescribed monotherapy should be encouraged to complete the entire 6 months of treatment.

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 March 2024.

Previous issues of the PFAC newsletter have been posted online:

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

## Follow us on social media

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# SAVE THE DATE

MAY 11, 2024

BUMRUN  
CALGARY



On **May 11th** the annual **Bumrun** will be held in Calgary. The Bumrun is a 5K walk/run founded by Dr. Ian Bookman to raise awareness for colorectal cancer and encourage early screenings. Since 2011, the Bumrun has raised over \$1M for colon cancer research, enhancing patient support programs for families living with colon cancer, and raising awareness of colon cancer screening and prevention.

**Help us wipe colon  
cancer off the map.**



**bumrun.**  
**May 11, 2024**

Join the Bumrun 5K at [bumrun.com](http://bumrun.com)

Please click [here](#)  
for more  
information about  
the Bumrun

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Promotional  
posters linked  
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