

October 2023 | ISSUE #25

# Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

## Welcome

Thank you again for your participation at our October meeting! The format was more interactive than usual and we are so grateful for all of the valuable feedback we received. A reminder to please complete [this survey](#) to provide any additional feedback on data visualizations if you have not already done so. The discussion about survivorship needs was immensely helpful as we begin to piece together a new grant proposal. In November, several of our team members will be traveling to Halifax to present at the Canadian Cancer Research Conference. We look forward to sharing updates and insights after the event!

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# Research Highlights

## Oncology Outcomes

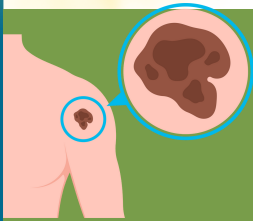
Estimates of the Current and Future Burden of Melanoma Attributable to Ultraviolet Radiation in Canada

### STUDY PURPOSE

Exposure to **UV radiation** is an established **cause** of cutaneous **melanoma**.



To estimate the current attributable and future avoidable burden of **melanoma related to** exposure to **UVR** and modifiable UVR factors (**sunburn, sunbathing, and indoor tanning**).



**Melanoma is a tumour of melanin-forming cells.**

### CONCLUSIONS & FUTURE IMPACT

**62.3%** of melanomas were attributable to **exposure to UVR** in 2015, while **29.7%** were attributable to a combination of **sunburn** (7.4%), **sunbathing** (17.8%), and **indoor tanning** (7.0%).



A **50% reduction** in modifiable **UVR** behaviours could **avoid** an estimated **11,980 melanoma cases** by 2042.

**Prevention strategies aimed at modifiable UVR behaviours are crucial to reduce the growing burden of melanoma in Canada.**

## Cuthbert Lab

Science in the Cinema:  
"The Cut of It"



Knowledge translation and community engagement are two important aspects of the Cuthbert Lab. Earlier this month, Dr. Cuthbert moderated a panel at a Science in the Cinema event. The film that was screened was "The Cut of It", which focuses on the power of digital stories to amplify the voices of breast cancer patients. A panel discussion about the impacts of breast cancer followed the screening. Participating in these types of community events helps to reinforce our mission and keep the patient voice at the center of all that we do. To learn more about Science in the Cinema events, [click here](#).



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 November 2023.

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

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