

Project Title	Prognostic significance of physical activity and sedentary behaviour in people with advanced non-small cell lung cancer
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Institution	Curtin University
Research description	<p>Globally, lung cancer has the highest number of deaths per year compared to all other cancers. Non-small cell lung cancer (NSCLC) is the main type, making up about 85% of all lung cancer. At diagnosis, almost 70% of patients have an advanced form of the disease and unfortunately, only 1-8% of patients are alive five years post-diagnosis.</p> <p>Due to symptoms of fatigue and shortness of breath, people with advanced NSCLC report adopting a sedentary lifestyle (prolonged time spent sitting or lying). In people with breast cancer, diabetes, heart or lung disease, time spent physically active during the day is linked with longer survival, whereas prolonged time spent sedentary during the day is linked with shorter survival. Although prolonging survival is the main goal of treatments for people with advanced NSCLC, studies in these people have not yet investigated the link between time spent either physically active or sedentary during the day and survival. So, the aim of this study is to investigate if time spent in physically active or sedentary during the day predicts survival in people with advanced NSCLC.</p> <p>The intention is to recruit people diagnosed with advanced NSCLC and ask them to wear a physical activity monitor 24 hours per day for 7 days in a row. This monitor will show the amount of time people spent physically active and the amount of time they spent sedentary during those 7 days. After these assessments, the team will keep track of them for one year. Of note, exercise training will not be offered as part of this proposed study.</p> <p>The number of deaths during that one year will be recorded, and the team will investigate any links between the times spent in being physically active or sedentary during the day with survival.</p>
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