



ISBNPA

Cancer Prevention and Management SIG



Message from the Chair

Dear Cancer Prevention and Management SIG Members,

The Annual Meeting is here! ISBNPA received a record number of abstracts, symposia, workshop proposals, and dare2share sessions this year, which means we can expect a highly stimulating scientific program. As you plan your conference agenda, be sure to check out the awards session and chaired poster session on Wednesday evening where it will feature the top-rated abstracts from the CPM SIG. The award finalists are also featured in this edition of the newsletter.

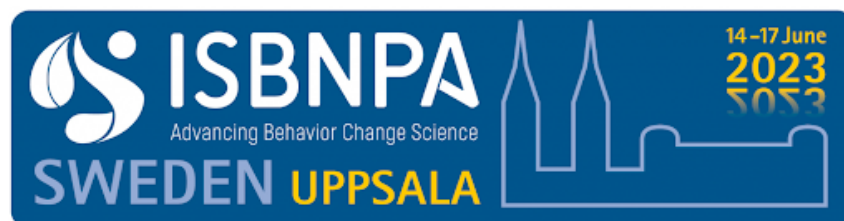
Lastly, please consider attending the Cancer Prevention and Management (CPM) SIG business meeting where we'll highlight our activities that we have been working over the past year. The business meeting is scheduled on Friday from 11:15-11:45am (local time) in Room K3+4. We'll also be announcing details of our seed funding application that is relevant to senior PhD/post-doctoral trainees/early career researchers that provides funding for your current or future projects. You'll have an opportunity to network with other CPM SIG members too!

I'm looking forward to connecting with all of you in Uppsala! See you soon!

Linda Trinh, PhD



Cancer Prevention and Management at ISBNPA



CPM SIG Awards Session

What:
Award Session

When:

Wednesday, June 14, 2023 from 4:15 PM – 5:30 PM local time

Where:

UKK - Hall D (Level 2 - main floor)

CPM SIG Chaired Poster Sessions**What:**

Poster Sessions

When:

Wednesday, June 14, 2023 from 5:30 PM – 6:45 PM local time

Where:

UKK - Hall D (Level 2 - main floor) and Level 6

Implementing Exercise and Lifestyle Support in Individuals Living with and Beyond Cancer: A Patient-centred Approach**What:**

Oral Session

When:

Thursday, June 15, 2023 from 8:15 AM – 9:30 AM local time

Where:

Clarion Hotel Gillet - Room Swedenborg

Effectiveness and Implementation of Active Living After Cancer: A Community-Based Program to Increase Physical Activity, Physical Function, and Quality of Life in Cancer Survivors**What:**

Oral Session

When:

Friday, June 16, 2023 from 8:15 AM – 9:30 AM local time

Where:

Clarion Hotel Gillet - Room Swedenborg

Cancer Prevention and Management Annual Business Meeting**What:**

Business Meeting

When:

Friday, June 16, 2023 from 11:15 AM – 11:45 AM local time

Where:

Room K3+4

Who:

CPM SIG Members, Executive Team, and 2023 Awardees

Lifestyle Factors and Cancer Survivorship: Evidence from Cross-Sectional to Intervention Studies**What:**

Oral Session

When:

Friday, June 16, 2023 from 12:00 PM – 1:15 PM local time

Where:

UKK - Hall D (Level 2 - main floor)

What Have We Learned Recently on Cancer Prevention and Management**What:**

Oral Session

When:

Friday, June 16, 2023 from 2:45 PM – 3:45 PM local time

Where:

UKK - Hall D (Level 2 - main floor)

Randomized Controlled Trials of Remotely Delivered Exercise Interventions for Men with Prostate Cancer: Rationale, Design, and Adherence in Men across the Cancer Spectrum from Active Surveillance to Metastatic Disease

What:

Oral Session

When:

Saturday, June 17, 2023 from 8:15 AM – 9:30 AM local time

Where:

Clarion Hotel Gillet - Room Swedenborg

Using Routinely Collected Physical Activity and Cardiorespiratory Fitness Data for Longitudinal Studies within Cancer Epidemiology

What:

Oral Session

When:

Saturday, June 17, 2023 from 11:45 AM – 1:00 PM local time

Where:

Clarion Hotel Gillet - Room Akademien

Cancer Prevention and Management Top Abstracts

Congratulations to the CPM SIG top abstracts selected for presentation at the ISBNPA Annual Meeting! We took a moment to ask the authors about their current work, motivation, and future projects. Join us in congratulating them on their exciting research!

Angela Fong, PhD is an Instructor of Medicine at Rutgers Cancer Institute of New Jersey interested in determining the psychosocial determinants and outcomes of physical activity interventions among women diagnosed with cancer who have been intentionally marginalized. She is motivated by the racially and ethnically diverse population served by her institution, and participation in community engagement events has inspired her to pursue work that includes supportive methodologies from dissemination and implementation science to help her results reach the spaces and places where it's most needed. Her abstract, titled, "*Feasibility and preliminary efficacy of an online-delivered resistance exercise intervention among racially diverse breast cancer survivors: The B-REP Trial*" was selected as a top abstract for the CPM SIG. Her results demonstrate feasibility and preliminary impact of a behaviorally focused intervention on health-related outcomes, which has been identified as an urgent need. Future work includes analysis from follow-up qualitative research to inform adaptation of the intervention in order to conduct a factorial study to test updated intervention components to identify the ideal intervention package prior to larger efficacy testing.



Ki-Yong An, PhD is a Research Associate at the University of Alberta, where he studies the optimal exercise program for different cancer patients, including underserved cancer groups, and the effects of exercise as a cancer treatment. His current work focuses on newly diagnosed breast cancer patients from the Alberta Moving Beyond Breast Cancer (AMBER) cohort, as this group has significant distress, worries, and fear related to diagnosis, treatment, and prognosis that can cause poor quality of life and potentially even poor treatment and cancer outcomes. His abstract, titled, "*A higher level of health-related fitness is related to better physical quality*"

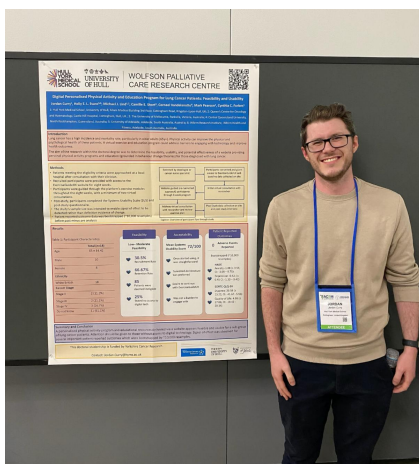


of life in newly diagnosed breast cancer patients," was selected as a top abstract for the CPM SIG. His results demonstrate major components of health-related fitness are independently associated with physical quality of life and that health-related fitness is associated with physical quality of life but not mental quality of life. Future work includes additional examination of associations between health-related fitness and breast-cancer related symptoms within the AMBER cohort in order to help determine which exercise prescriptions may be best to manage specific symptoms in newly diagnosed breast cancer patients.

Sandra van Cappellen-van Maldegem, MSc is a PhD student and **Meeke Hoedjes, PhD** is an Assistant Professor at Tilburg University studying health psychology and health behavior change in patient populations, particularly (ex-)oncology patients. Factors influencing their work include the need to better integrate lifestyle care into current oncological care to improve health for postmenopausal breast cancer survivors. Their current project is part of the larger OPTIMUM study, an observational longitudinal mixed-methods study that aims to gain insight into the optimal timing and method to promote adherence to lifestyle and body weight recommendations in postmenopausal breast cancer survivors. Their abstract titled, "*Using the Behavior Change Wheel to identify and understand key facilitators and barriers for lifestyle care for postmenopausal breast cancer survivors: A Delphi-study,*" was selected as a top abstract for the CPM SIG. This project is the first to identify and understand expert-opinion on potential barriers and facilitators for promoting adherence to lifestyle and bodyweight recommendations in postmenopausal breast cancer survivors in (clinical) care, and to determine potential effective intervention strategies. Future work will include integration with other findings from the OPTIMUM study to create an implementation plan for integration of lifestyle care into clinical care.



Member Spotlights



Jordan Curry, BSc (Hons), PGCert, MSc, AFHEA, a student member and part of the CPM SIG Exec Committee, presented his doctoral research from the Hull York Medical School at the 2023 American College of Sports Medicine (ACSM) Annual Meeting, focusing on the feasibility and acceptability of a personalised digital program targeting physical activity and education for lung cancer patients.

The findings indicated that the program was acceptable and may be feasible for a subgroup. However, it emphasised the importance of addressing barriers related to digital technology access in future.

CPM SIG members **Linda Trinh, PhD**, and **Zan Gao, PhD** have recently served as guest editors on an upcoming issue in Exercise and Oncology in the *Journal of Sport and Health Science*. They met with the JSHS EIC at the JSHS booth while attending the 2023 American College of Sports Medicine (ACSM) Annual Meeting in Denver, CO.



Collaboration Corner and Announcements

Call to Exercise Oncology Researchers Involved in (Inter)National Policy Making

Renée Bultijnck is one of the members of the Belgium national working group dedicated to advocating for the reimbursement of cancer rehabilitation in the Belgian healthcare system, as well as the implementation of physical activity and exercise as standard care. If you have experience in exercise oncology policy making, we invite you to get in touch with Renée. Together, we can share our knowledge and insights to make a collective impact.

Please feel free to contact her at renee.bultijnck@ugent.be

Webinars and/or Conferences of Interest

Cancer Prevention and Management SIG of ISBNPA, Physical Activity SIG of the Society of Behavioral Medicine (SBM), and Cancer SIG of the UK Society for Behavioural Medicine (UKSBM) Joint Webinar

Title:

How to recruit diverse populations into research studies

When:

Previously recorded session available

Who:

Speakers:

Jamie L Studts, University of Colorado
Lee Green, Moffitt Cancer Centre, Florida
Shoba Dawson, University of Bristol

Moderators:

Hannah Doughty, University of Liverpool

Link to view [HERE](#)

NIH National Cancer Institute Obesity & Cancer Webinar Series

Title:

Varies

When:

Previously recorded sessions available

Who:

Varies

Links to view [HERE](#)

Multinational Association of Supportive Care in Cancer (MASCC)

Title:

MASCC/JASCC/ISOO 2023 Annual Meeting

When:

June 22-24, 2023

Where:

Nara, Japan

Register [HERE](#)

American Society for Nutrition (ASN) Conference

Title:

Nutrition 2023

When:

July 22-25, 2023

Where:

Boston, MA, USA

Register [HERE](#)

International Psycho-Oncology Society (IPOS) Meeting

Title:

24th IPOS World Congress of Psycho-Oncology

When:

August 31-September 3, 2023

Where:

Milan, Italy

Register [HERE](#)

The European Network for the Promotion of Health-Enhancing Physical Activity (HEPA) Conference

Title:

18th Annual Meeting and 12th Conference of HEPA Europe

When:

September 11-13, 2023

Where:

Leuven, Belgium

More information [HERE](#)

The Association for the Study of Obesity (ASO) Conference

Title:

UK Congress on Obesity (UKCO)

When:

September 14-15, 2023

Where:

Belfast, UK

Register [HERE](#)

Recent Publications

- Bultijnck R, Rammant E, Raes A, Vandecasteele N, Decaestecker K, Fonteyne V, Lumen N, Ost P, Deforche B. Experiences of Men With Prostate Cancer Participating in a Clinical Pathway With a Supervised Group-based Exercise Program to Combat Androgen Deprivation-Induced Side Effects: A Qualitative Focus Group Study. *Semin Oncol Nurs*. 2023 Jun;39(3):151404. doi: 10.1016/j.soncn.2023.151404. Epub 2023 Mar 15. PMID: 36925317.
- Conway R, Heuchan G, Croker H, Esser S, Ireland V, Lally P, Beeken R, Fisher A. Comparison between Self-Completed and Interviewer-Administered 24-Hour Dietary Recalls in Cancer Survivors: Sampling Bias and Differential Reporting. *Nutrients*. 2022; 14(24):5236. <https://doi.org/10.3390/nu14245236>
- Curry, J., Roberts, H., Smith, A. et al. Developing and testing the ExerciseGuide UK website for people with lung cancer: reflections on the added value of patient and public involvement within a doctoral degree. *Res Involv Engagem* 8, 66 (2022). <https://doi.org/10.1186/s40900-022-00395-1>
- Heuchan, G.N., Lally, P.J., Beeken, R.J. et al. Perception of a need to change weight in individuals living with and beyond breast, prostate and colorectal cancer: a cross-sectional survey. *J Cancer Surviv* (2023). <https://doi.org/10.1007/s11764-023-01333-0>
- Hill EB, Grainger EM, Young GS, Clinton SK, Spees CK. Application of the Updated WCRF/AICR Cancer Prevention Score as an Outcome for Cancer Survivors Participating in a Tailored and Intensive Dietary and Physical Activity Intervention. *Nutrients*. 2022 Nov 10;14(22):4751. doi: 10.3390/nu14224751. PMID: 36432442; PMCID: PMC9699073.
- Hill EB, Baxter BA, Pfluger B, et al. Plasma, urine, and stool metabolites in response to dietary rice bran and navy bean supplementation in adults at high-risk for colorectal cancer. *Frontiers in Gastroenterology*. 2023;2. <https://www.frontiersin.org/articles/10.3389/fgstr.2023.1087056>

- Kennedy, F, Lally, P, Miller, NE, et al. Fatigue, quality of life and associations with adherence to the World Cancer Research Fund guidelines for health behaviours in 5835 adults living with and beyond breast, prostate and colorectal cancer in England: A cross-sectional study. *Cancer Med.* 2023; 00: 1- 12. doi:10.1002/cam4.5899
- Murray, R.M., Smith-Turchyn, J., Vani, M.F., McDonough, M.H., Fong, A.J., Mina, D.S., Arbour-Nicitopoulos, K.P., Trinh, L., Jones, J.M., Bender, J.L. and Culos-Reed, S.N., 2023. Matched and moving: exploring daily social support among women partnered for exercise after a breast cancer diagnosis. *Supportive Care in Cancer*, 31(5), 258.
- Ryu, S., Liao, N., McDonough, D.J., & Gao, Z. (2023). Chinese Breast Cancer Survivors' functional fitness, biomarkers, and physical activity determinants and behaviors: A descriptive study. *Brain Behavior and Immunity Integrative*. Published Online: 14 February 2023. <https://doi.org/10.1016/j.bbii.2023.100003>
- Ryu, S., Adams, K., Chen, Y., & Gao, Z. (2022). Breast cancer survivors' physical activity, psychosocial beliefs, daily trip behaviors, and subjective well-being: A descriptive study. *Complementary Therapies in Clinical Practice*. Epub ahead of print. <https://doi.org/10.1016/j.ctcp.2022.101688>
- Tabaczynski, A., Arbour-Nicitopoulos, K. P., Rhodes, R. E., Sabiston, C. M., & Trinh, L. (2023). Correlates of Physical Activity Participation among Individuals Diagnosed with Cancer: An Application of the Multi-Process Action Control Framework. *International Journal of Environmental Research and Public Health*, 20(5), 4345.
- Wagoner, C. W., Dreger, J., Keats, M. R., Santa Mina, D., McNeely, M. L., Cuthbert, C., ... & Culos-Reed, S. N. (2023). First-Year Implementation of the EXercise for Cancer to Enhance Living Well (EXCEL) Study: Building Networks to Support Rural and Remote Community Access to Exercise Oncology Resources. *International Journal of Environmental Research and Public Health*, 20(3), 1930.

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