

Nutrition and Activity Resources Update

18 Million Cancer Survivors today, and this will continue to
increase in the future

5 year survival rate varies by cancer

Most survivors are greater than 65 years of age

ACS did a study of survivors regarding Lifestyle. (peer reviewed paper)

- ▶ Diet/weight: it was found that a higher BMI inversely affected survivors of Breast, Endometrial, Pancreatic, and Bladder Cancers, but may have helped lung cancer and head and neck cancer patients (due to risks of weight loss during treatment).
- ▶ Type of diet that was recommended was the Mediterranean diet and limiting the “western diet” high in fat and meat products.
- ▶ Activity: it was found that regular physical activity helped all survivors, but cautioned that the activity should be reasonable (don't try to run a marathon).
- ▶ Alcohol: increased risk of recurrent cancers, and poorer outcomes in Liver, Upper GI, and Head and Neck Cancers. Recommend limiting to one drink maximum per day (abstain if possible).

Physical Activity

- ▶ Helps with reduced fatigue, decreased anxiety and depression
- ▶ Improved sleep
- ▶ Better appetite
- ▶ Improved muscle strength and range of motion
- ▶ Decreased lymphedema

ACS Recommendations

- ▶ All cancer survivors should have a Nutritional Assessment and counselling at the time of diagnosis and after treatments for long term goals
- ▶ Physical activity assessment should be done based on symptoms
- ▶ Goals: manage weight, increase muscle mass, eat healthy diet, get regular activity
- ▶ **ACS website is excellent and has these guidelines readily available**

LETS TALK

- ▶ THERE IS AN ONLINE COURSE THAT HELPS PROVIDERS WITH ROLE PLAYING TO DISCUSS VARIOUS TOPICS WITH CANCER PATIENTS
- ▶ THERE IS ALSO A TOOL KIT FOR HEALTH CARE PROVIDERS ON THE ACS WEBSITE WITH VIDEOS THAT ADDRESS DIET, ACTIVITY, ALCOHOL, ETC.

Screening update

A National Quality Improvement initiative was taken due to the massive decrease in cancer screening that occurred due to the COVID pandemic

A follow up report was given, showing that the screening rates and rapidly improving again

LASTLY, THE MEETING DISCUSSED THE NEW GUIDELINES FOR 2022 REGARDING OPERATIVE REPORTS AND PATHOLOGY REPORTING.

These are for standards 5.3-5.6.

These new standards are expended to be done for the 2023 site visits.

I can help direct those who are interested to finding the guidelines.

Thank you,
Jonathan Briggs, MD