

Cancer Council Update 2011

research



prevention



support





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Staying Strong After Cancer



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Presentation overview

1. The impact of cancer on survivors and their partners/carers

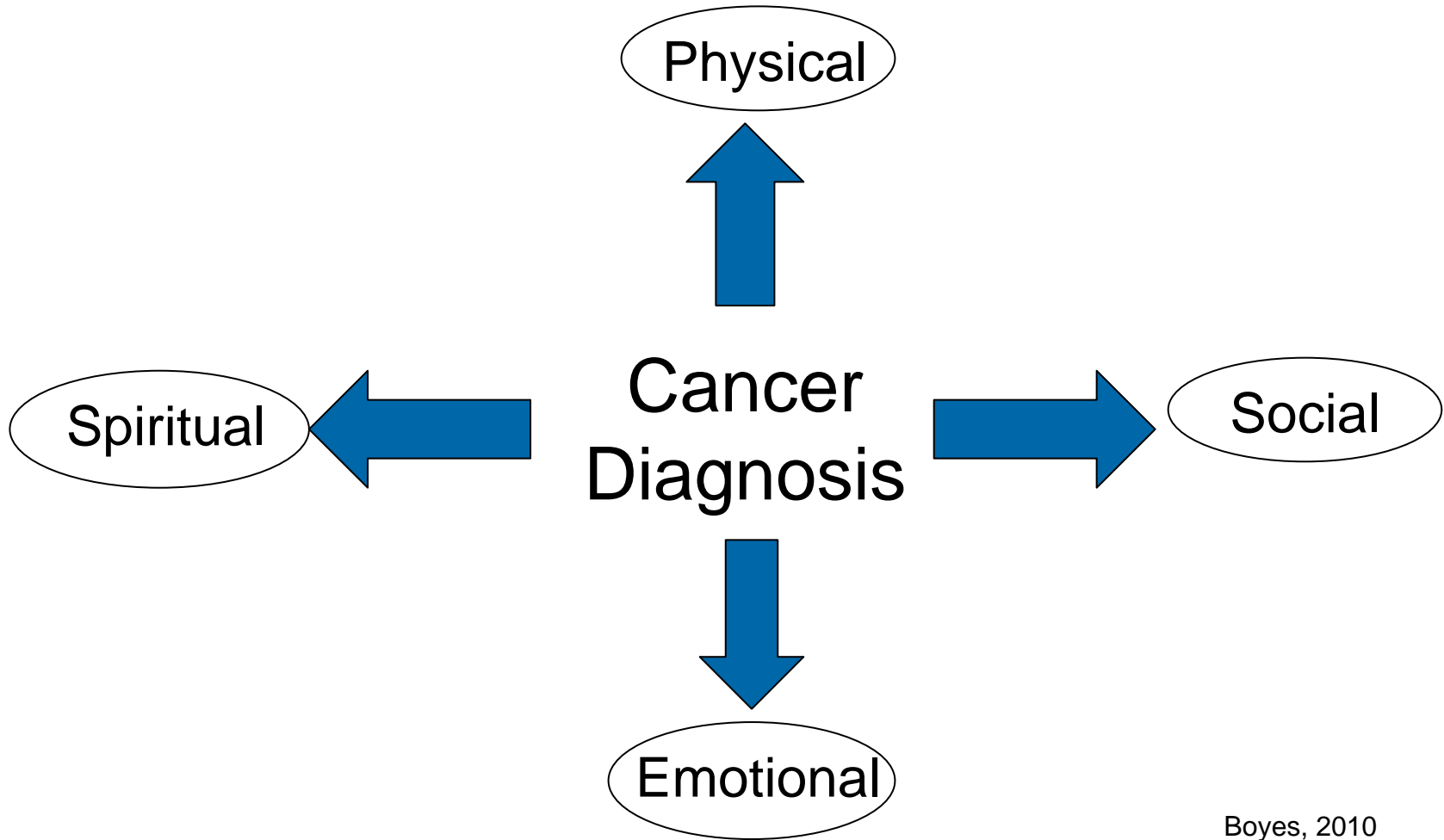
- Physical
- Emotional
- Social
- Spiritual

2. What can you do to help reduce the impact of cancer and to prevent it's recurrence?

- Diet
- Physical activity
- Healthy weight management
- Alcohol

3. How to make positive changes

Common effects of cancer



Boyes, 2010

Physical effects of cancer

- Body changes - scars, disfigurement
- Fatigue
- Pain
- Sexual dysfunction
- Incontinence
- Infertility
- Premature menopause
- Weight gain



Boyes, 2010

Physical effects of cancer

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- Fatigue
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- Sexual dysfunction
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- Infertility
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“This fatigue had nothing to do with old familiar tiredness. It was in another dimension to just feeling tired. This was an energy-sapping river flowing out of me and taking all my vitality, enthusiasm and strength with it. I had no control over anything, no power to do or say what I wanted. My over-riding need was to lie down and stop. At 41 years of age, I was an old, old woman”

Physi

- Body c
- disfigur
- Fatigue
- Pain
- Sexual dysfun
- Incontinenc
- Infertility
- Premature menopause
- Weight gain

“So there is the usual mid-age spread, and then treatment disrupts peoples usual routines, pain and fatigue make activity difficult, the treatment itself leads to weight gain, and its just so tempting to have a choccy or a wine to help you cope... It’s the perfect storm for gaining weight!”



Emotional effects of cancer

- Fear of recurrence
- Concerns about the future, death
- Depression, sadness
- Health worries & hypervigilance
- Inability to make plans
- Uncertainty & vulnerability
- Feelings of gratitude & good fortune



Boyes, 2010

Emotional effects of cancer

- Fear of recurrence
- Concerns about the future, death
- Depression
- Hopelessness
- Inability to concentrate
- Unpleasant thoughts
- Feelings of gratitude & good fortune

“I think about the cancer everyday...”



Social effects of cancer

- Alienation & isolation
- Concerns about children
- Socioeconomic concerns-
insurance, employment,
financial



Boyes, 2010

Social effects of cancer

- Alienation & isolation
- Concern about children

“ I haven’t felt like I’ve had anyone to talk to in the way where I could really spill my guts. I’m going through a very insecure time about it all at the moment.”



Boyes, 2010

Spiritual effects of cancer

- Appreciation of life
- Changed values & goals
- Concerns about death & dying
- Religious/spiritual convictions strengthened or challenged



Boyes, 2010

Spiritual effects of cancer

- Appreciation of life
- Character development

“I know cancer has had a very positive side effect and has taught me many lessons. I have grown in understanding and actually feel better about life than I used to. I am more assertive and spiritual.”



Boyes, 2010



Common Issues: depression and anxiety, quality of life

At diagnosis, patients are twice as likely to be depressed, anxious, or both



Boyes, 2010

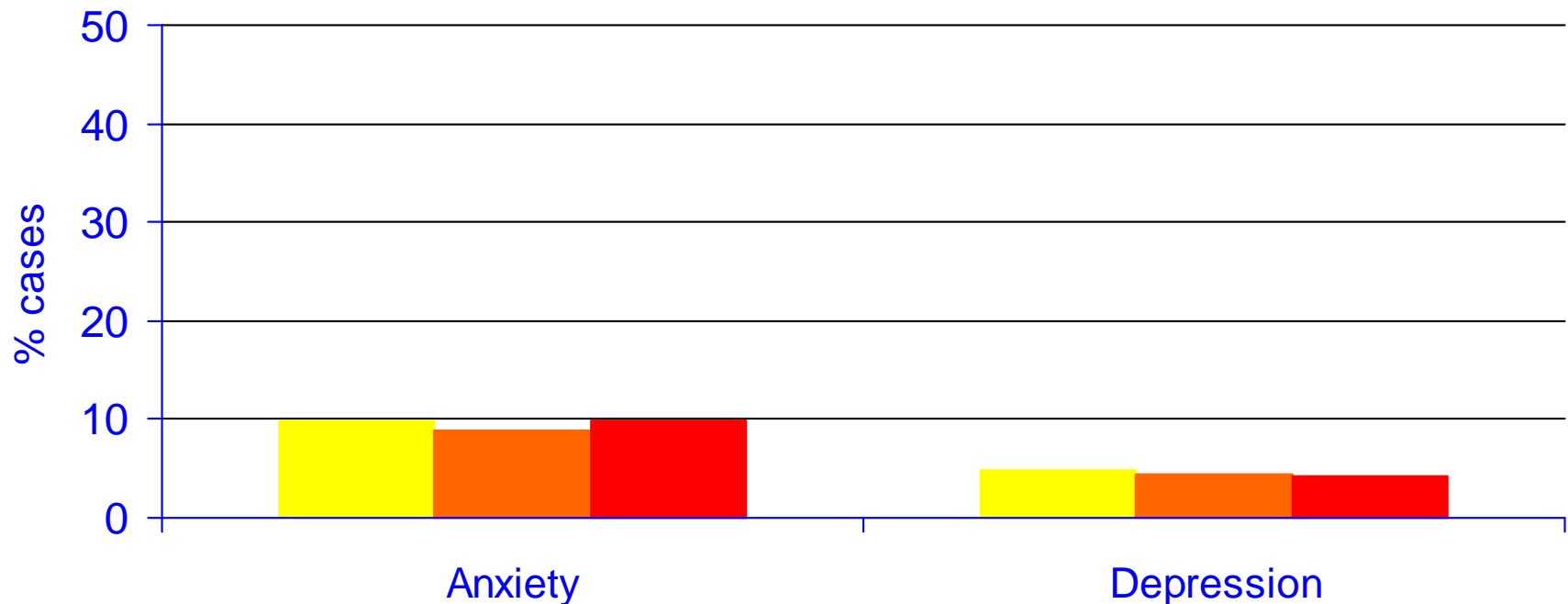


Anxiety & depression

5-6 years after
diagnosis

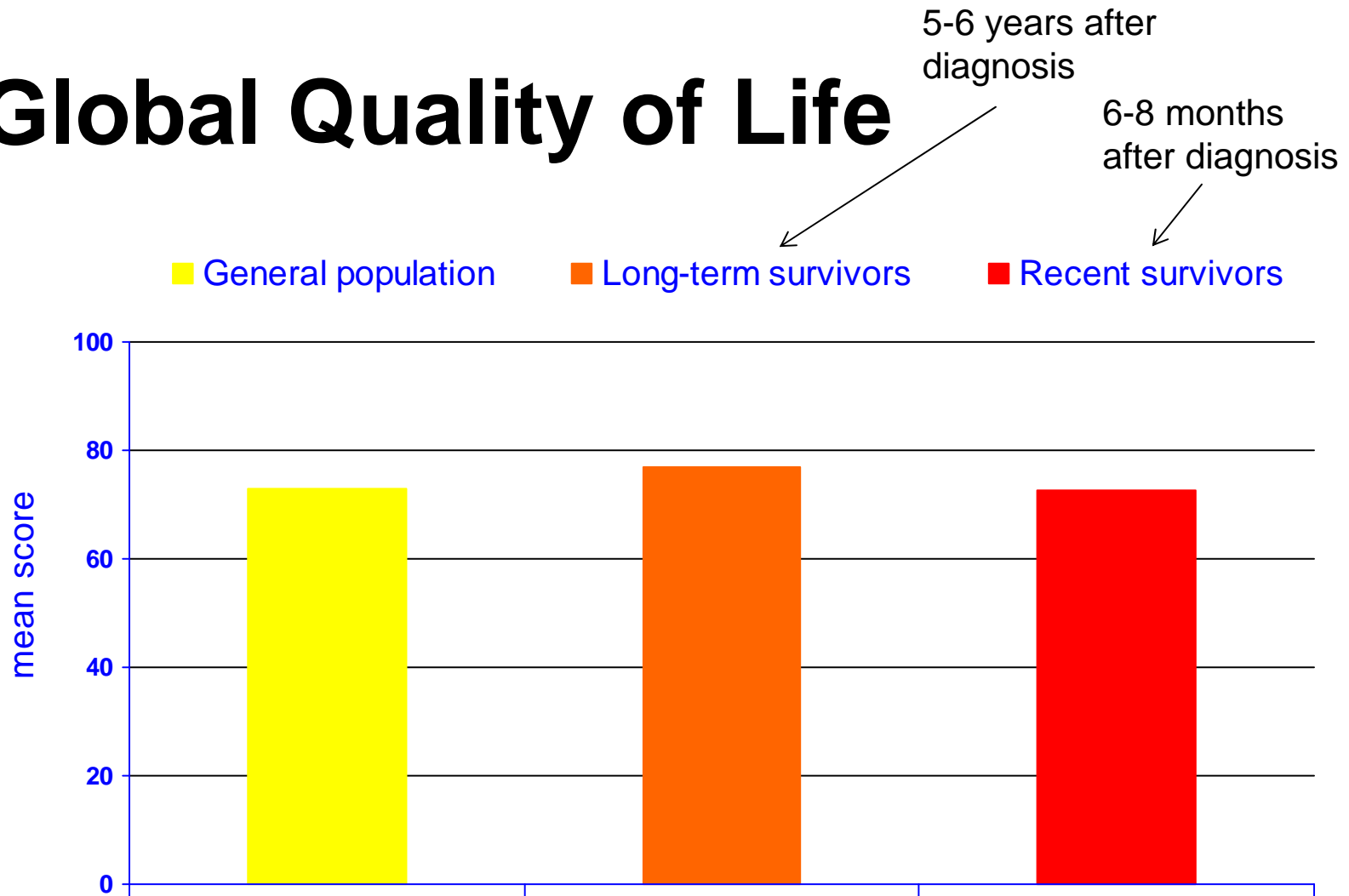
6-8 months
after diagnosis

■ General NSW population ■ Long-term survivors ■ Recent survivors



Boyes, 2010

Global Quality of Life



Boyes, 2010

Common problems as time goes on...

- By 6 months the most common problems are:
 - Fatigue
 - Shortness of breath
 - Insomnia
 - Body image and weight concerns
 - Upper-body function problems (Breast 16-30%)
- Many of these problems persist 12-18mths

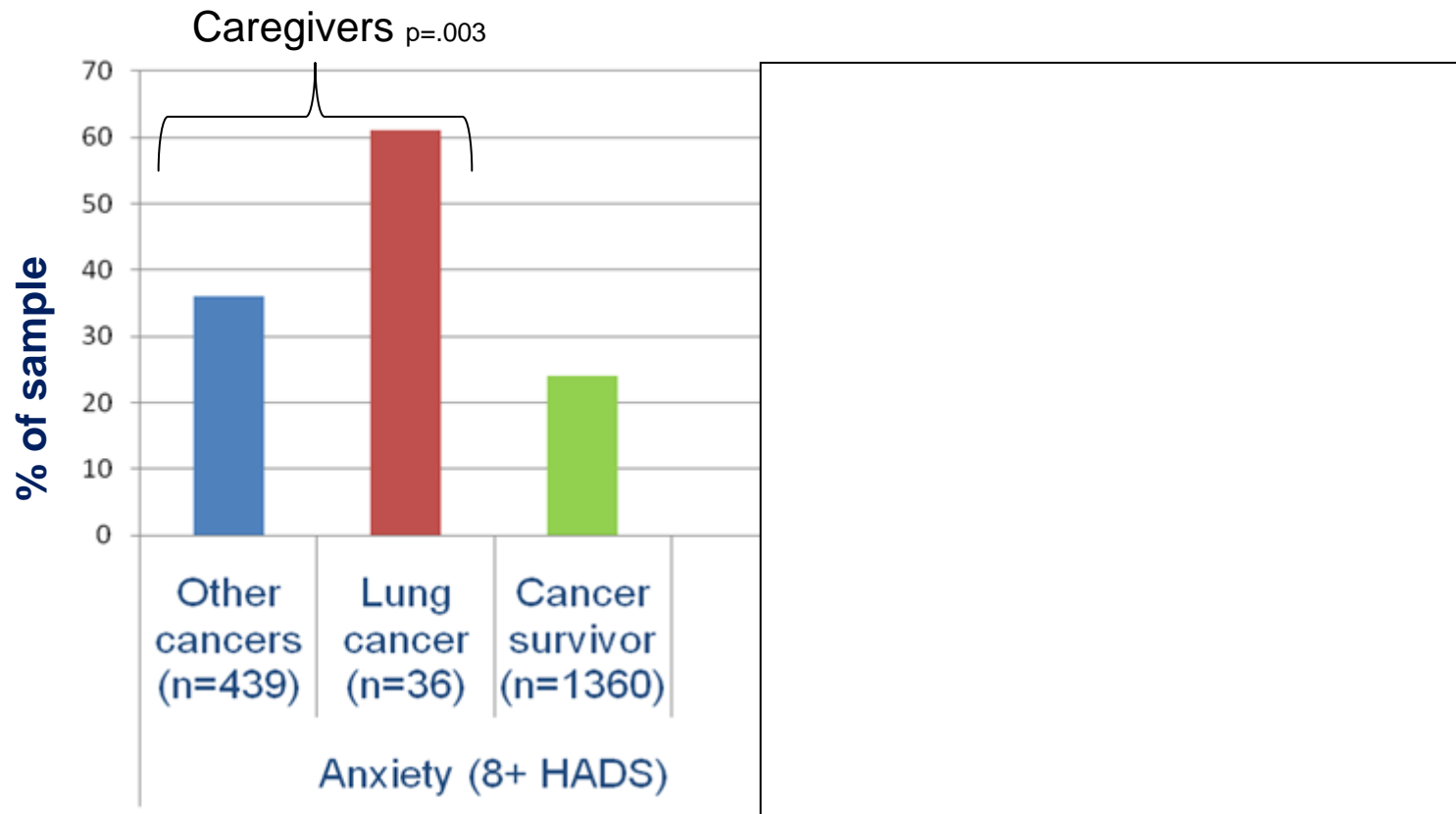
Cancer Survival Study

What about the carers?

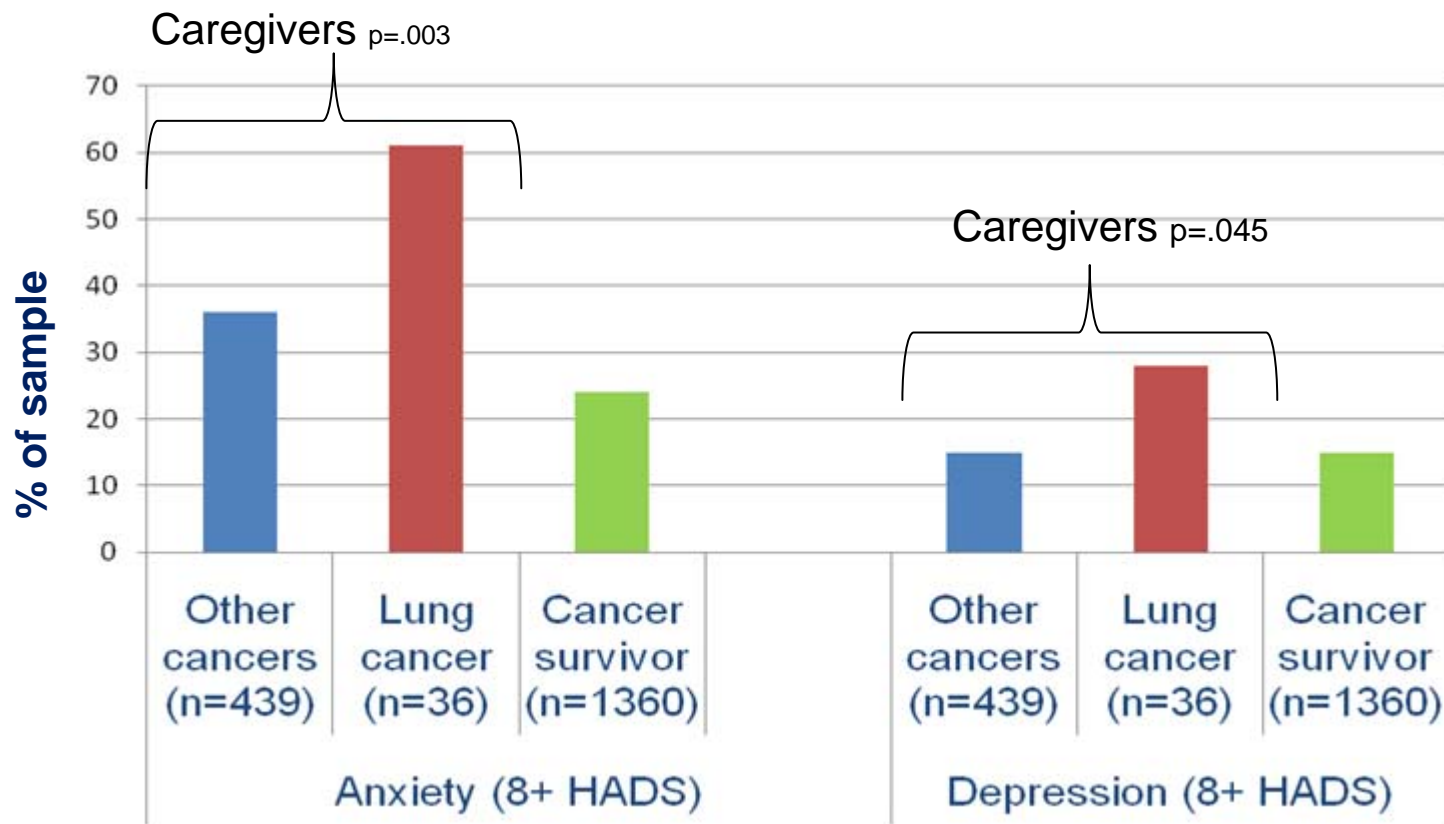
- Many carers derive deep satisfaction from their role
- BUT, cancer caregivers are at risk of:
 - high levels of anxiety, depression, distress, emotional strain
 - poor quality of life
 - social isolation
 - financial burden
 - physical health risks



Prevalence of anxiety & depression at 6 months post-diagnosis



Prevalence of borderline/ clinical anxiety & depression at 6 months post-diagnosis



How can your lifestyle behaviours help?

Problem/symptom	Lifestyle solution
Fatigue	Physical activity
Insomnia	Physical activity
Quality of life	Physical activity
Anxiety/depression	Physical activity, limit alcohol
Healthy weight management/ retaining lean muscle mass	Physical activity, strength training, healthy diet, limit alcohol
Other chronic diseases (heart attack, stroke, diabetes)	Physical activity, healthy diet, limit alcohol, healthy weight maintenance
Cancer recurrence (cancer coming back) & survival	Physical activity, healthy diet, limit alcohol, healthy weight maintenance

What are the recommendations for survivors and carers?

Be as lean as possible by..

1. Being physically active
2. Limiting energy-dense foods and avoid sugary drinks
3. Eating mostly foods of plant origin
4. Limiting alcoholic drinks

Other cancer smart diet behaviours:

- ✓ Limit intake of red meat and avoid processed meat
- ✓ Don't use supplements to prevent cancer
- ✓ Limit consumption of salt

WCRF, 2007

Let me convince you that it is worth it

- **Nurses Health Study** followed 2987 women with stage I-III breast cancer for 8 years. Women who participated in physical activity had a 25-50% risk reduction in recurrence, death from breast cancer and other causes (Holmes et al 2005)
- **Collaborative Women's Longevity Study** followed 4482 breast cancer survivors for 6 years. Women engaging in higher physical activity had a 40-50% lower risk of death from breast cancer and other causes (Holick et al. 2008)
- **Nurses' Health Study** followed 573 women with stage I to III colorectal cancer for 22 months post diagnosis. The more post-diagnosis physical activity, the lower the risk of cancer specific and overall mortality (Meyerhardt et al. 2006a)
- 832 patients with stage III colon cancer found that more physical activity was associated with disease-free survival, recurrence-free survival, and overall mortality (Meyerhardt et al. 2006b)

What about prostate cancer and physical activity?

- **Health Professionals Follow-Up Study** included 2,705 men with prostate cancer and concluded that
 - Men who were physically active had lower risk of dying from any cause including prostate cancer
 - Those who walked 90 minutes per week at a normal to very brisk pace had a 46% lower risk of dying from any cause (compared with shorter walks at an easy walking pace)
 - Men who undertook 3 hours per week of vigorous activity had a 49% lower risk of dying from any cause and a 61% lower risk of dying from prostate cancer (Kenfield et al. 2011)

So you can almost halve your risk of dying by walking 3 times a week for 30 minutes! This is a doable, sustainable level of activity.

What about dietary changes?

- **WINS: Women's Intervention Nutrition Study** included 2437 post-menopausal women treated for early breast cancer who were followed up for 5 years. Dietary counselling aim of reducing fat to 15% total energy and 20-30g fat per day resulted in a 24% lower risk of breast cancer recurrence (Winters et al 2004)
- **WHEL: Women's Healthy Eating and Living Study** included 3088 women with early-stage invasive breast cancer who were followed for 6 years. Women were asked to consume a high-vegetable, low-fat diet
 - daily dietary goals of: 5 serves vegetables, 475mL vegetable juice, 3 serves fruit, 30g fibre, 15-20% energy from fat
- No improvement in survival or breast cancer recurrence (Chlebowski 2007)

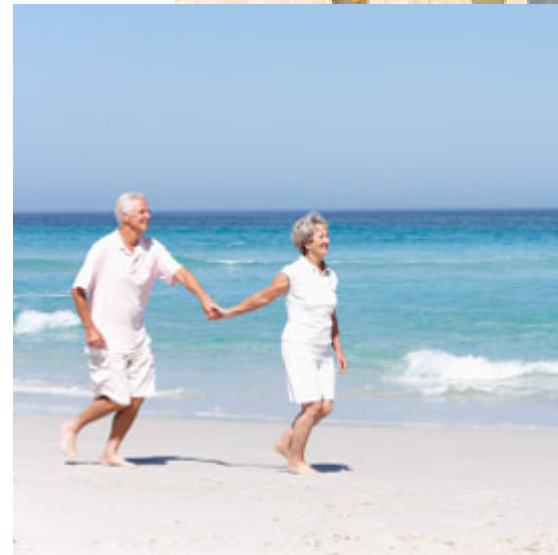
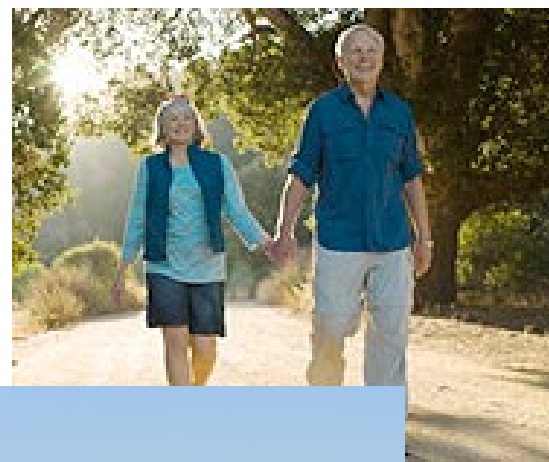
So, you don't have to make drastic changes,
doable dietary changes work!

Exercise

- How much? 3-5 times/week for at least 20 minutes per session
- How hard? low to moderate intensity
- What type? Aerobic (eg walking, cycling, swimming), strength training (eg. weights, yoga), or mixed exercise types (eg. circuit classes, water aerobics)

Walking

- If its been a while, start slow
- Over time increase your pace, then how long you walk for, then add some hills
- Buy a step counter (pedometer) and set targets
- Wear sensible shoes
- Plan ahead for safety – think about lighting, avoiding uneven surfaces
- Build in variety so you don't get bored



Strength Training

- Resistance exercises using machine weights, free weights, body weight, and/or therabands that involve major functional lower and upper muscle groups are appropriate.
- 1-3 times p/week. With rest days between sessions.



Diet

1. Aim for 5 serves of veges and 2 serves of fruit each day – think about ways to incorporate veges in to breakfast and lunch
2. Limit alcohol – incorporate alcohol free days each week, when you do drink try alternating alcoholic and non-alcoholic drinks, choose reduced alcohol options
3. Limit energy dense (high fat and high sugar) snacks
4. We aware of your salt intake – try not to add salt during cooking, taste your food before you add salt, read labels of processed foods, gradually reduce how much salt you add at the table



Diet

“Nothing tastes as good as slim feels”

1. Aim for healthy ways to
2. Limit alcohol consumption – incorporate alcohol free days each week, when you do drink try alternating alcoholic and non-alcoholic drinks, choose reduced alcohol options
3. Limit energy dense (high fat and high sugar) snacks
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Diet

“Nothing tastes as good as slim feels”

1. Aim for...
ways to...
2. Limit alcohol... incorporate alcohol free days each week, when you...
do drink try alternating alcoholic and non-alcoholic drinks... choose...
reduced alcohol options

- 3.
- 4.

“Nothing tastes better than being cancer free”

ng,
foods,



Mental and emotional health

- Overwhelmingly, survivors credited the emotional support received from family and friends as being the most important factor contributing to how they coped with their illness.
- This support mainly revolved around having someone to talk to about what they were going through and sharing their worries with.
- What makes you happy?.....

How to make positive changes to “stack the odds in your favour”

- Set goals – small, sustainable changes
- Make an action plan
- Monitor your progress
- Enlist support
- Identify barriers and problem solve

Set goals & make a plan

Setting goals for physical activity

Setting goals is an important way to help increase your physical activity.

This handout will help you to:

- 1) learn how active you are now
- 2) set SMART goals
- 3) make smaller goals to help reach your SMART goals

Answer the following questions. Write your answer in the space provided.

What are you doing NOW?
What activities do you do now?
How often during the week are you active? (Once a week? Twice a week? Daily?)
How long are your physical activity sessions? (15 minutes or less? Only a few minutes each time? 30 minutes or more?)

www.centre4activeliving.ca/our-work/toolkit/

Making a physical activity plan

Sometimes becoming more physically active can be hard. If you feel this way, you are not alone!

One way to make it easier to get started, is to make a physical activity plan.

This handout will take you through the steps to make your own plan.

Step 1: think about the 5 W's:

WHY, WHAT, WHERE, WHEN and **WHO**. Read the questions below and write your answers in the space provided.

WHY is physical activity important to you?

WHAT type of physical activity(ies) do you want to do?

WHERE would you do the activity(ies)?



Talk to your health care provider about activities that are best for you.

What if you need more help?

Enhanced primary care plan – see you GP and you can be referred for Medicare subsidised visits to:

- Dietitian
- Exercise physiologist (exercise specialist to help design a safe movement program)
- Podiatrist (feet)
- Psychologist (mental health, stress, sleep worries)



What support does the Cancer Council offer?



- Life Now Exercise (12 Weeks, 2 classes per week)
- Life Now Meditation (6-8 weeks)
- Life Now Yoga (6-8 weeks)



Other community based programs

- Links on CCWA web site to:
 - [Chemo Club](#) - Solariscare
 - [Vario Cancer Survivors program](#) - Vario Institute, Edith Cowan University, Joondalup Campus
 - [YWCA Encore](#) (for breast cancer only)
 - [Prostate and Breast Cancer Recovery](#) - Exercise and Counselling Rehabilitation Program



Research studies and lifestyle programs

- **ENRICH – Exercise and Nutrition Routine Improving Cancer Health**
 - Healthy lifestyle and skill development program designed for cancer survivors and carers
 - 6-session face-to-face program
 - Mix of each of 3 core components at each session:
 - healthy eating
 - walking program
 - resistance training
- **Get PHITT – Prostate Health Improved Through Training**
 - 8 week home based strength training program for men with prostate cancer



The Move More for Life study

- We are currently looking for women who have had breast cancer to participate in a national study
- Flyers available if you would like more information



BREAST CANCER SURVIVORS INTERESTED IN PHYSICAL ACTIVITY NEEDED FOR A RESEARCH STUDY

RESEARCH

'Move More for Life': a home-based physical activity program for Australian breast cancer survivors

Version 3, 8/4/11

We invite you to participate in the 'Move More for Life' Project which is being conducted by researchers from the Centre for Health Research and Psycho-oncology (CHERP) and the University of Newcastle.

What are the aims?

Engaging in regular physical activity can

Who can participate?

Female breast cancer survivors not currently undergoing active treatment. You will be required to complete a physical activity readiness questionnaire before you can participate.

What are the benefits?

You will receive free information and activity resources (e.g. step counter) that may help you to make positive lifestyle changes, and help you develop skills so you can maintain



THANK YOU

What is the first goal you are going to put in to action?

Acknowledgements

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MOVE MORE FOR LIFE: Cancer Institute NSW, University of Newcastle

CANCER SURVIVAL STUDY: NHMRC, Cancer Council NSW, Honda Foundation

PARTNERS & CARERS STUDY: Cancer Council NSW



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Questions?



**Audio of this lecture will be available
thanks to 720 ABC Perth at:
www.cancerwa.asn.au/cancer-update**

Next weeks' lecture

Hepatitis B and liver cancer – what's the connection?

Dr Monica Robotin, University of Sydney, NSW