



PATIENT CARE
RESEARCH
EDUCATION
COMMUNITY

Promoting Healthy Lifestyles for Cancer Survivors

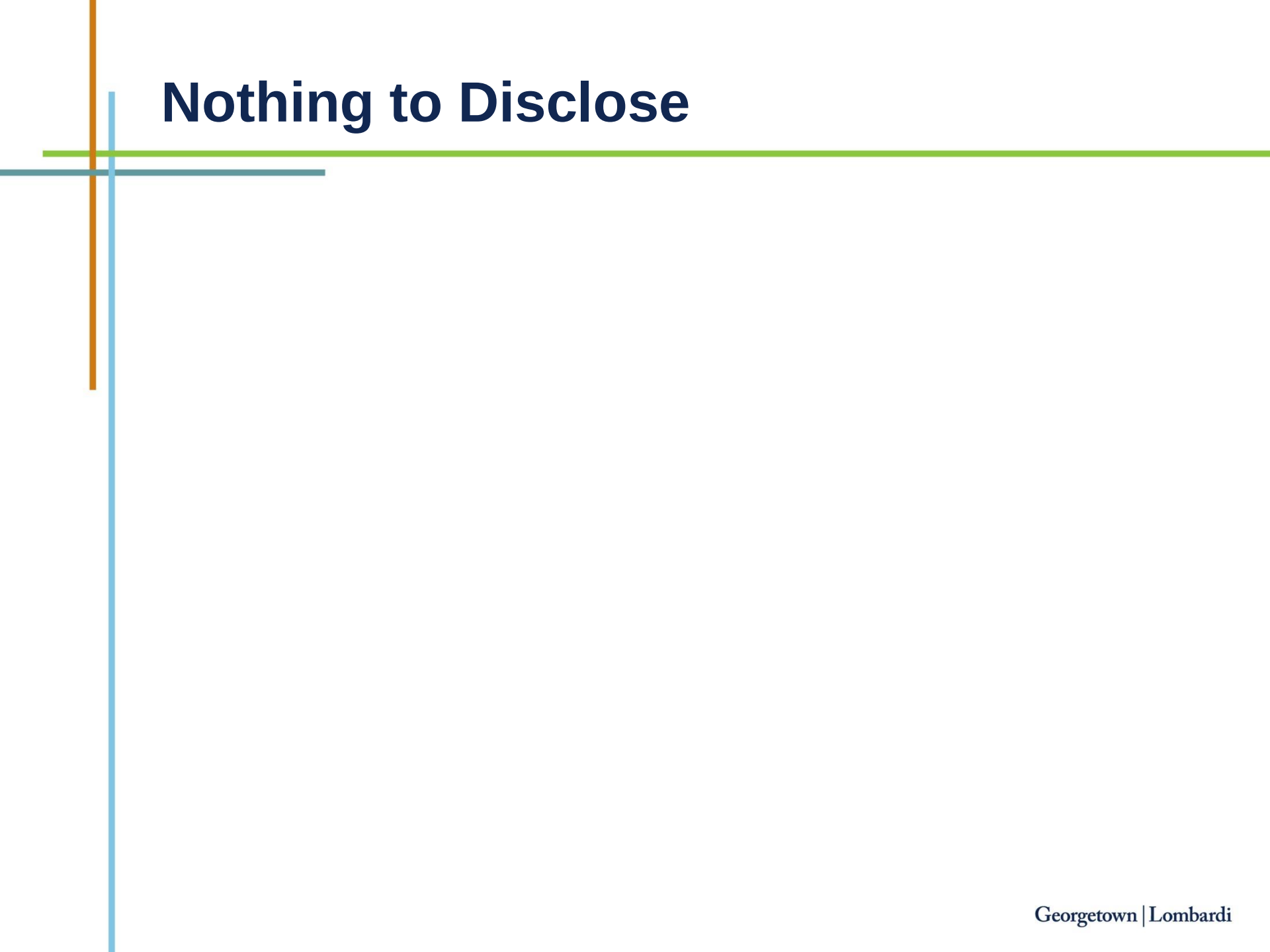
*Lucile Adams-Campbell, Ph.D.
Professor of Oncology
Associate Director, Minority Health & Health Disparities Research
Georgetown Lombardi Cancer Center*



*A Comprehensive Cancer Center Designated
by the National Cancer Institute*

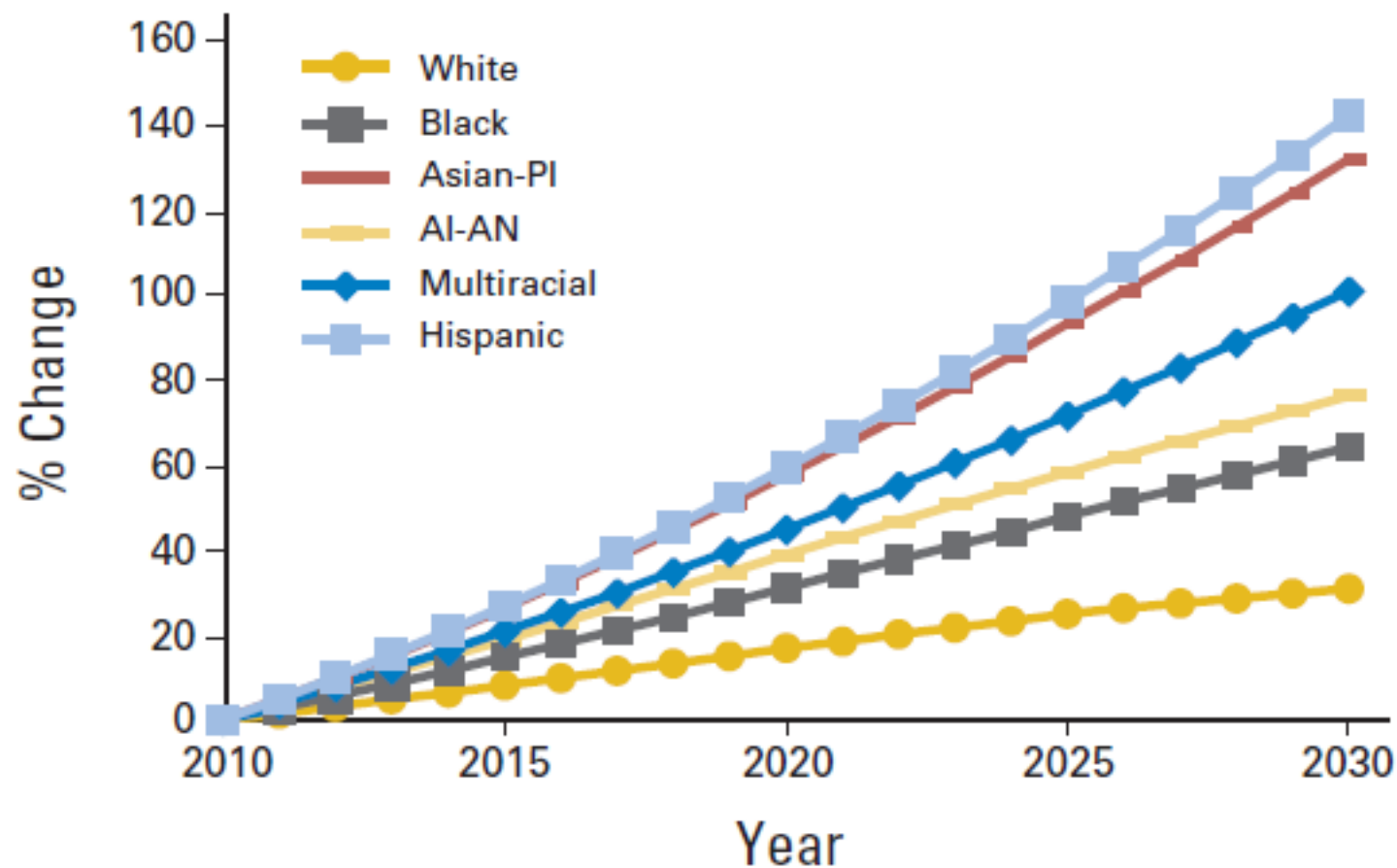
<http://lombardi.georgetown.edu>
Lombardi CancerLine: 202.444.4000

Nothing to Disclose

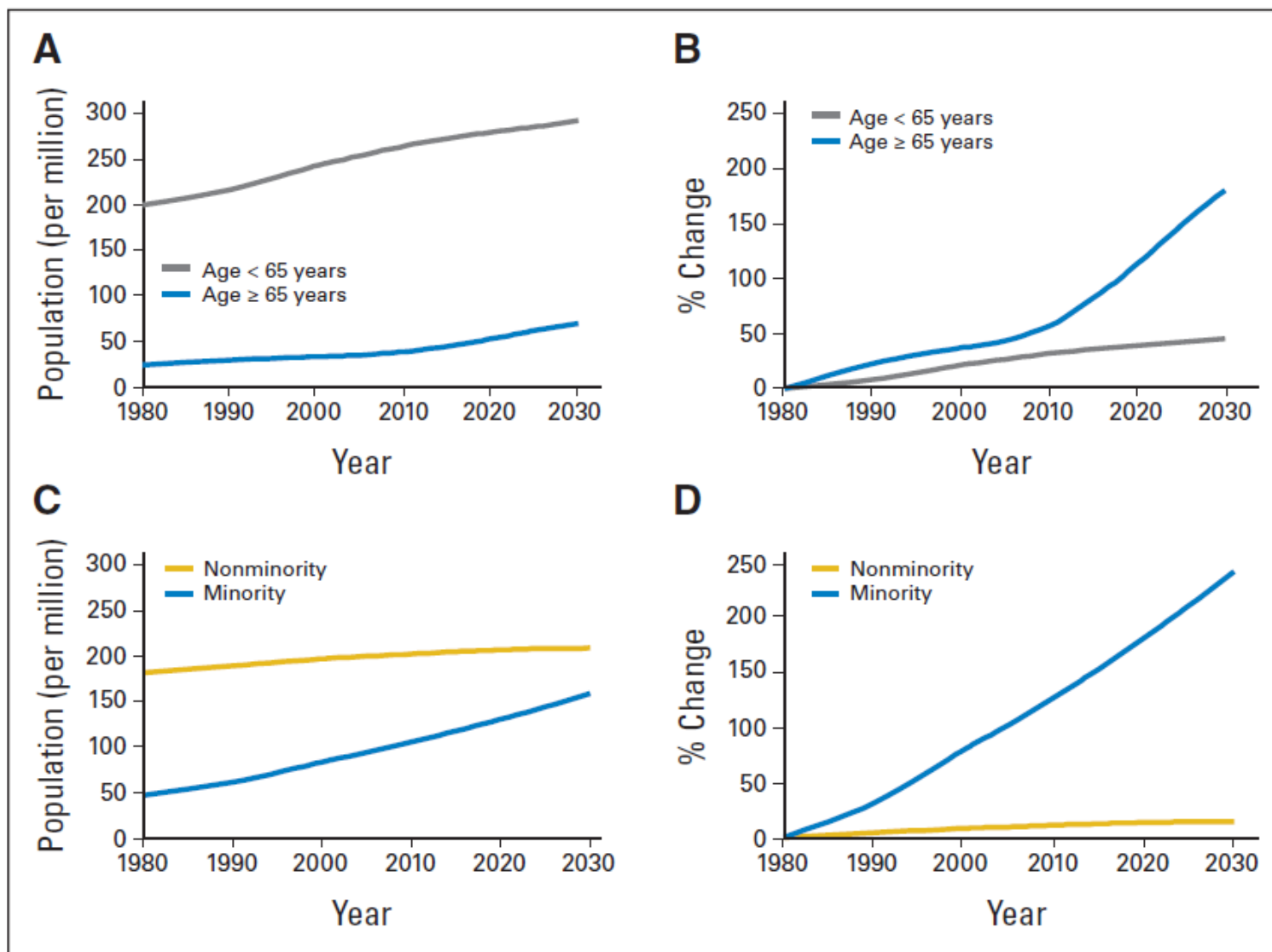


Cancer Incidence for the US from 2010 to 2030

B



Cancer Incidence for the US from 2010 to 2030

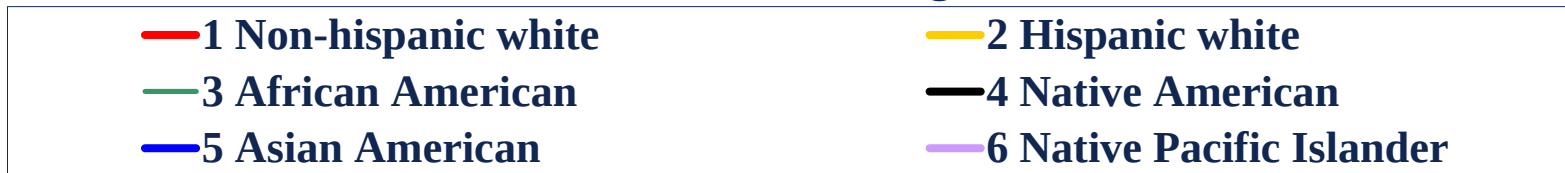
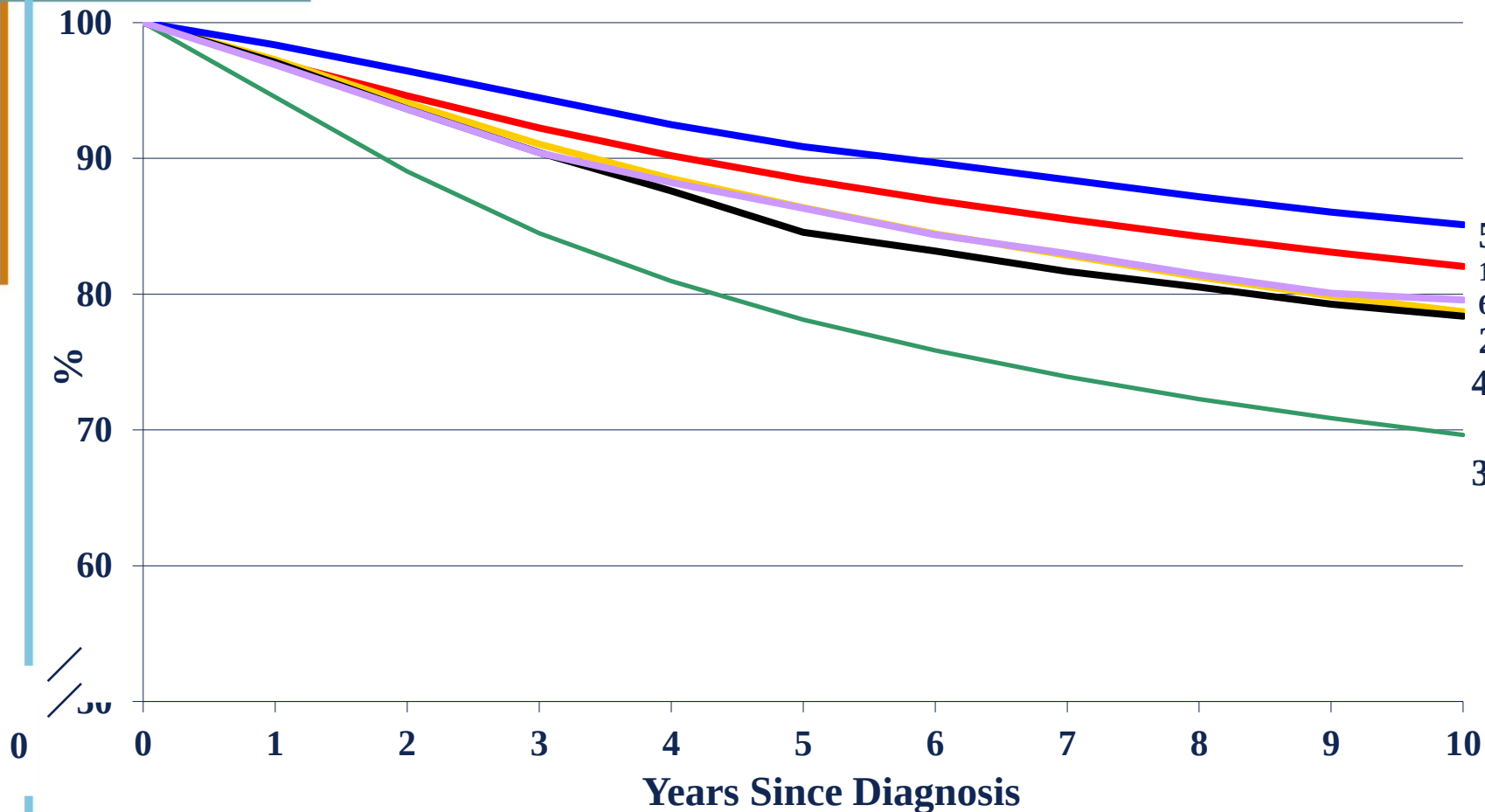


Changes in Incidence

- From 2010-30, total cancer incidence will increase from 1.6 to 2.3 million
- A 99% increase is anticipated for minorities, compared with 33% for whites
- Percentage of all cancers diagnosed in minorities will increase from 21% to 28%

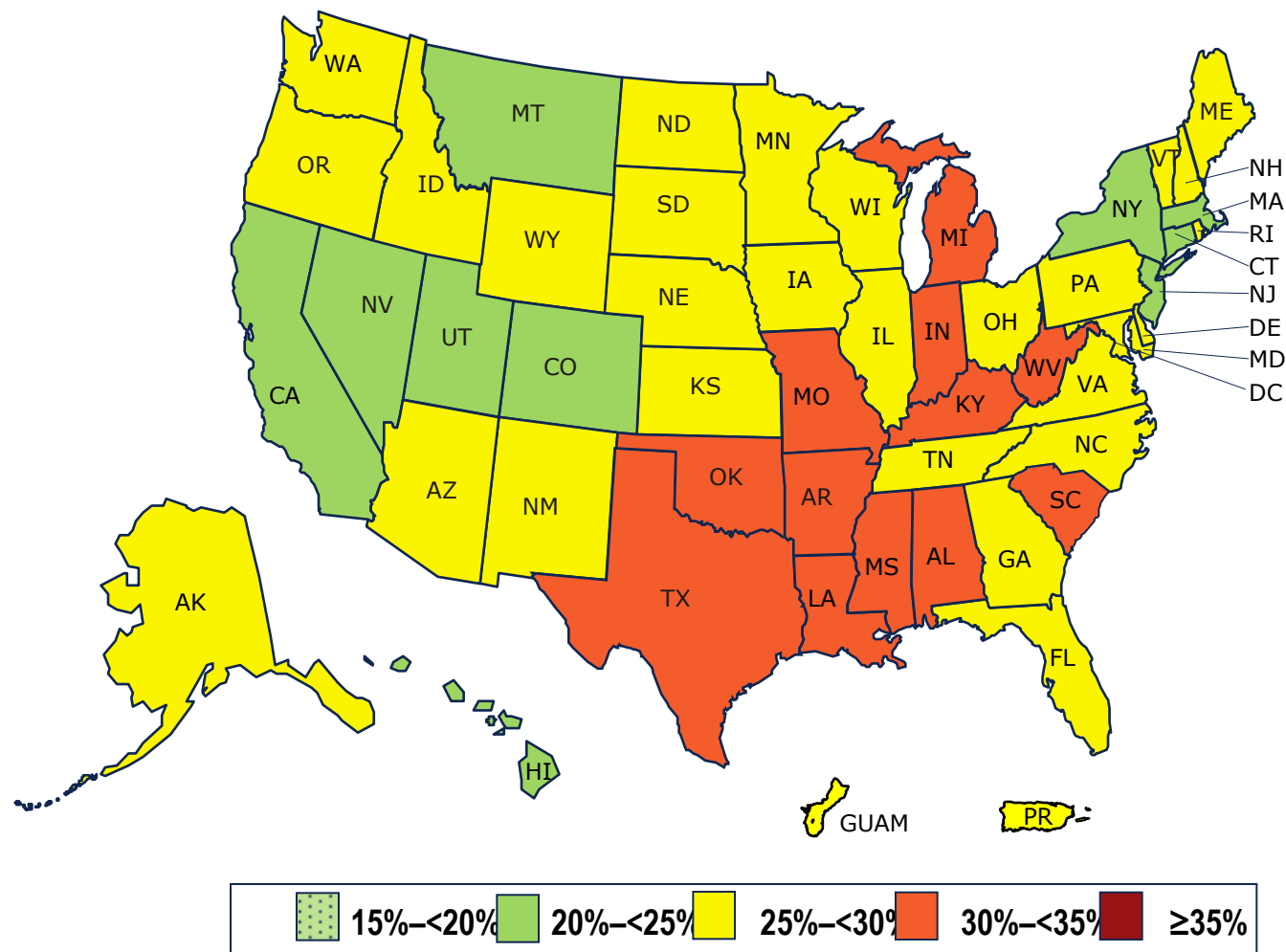
Smith et al, JCO, 2009

Female Breast Cancer Survival by Race/Ethnicity SEER 1995 - 2010



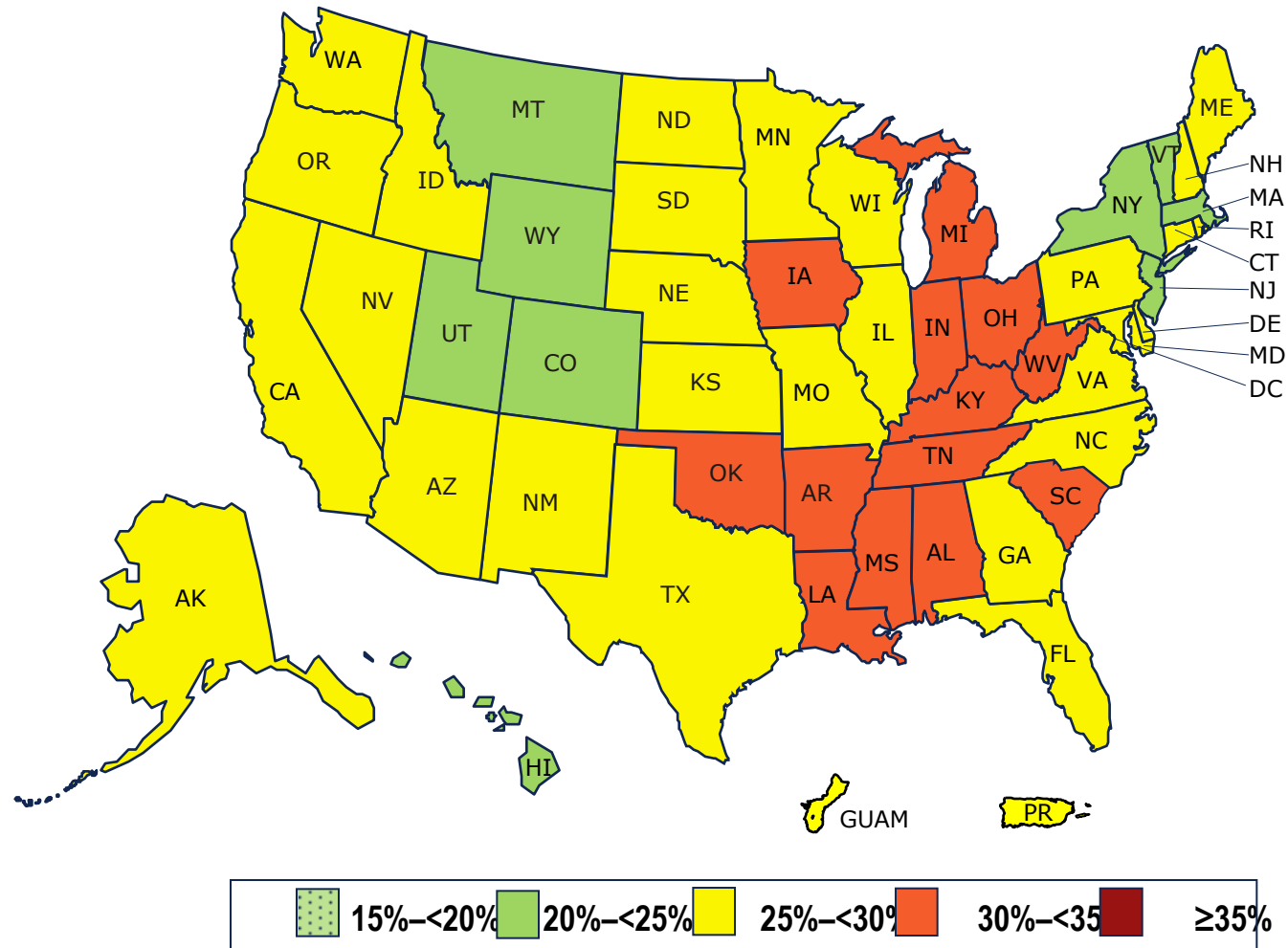
Prevalence* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

*Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



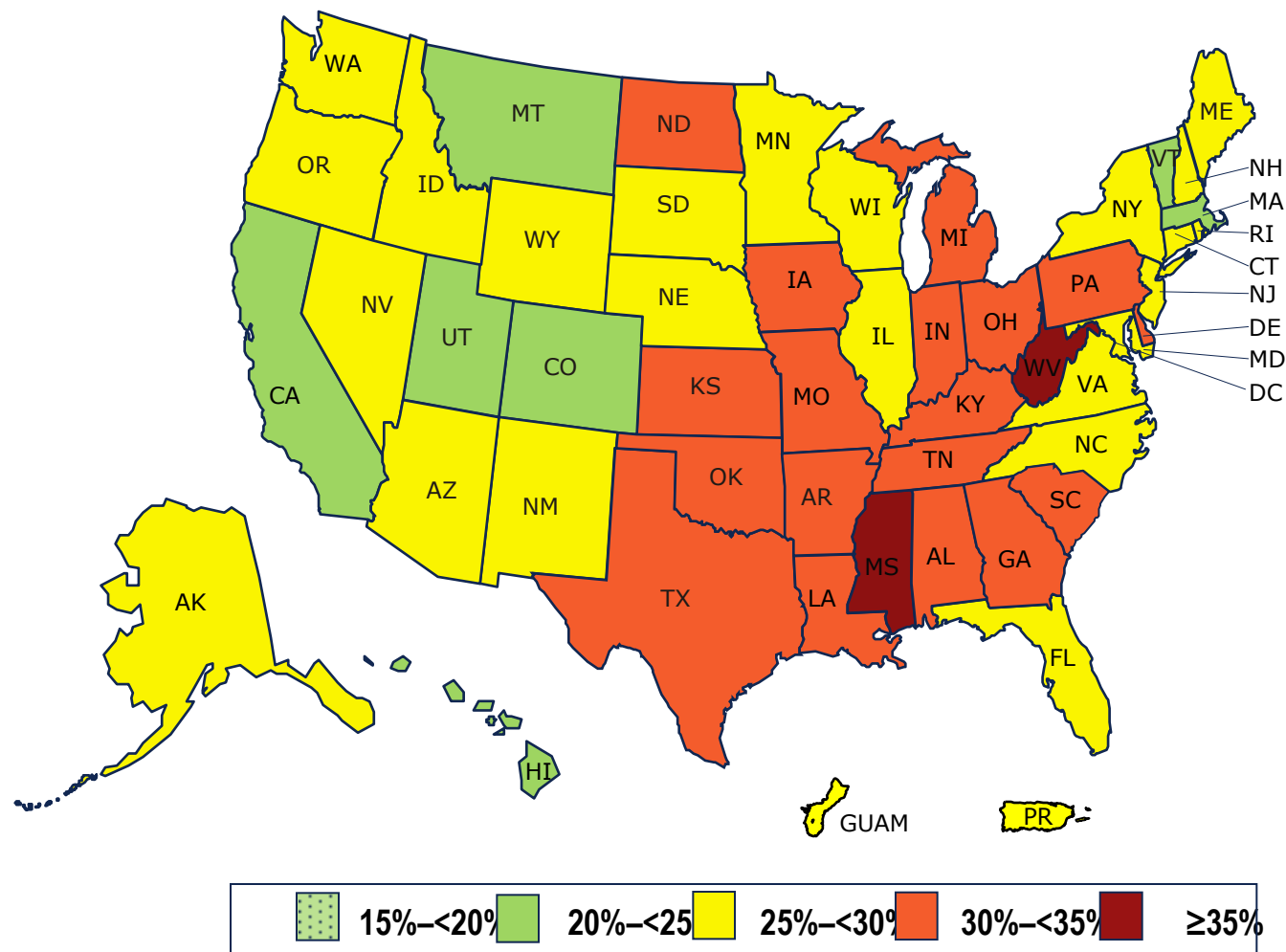
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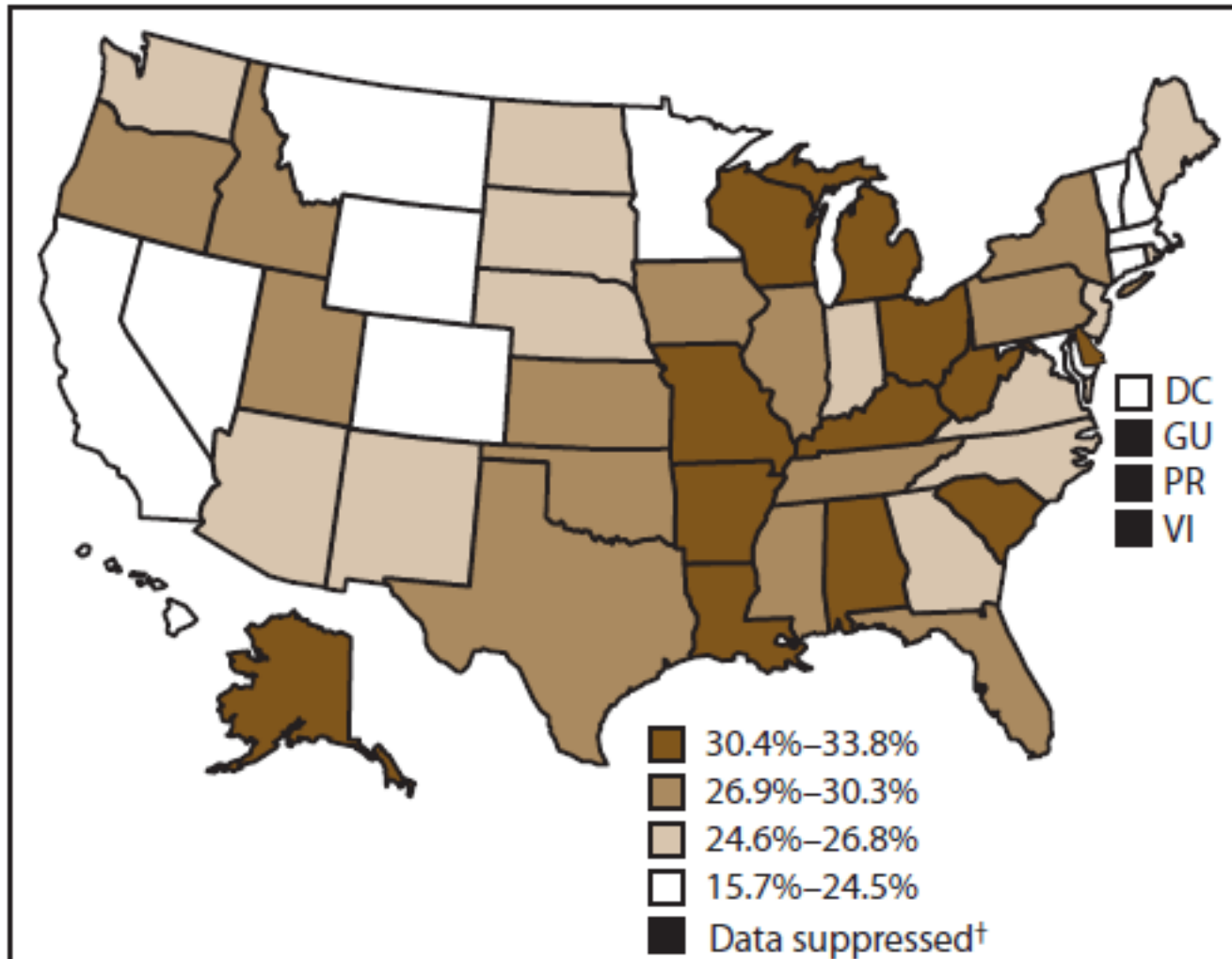


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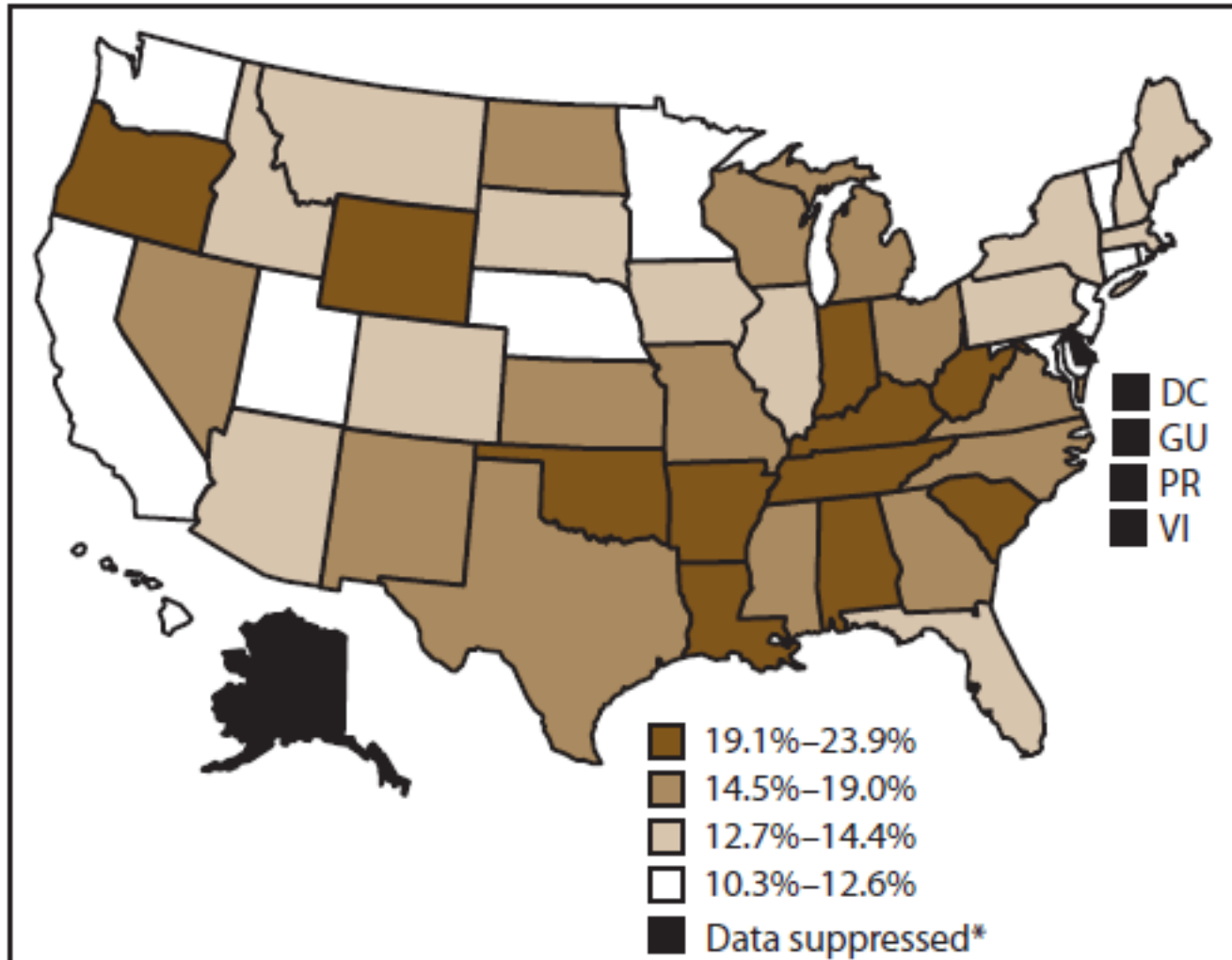
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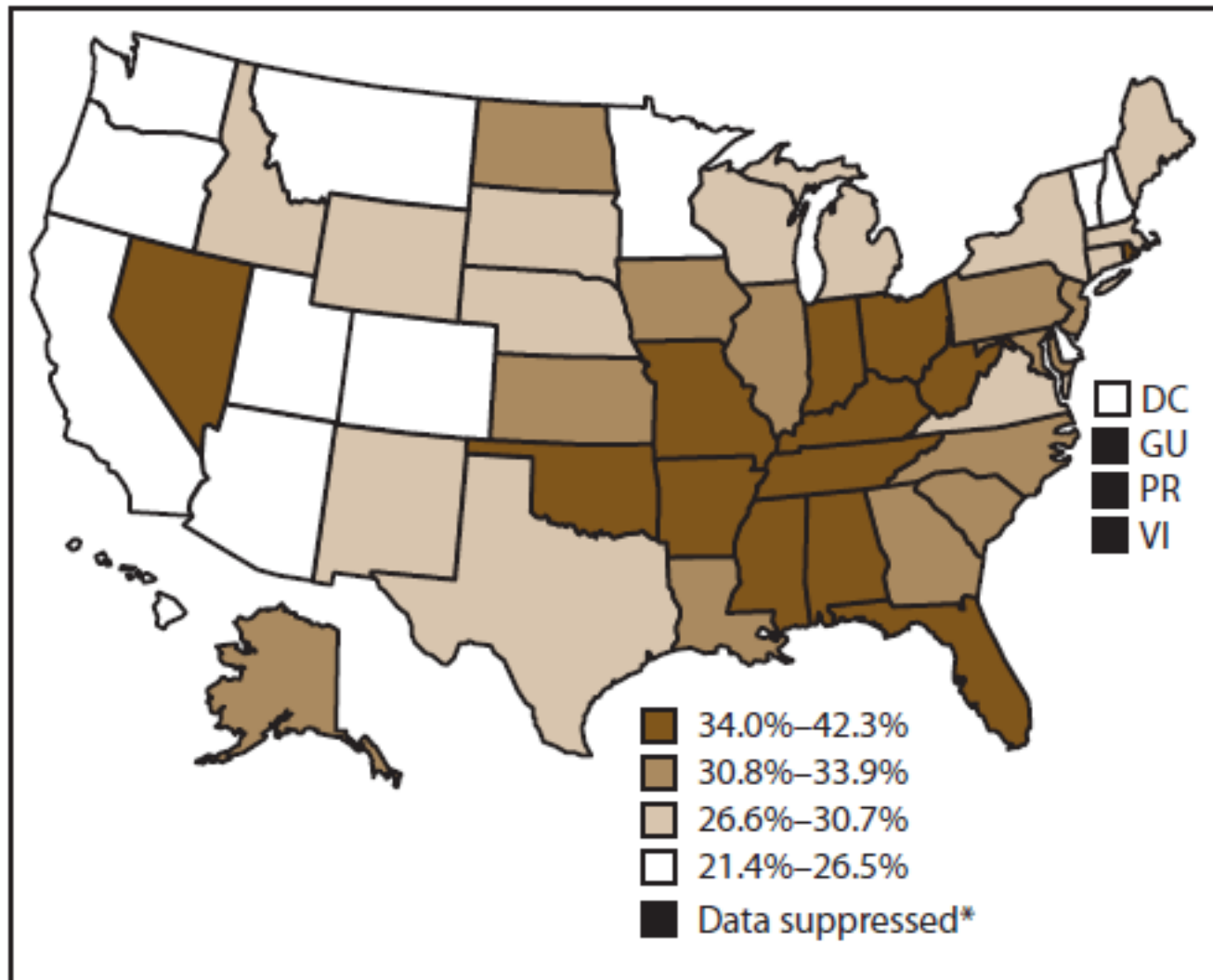
Prevalence of Obesity Among Adult Breast Cancer Survivors (BRFSS)



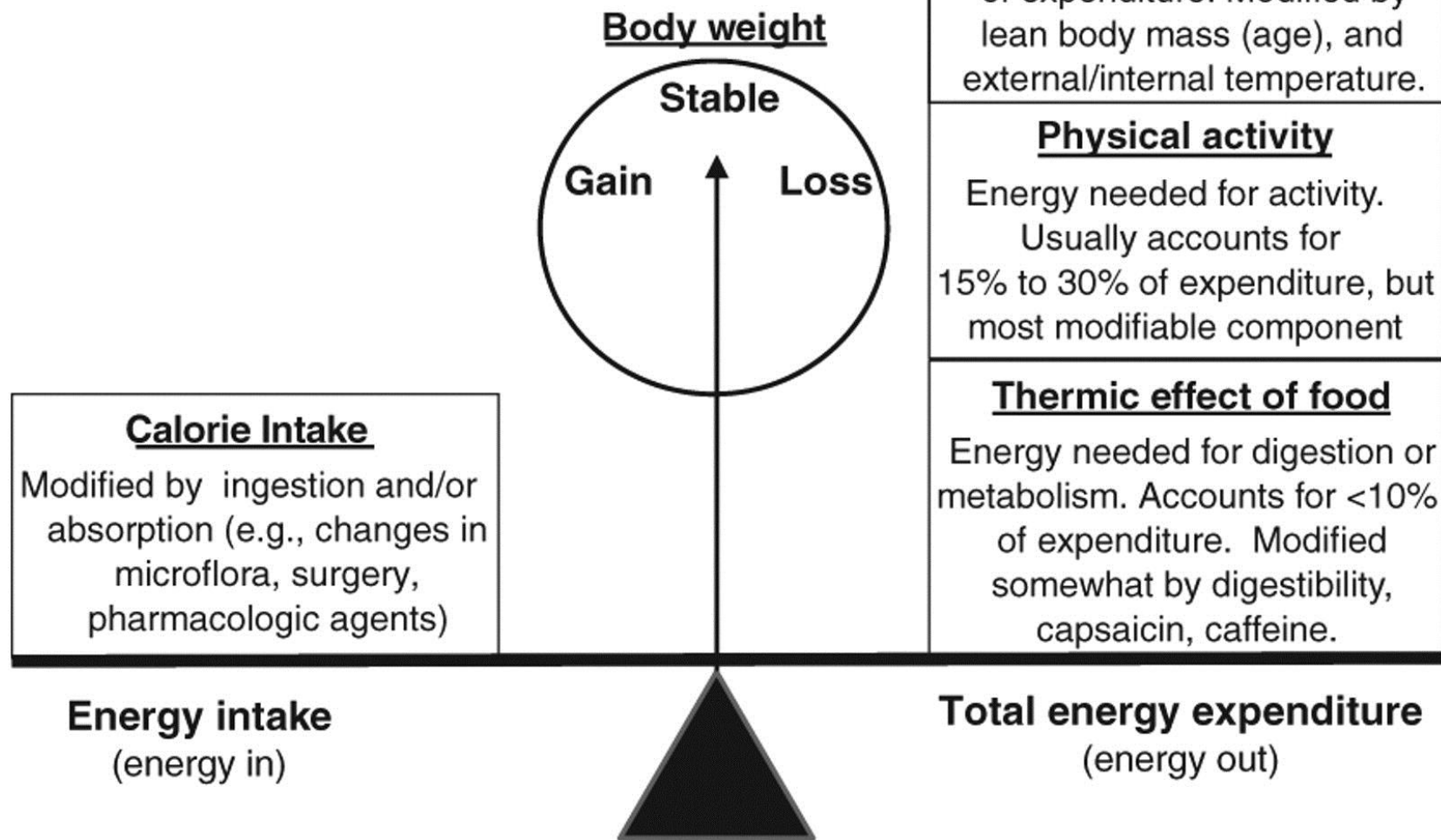
Prevalence of Cigarette Smoking Among Adult Cancer Survivors (BRFSS)



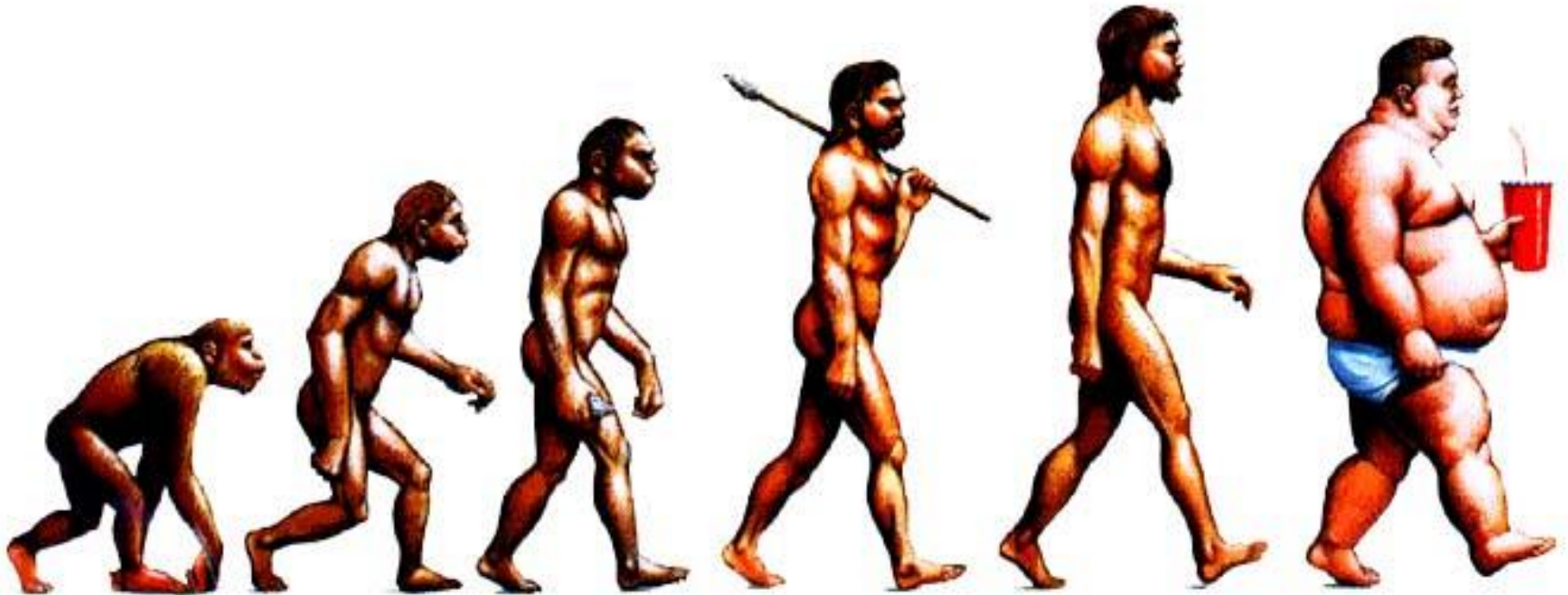
Prevalence of No Leisure Time Physical Activity past 30 Days Among Adult Cancer Survivors (BRFSS)



Energy Balance

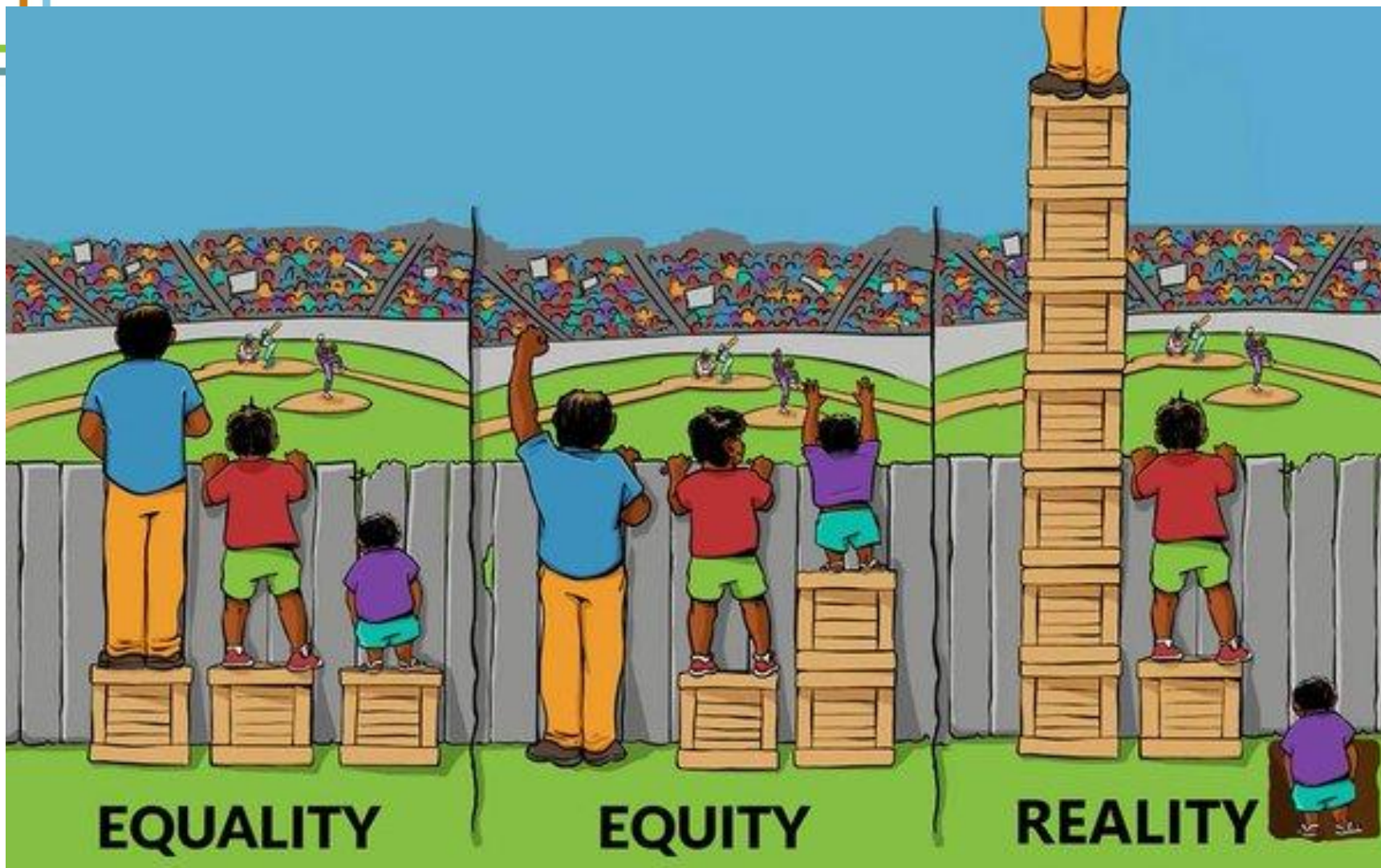


Evolution?

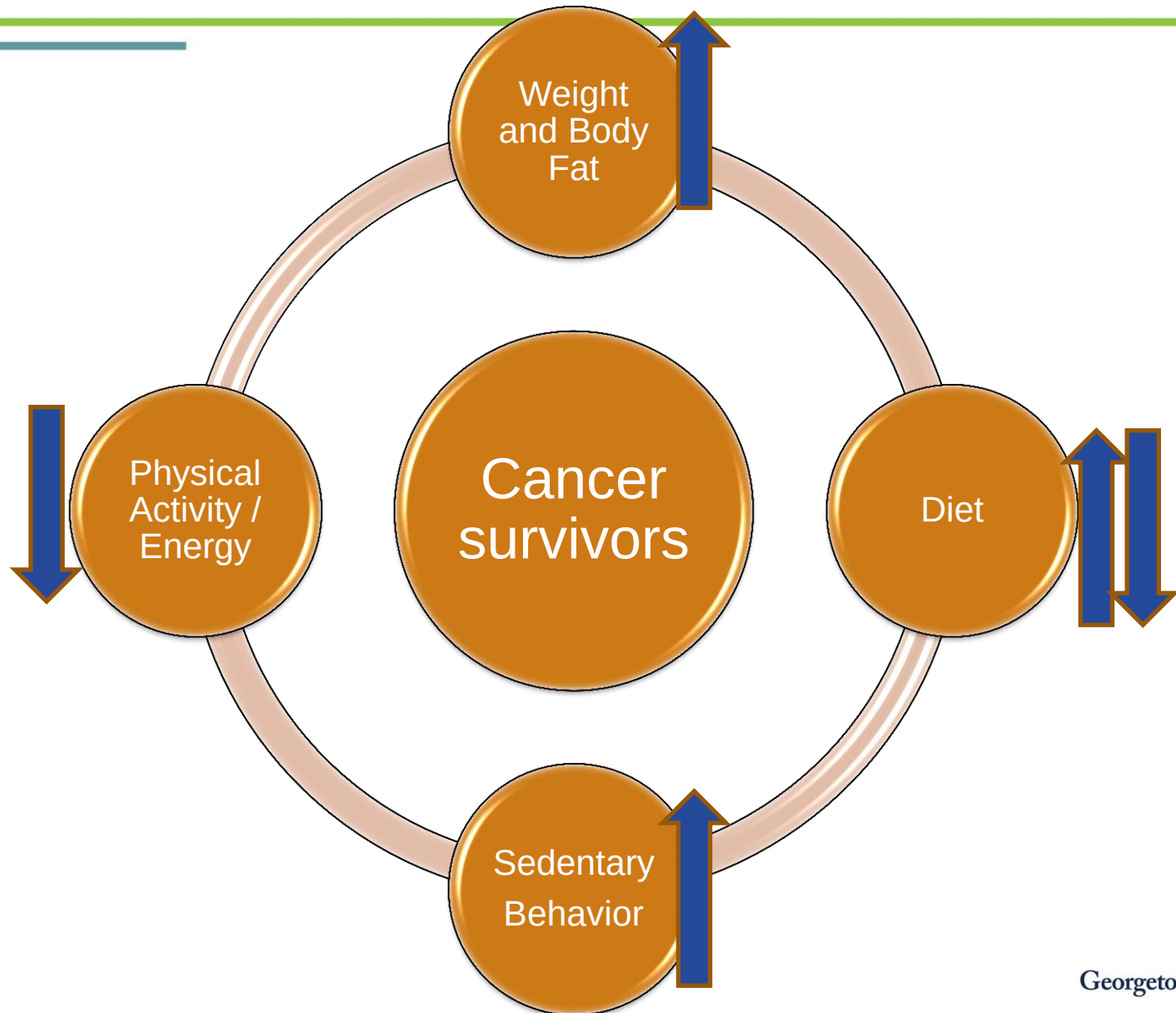


The Economist Dec. 13, 2003





Cancer Survivors & Lifestyles



ATTENTION

BREAST CANCER SURVIVORS



We are seeking volunteers to participate in a healthy living program especially for

AFRICAN AMERICAN WOMEN

You are eligible if you:

- Are at least 21 years of age
- Are able to read and understand English

You may receive a
\$25 GIFT CHEQUE
for your participation

To find out if you are eligible,
please call:
202-687-0848

Georgetown | Lombardi
COMPREHENSIVE CANCER CENTER

NCI
CCC
A Comprehensive Cancer
Center for Research, Clinical
Trials, and Patient Care

Survivors need regimens that are simple
Innovations are needed to support adherence
Regimens that can be done without supervision
Group-based activities appear acceptable
Time constraints may limit study participation
Home-based exercise regimens are key

Adherence in Survivors

- Few survivors adherence to guidelines for Physical Activity and Nutrition
- AA survivors are more likely to be overweight and obese than Whites
- Among first behavioral interventions to improve PA and diet in AA survivors using peers as interventionists.



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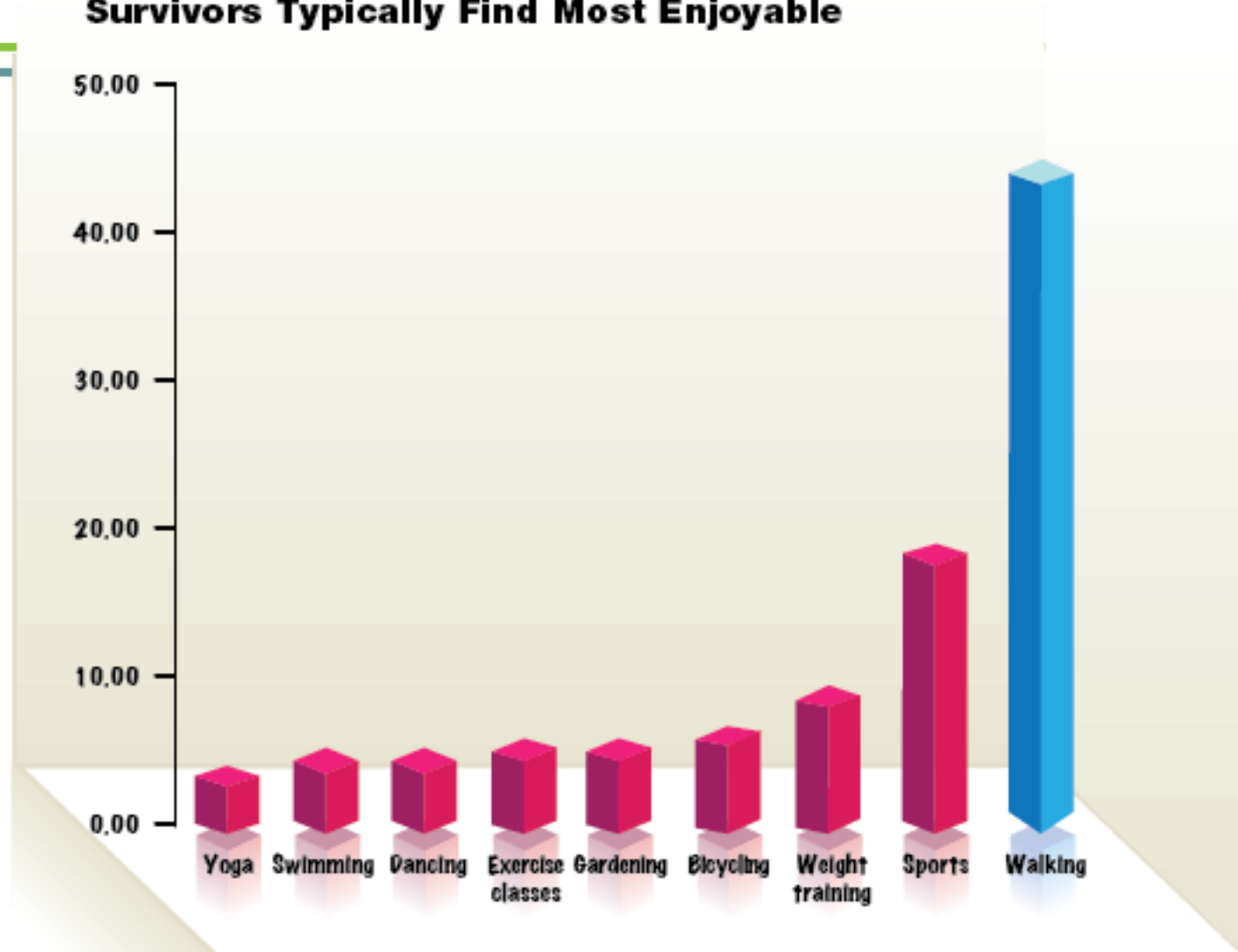
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Georgetown | Lombardi
COMPREHENSIVE CANCER CENTER

NCI
CCC
National Cancer Institute
Comprehensive Cancer Center

The flyer features a photograph of a Black woman in a grey and red athletic jacket, holding dumbbells, standing outdoors in a park-like setting. The text is overlaid on the left side of the image, with a blue background for the eligibility criteria and a white background for the contact information.

Figure 1. Physical Activities Breast-cancer Survivors Typically Find Most Enjoyable



Note: The sports category included minimal reporting of sailing, kayaking, tennis and snowshoeing, and higher reporting of golf and skiing (both downhill and cross-country). Exercise classes included both water-based and organized instructor-led workouts.



Funded by MD006920

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Anthropometric Changes in 3-Months by Study Arm

	Mean (SD)		
	Supervised	Home-based	Control
Weight in kg			
Baseline	94.9 (18)	97.1 (20)	97.4 (21)
3 months	95.2 (19)	96.2 (20)	97.6 (21)
Change	+0.10	-0.53	-0.16
BMI			
Baseline	35.2 (6)	36.2 (7)	35.8 (8)
3 months	35.2 (7)	35.9 (7)	35.9 (7)
Change	+0.01	-0.18	+0.01
Waist circumference in cm			
Baseline	107.9 (14)	109.8 (13)	109.8 (14)
3 months	107.5 (14)	109.4 (14)	109.6 (14)
Change	-0.12	-0.48	+0.45
Waist to Hip ratio			
Baseline	0.88 (0.09)	0.89 (0.08)	0.88 (0.06)
3 months	0.87 (0.08)	0.88 (0.07)	0.88 (0.06)
Change	-0.003	-0.005	+0.008



*Survivors Taking On
Nutrition & Exercise*

Risk Reduction Strategy Lifestyle Intervention

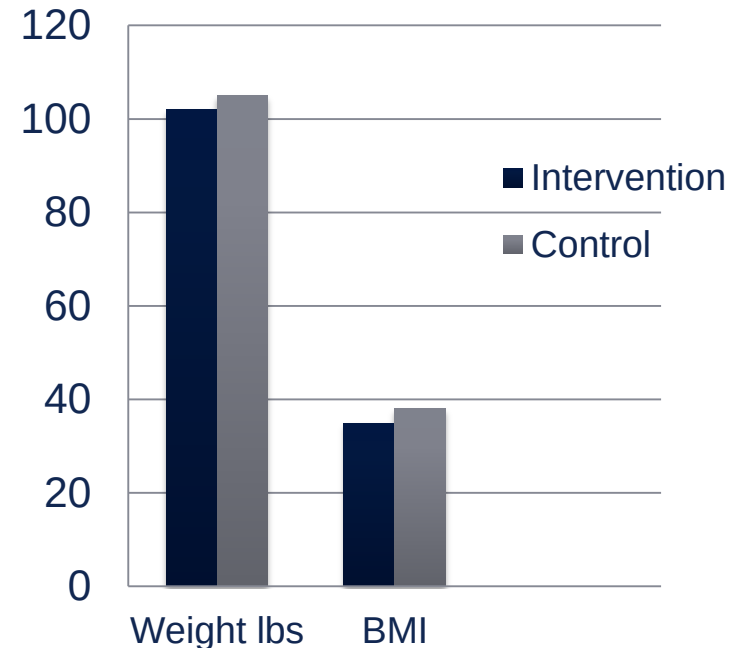
Intervention

- Interventionist team
- 150/min per week exercise
- Group & phone counseling

Intervention group

- ↑Physical activity
- ↑Cardiovascular function
- ↑Self-efficacy

Baseline and 12 week Outcomes
(Mean)





*Survivors Taking On
Nutrition & Exercise*

Lessons Learned

Participant Recommendation

Intervention

Bi-weekly Groups

Co-led: exercise physiologist & nutritionist.

Group-based physical activity (e.g., walking)

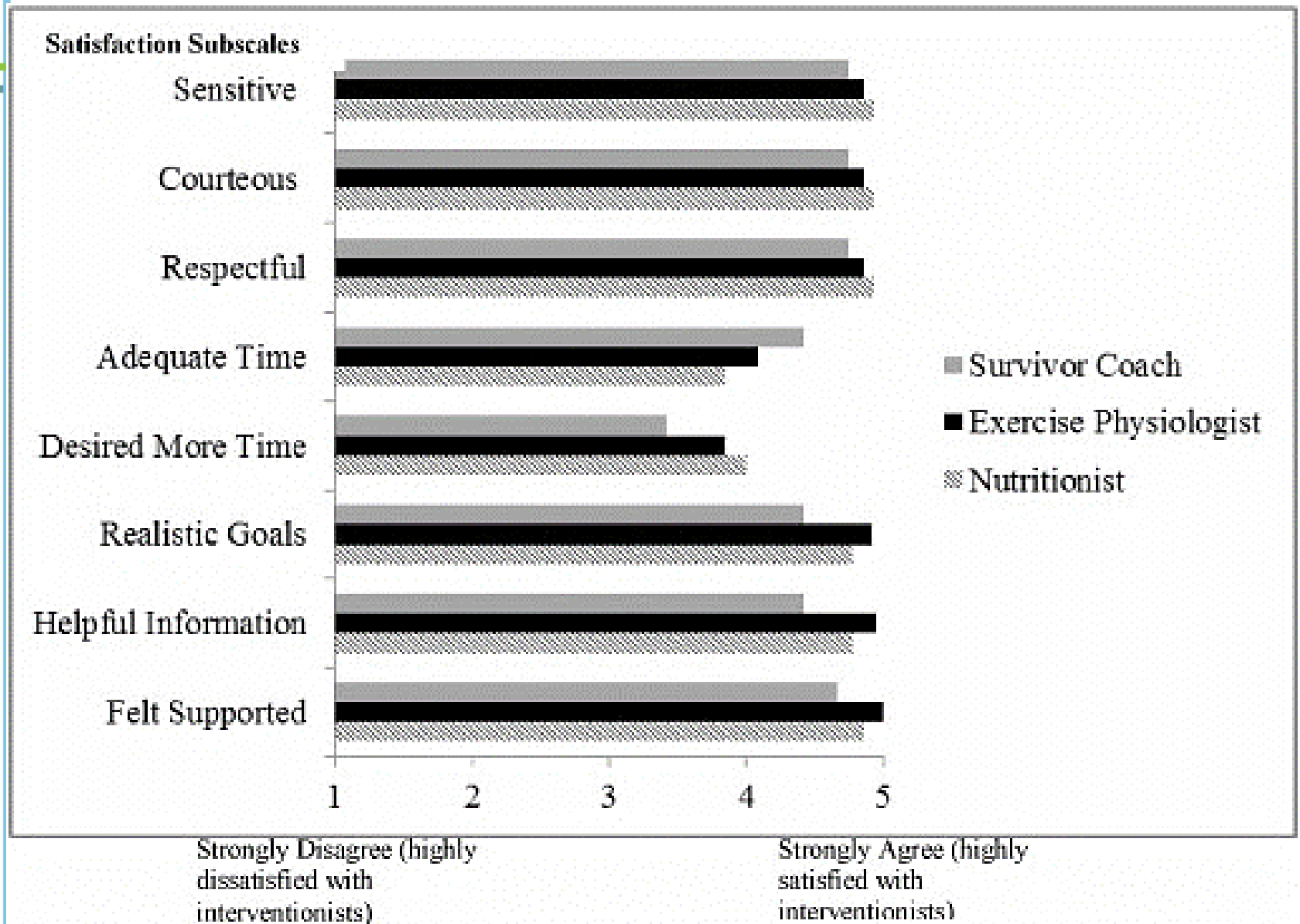
Education: physical activity & Diet
Didactic, demonstration

- Enhance team-building in groups
- Encourage group interactions
- Group connections were valued
- Women valued opportunities to “tell their story”

Improvements suggested

- Increase study length (24 weeks and booster)
- More interaction between groups
- More opportunities to share their “stories”

Mean satisfaction ratings scores of study interventionists



Barriers to Physical Activity among African American Breast Cancer Survivors

- Low level of education
- Weight gain after diagnosis and therapy
- Lack of discipline, energy, time, and interest (related to weight gain after diagnosis)
- Fatigue and poor functional status as a result of therapy
- Neighborhood characteristics: safety, high proportion of renters versus homeowners, lack of easy access to parks and exercise facilities

Oyekanmi G, Paxton RJ. Barriers to physical activity among African American breast cancer survivors. *Psychooncology*. 2014 Nov;23(11):1314-7.

Jones A, Paxton RJ. Neighborhood Disadvantage, Physical Activity Barriers, and Physical Activity among African American Breast Cancer Survivors. *Prev Med Rep*. 2015;2:622-627.

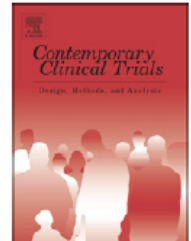
Meadows R, Bonner T, Dobhal M, Borra S, Killion JA, Paxton R. Pathways between physical activity and quality of life in African-American breast cancer survivors. *Support Care Cancer*. 2016 Oct 5.



Contents lists available at ScienceDirect

Contemporary Clinical Trials

journal homepage: www.elsevier.com/locate/conclintrial



An exercise trial to reduce cancer related fatigue in African American breast cancer patients undergoing radiation therapy: Design, rationale, and methods☆



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American Cancer Society Guidelines On Nutrition And Physical Activity For Cancer Survivors

▶ Achieve and maintain a healthy weight.

- If overweight or obese, limit consumption of high-calorie foods and beverages and increase physical activity to promote weight loss.

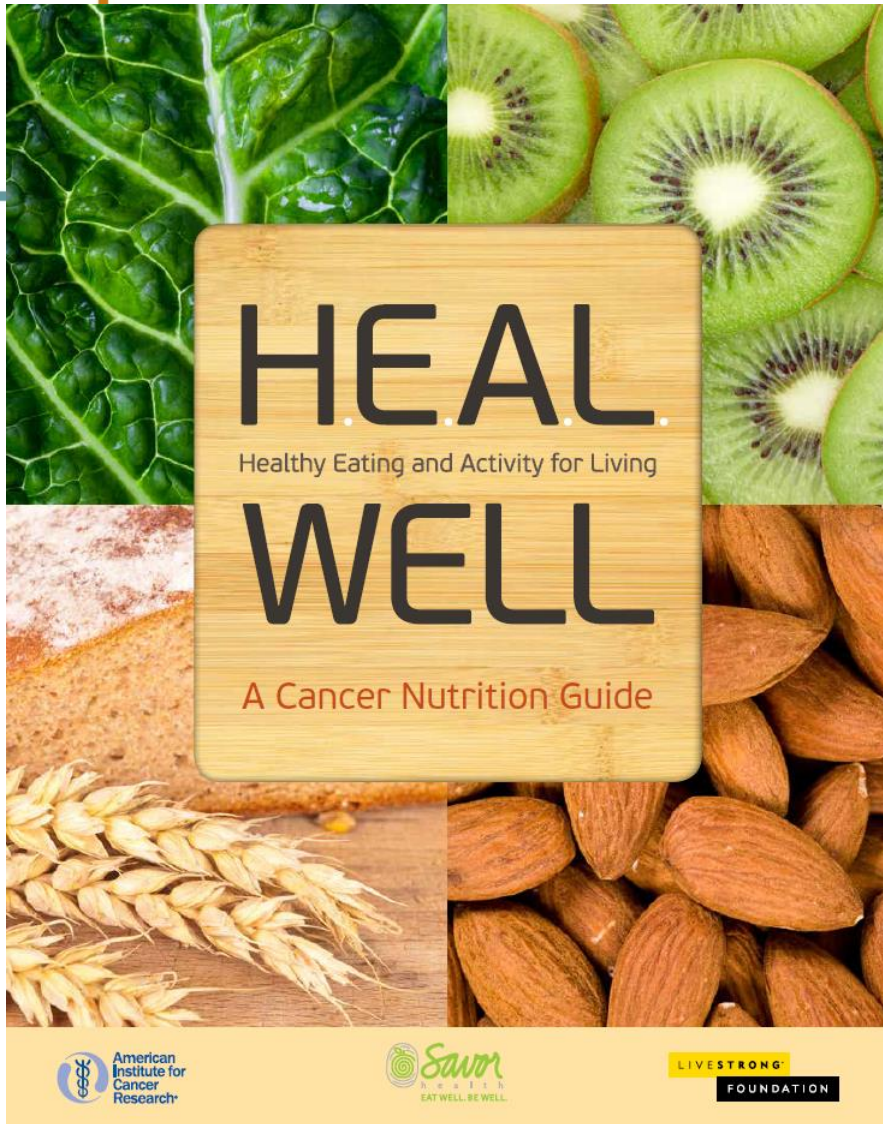
▶ Engage in regular physical activity.

- Avoid inactivity and return to normal daily activities as soon as possible following diagnosis.
- Aim to exercise at least 150 minutes per week.
- Include strength training exercises at least 2 days per week.

▶ Achieve a dietary pattern that is high in vegetables, fruits, and whole grains.

- Follow the American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention.

SOURCE: *Nutrition and Physical Activity Guidelines for Cancer Survivors* (2012)



Sections on:

- Diet and development of cancer
- Diet and nutrition during cancer treatment
- Dietary supplements
- Physical activity for people with cancer
- Cancer survivorship and beyond

Nutrition during cancer treatment – emphasizing the “The New American Plate”

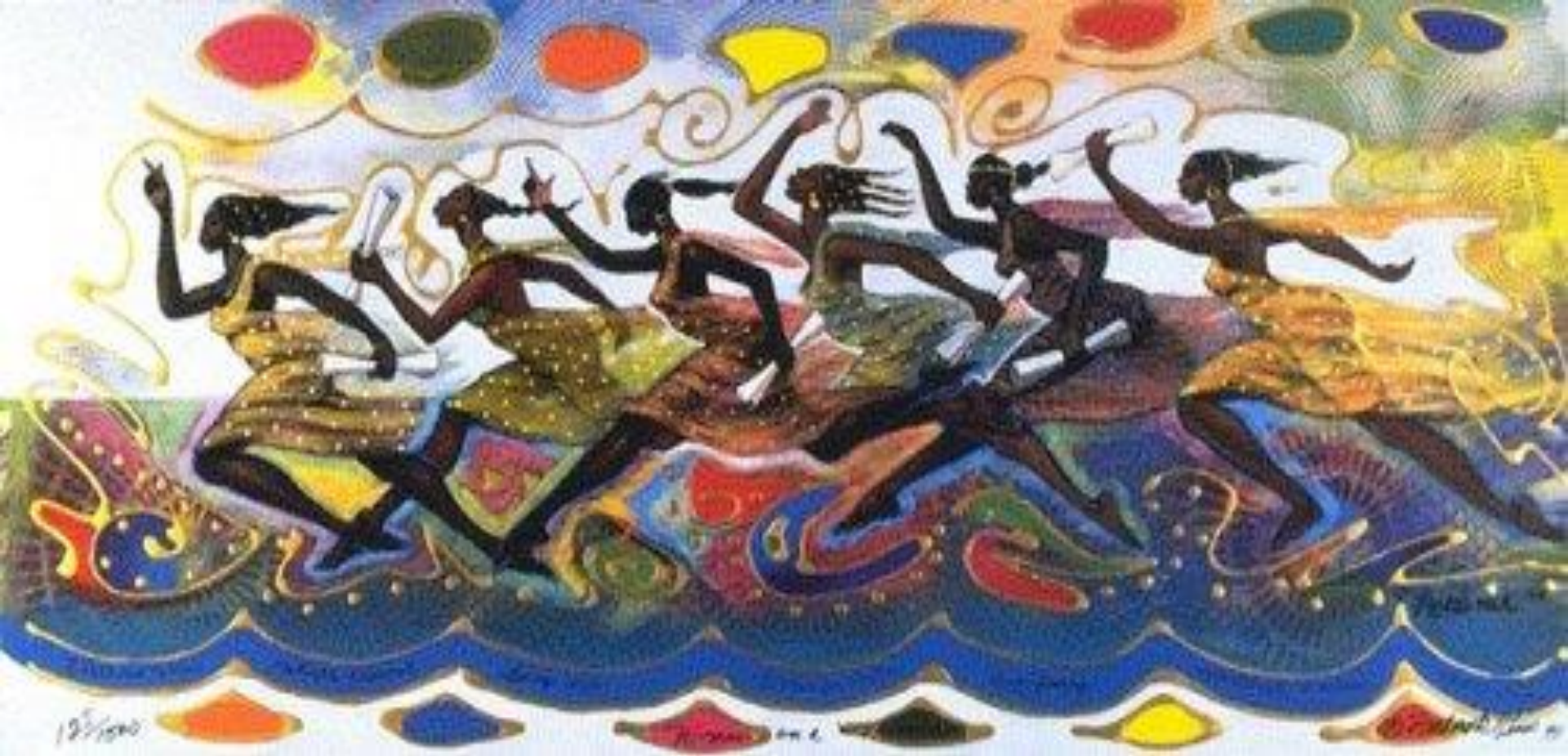


American Institute for Cancer Research (AICR) guidelines for cancer survivors

- Be as lean as possible without becoming underweight.
- Be physically active for at least 30 minutes every day.
- Avoid sugary drinks, and limit consumption of energy-dense foods (particularly processed foods high in added sugar, low in fiber or high in fat).
- Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
- Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
- If consumed at all, limit alcoholic drinks to two for men and one for women a day.
- Limit consumption of salty foods and foods processed with salt (sodium).
- Do not rely on supplements to protect against cancer
- **And always remember – do not smoke or chew tobacco.**

Don't Drink the Kool Aid





“We have to sound the alarm”

Town hall participant