



American
Institute for
Cancer
Research®

AICR

the newsletter

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**LOOK INSIDE FOR YOUR
FREE BROCHURES**



From Marilyn Gentry

AICR remains at the forefront of funding research projects that link lifestyle to cancer prevention and survivorship. This was highlighted at our recent Town Hall webinar, which you can read about on page 3 or watch on YouTube.

Plastic food packaging has also been in the news lately, so we report on the latest news on page 10. I recently went through my kitchen and tried to change my plastic containers to glass or ceramic instead.

I also hope you will enjoy the article on innovative technologies in cancer care on page 7, which features overviews on robotic surgery and radiopharmaceuticals. These cutting-edge technologies have promising futures in cancer care.

Thank you very much to those of you who have contributed in memory or in honor of a loved one. If you would like to make a gift in memory or in honor of someone, please fill out the enclosed blue card, call 1-800-843-8114, or visit us online at www.aicr.org/honor-memorial. We will send a notification to the person(s) of your choosing.

Marilyn Gentry



Free Publications from AICR

FREE MATERIALS!
WINTER 2024

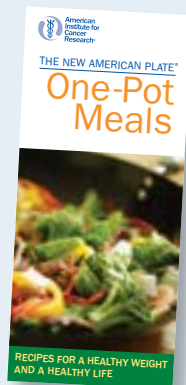
The New American Plate
You can learn about AICR's simple model for a mostly plant-based diet that can reduce your risk for cancer and other diseases.



The Facts about Physical Activity and Your Cancer Risk
This summary describes how scientific evidence links being more physically active with lower cancer risk.



One-Pot Meals
This brochure features complete recipes and tips on how to reduce portion sizes and calories for a healthy weight and lower cancer risk.



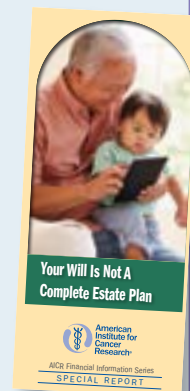
10 Ways to Protect Yourself against Cancer
This brochure tells you how following the AICR Cancer Prevention Recommendations can be a blueprint for preventing cancer and its recurrence.



The Facts about Sugary Drinks and Your Cancer Risk
This brochure describes the link between sugary drinks, obesity and higher cancer risk.



Your Will Is Not a Complete Estate Plan
Find out how to create a thoughtful and comprehensive estate plan with this helpful brochure.



ORDER TODAY. These free materials help you put AICR's science-based advice to work every day in making healthier choices. Your support makes AICR's life-saving research and education possible, so any gift will be greatly appreciated.

- 1 Fill out the enclosed Free Information Request card.
- 2 Return it in the envelope provided to: AICR, PO Box 97167, Washington, DC 20090-7167.

AICR's Town Hall Webinar: Let's Talk About Cancer

This webinar highlighted how your donations fund cutting-edge research on the link between cancer and lifestyle.



IN THE FIRST of a new series, AICR was proud to present a Town Hall lecture on June 14, 2023. The webinar examined the importance of lifestyle factors, such as diet and physical activity, in cancer prevention and survivorship.

AICR's Executive VP Deirdre McGinley-Gieser moderated the session and introduced three speakers:

- Dr. Nigel Brockton, PhD, AICR's VP of Research
- Dr. Etan Orgel, MD, MS, Children's Hospital Los Angeles, and an AICR Grantee
- Dr. Dawn Mussallem, DO, Medical Director, Humanities in Medicine at Mayo Clinic Comprehensive Cancer Center

40 Years of Progress

Dr. Brockton explained the history of AICR, an organization that remains the leading authority on lifestyle and cancer for prevention and survivorship. Going through the timeline since AICR's inception, he explained that "we went from a reductionist approach of searching for a magic bullet or single cause of cancer, to looking at the larger impact of whole dietary patterns and when you eat."



NIGEL BROCKTON, PHD

AICR is now focused on the convergence between oncology and how lifestyle impacts the success of cancer treatments. AICR grants examine the impact of lifestyle on cancer risk. Some upcoming projects will look at how intermittent fasting impacts radiation timing in brain cancer, and how digital technologies determine barriers to activity in young adults in cancer treatment.

AICR Research Highlighted

AICR Grantee Dr. Etan Orgel is studying how diet and exercise can improve treatment for children with leukemia. His studies have highlighted that children with obesity are at higher risk of resistant leukemia and do not respond as well to treatment.



ETAN ORGEL, MD, MS

Dr. Orgel said that many children in treatment may not eat well or stay active, so his research team introduced a better dietary pattern and some physical activity into the mix. The results were incredible. These actions reduced the risk of resistant leukemia by 70 percent. The program has since been rolled out at 11 children's hospitals.

You can watch the full Town Hall on AICR's YouTube channel.

All Physicians Should Learn Lifestyle Medicine

In addition to being a doctor, Dr. Dawn Mussallem is a cancer survivor. She credits her survivorship in part to following the AICR guidelines, which include exercise and a plant-based diet. The lifestyle component helped her flourish through cancer, advanced heart failure and a heart transplant.



DAWN MUSSALLEM, DO

Her medical practice at the Mayo Clinic is now 100 percent based on lifestyle medicine. She works with women being treated for breast cancer, but also looks beyond treatment and into survivorship, where her team relies on the AICR Recommendations.

"We are actively training physicians on the importance of lifestyle medicine and cancer control," said Dr. Mussallem. "We use the AICR Recommendations throughout the presentations we give to physicians about lifestyle medicine."

Find out how re-thinking your meals, managing your weight and physical activity can reduce your risk for cancer and other diseases. To order a free copy of *The New American Plate*, check box 1 on the Free Information Request Card.



Moving Toward Wellness: How Fitness Trackers Benefit Cancer Survivors

Your donations fund AICR research about cancer and physical activity.



YOUR DOCTOR likely recommended exercise to help you stay healthy after cancer treatment. Research suggests that regular exercise may lower cancer recurrence and reduce long-term side effects of cancer treatments, like fatigue, weakness, anxiety and depression.

AICR recommends that, if possible, all cancer survivors aim for 150 minutes of moderate exercise each week. Despite the evidence and recommendations, about 84 percent of cancer survivors aren't active enough. Could a personal fitness tracker help change that? Many people find it easier to move more and sit less with the help of a wearable fitness tracking device like a smartwatch.

Counting the Benefits

Fitness trackers sense your movements throughout the day, measuring your steps, activity, heart rate and calories burned. They can nudge you to stand up and move every hour when you sit for too long, and they help you stay on track by setting activity goals and alerting you when you've met them.



Cancer survivors who use fitness trackers report:

- More daily steps and total physical activity
- An increase in exercise intensity
- Better physical function
- Better quality of life
- Less fatigue

Increasing exercise also reduces sex hormones, insulin levels and inflammation. Plus, it helps your immune system work better.

"Cancer survivors also have a higher risk of developing type 2 diabetes, possibly due to cancer treatments, increased stress levels and other lifestyle factors, but exercise improves blood sugar," according to Dr. Liao Yue, a researcher and Assistant Professor of Public Health in the Department of Kinesiology at the University of Texas at Arlington, and an AICR grantee.

Dr. Liao and her team are working on an AICR-funded study to see if pairing a fitness tracker with a continuous glucose monitor (a wearable device that measures blood sugar) can further motivate cancer survivors at risk for diabetes to stay active. Participants will be able to see the immediate impact of exercise on their blood sugar levels.

Small Steps, Big Rewards

These tips can help keep you moving.

- Try short walks, increasing your time and intensity as you get stronger
- Try a variety of activities to find what you enjoy and want to stick with
- Look for fitness classes at your community center, gym or pool
- Aim for some exercise most days of the week instead of squeezing it all into one or two days
- No tracking device? An exercise journal can keep you motivated and consistent

Dr. Liao encourages cancer survivors to increase their heart rate for 150 minutes a week but doesn't want anyone to get discouraged if they can't make that goal. "Any type or amount of exercise has physical and mental health benefits. Just take every opportunity you can to move more," she says.

The Facts about Physical Activity and Your Cancer Risk explains how you can benefit from regular exercise. To order a free copy, check box 2 on the Free Information Request Card.



TOP PHOTO BY PASTUDIO/ADOBE STOCK, BOTTOM PHOTO BY SAMADAN/ADOBE STOCK

Putting AICR's Cancer Prevention Recommendations into *Action*

Be a Healthy Weight



Manage weight with healthier food choices. Experiment with AICR's healthy recipes that include a variety of plant-based meals.

Be Physically Active



Start small. Take a 15-minute walk in the morning and in the evening to get 30 minutes of activity each day.

Eat a Diet Rich in Whole Grains, Vegetables, Fruits and Beans



Use the New American Plate Model for your meals. Fill 2/3 (or more) of your plate with vegetables, fruits, whole grains and beans. Fill 1/3 (or less) of your plate with animal protein.

Limit Consumption of "Fast Foods" and Other Processed Foods That Are High in Fat, Starches or Sugars



Choose healthy snacks. Limit chips, cookies and sugary cereals and swap with nutrient packed veggies and hummus or fresh fruit and reduced-fat yogurt.

Limit Consumption of Red and Processed Meat



Swap red meat for chicken, fish or turkey. Use hummus or bean dip on a sandwich instead of processed meat.

Limit Consumption of Sugar-Sweetened Drinks



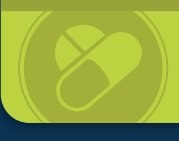
Drink mostly water. Make a pitcher of fruit-infused water to add extra flavor.

Limit Alcohol Consumption



Choose sparkling water or 100% fruit juice. If you do choose to drink, try putting a splash of wine into soda water for a light spritzer.

Do Not Use Supplements for Cancer Prevention



Build your meals around plant foods to meet nutritional needs through diet alone.

For Mothers: Breastfeed Your Baby, If You Can



Evidence suggests breastfeeding can help protect mothers by lowering risk for breast cancer.

After a Cancer Diagnosis: Follow Our Recommendations, If You Can



Check with your health professional about what is right for you. AICR's Recommendations are a blueprint for not only lowering cancer risk, but also other chronic diseases and cancer recurrence.

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk. Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases. For more information and resources on practicing healthy habits to reduce cancer risk, take the Healthy10 Challenge at www.healthy10challenge.org.



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AICR is not engaged in rendering medical advice. For advice in specific cases, the services of a physician should be obtained. A copy of AICR's financial report may be obtained by writing AICR, PO Box 97167, Washington, DC 20090-7167. New York residents may also obtain this financial report by

writing to the New York Department of State, Office of Charities Registration, Albany, NY 12231. MICS 9632. Pennsylvania residents may obtain a copy of the official registration and financial information from the Pennsylvania Department of State by calling 1-800-732-0999. AICR maintains its own mailing list. Occasionally we rent this list or exchange lists with other organizations in order to maintain an active donor file to support AICR's services. If you do not wish to participate in this program, please let us know.



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Occupational Therapy in Cancer Care

Occupational therapists help people thrive in daily life during and after cancer treatment.

CANCER CARE involves a team approach, and people undergoing treatment may have an opportunity to work with oncologists, nurses, dietitians and a range of therapists. One important team member is the occupational therapist (OT), who can play a crucial role in supporting individuals as they adapt to cancer treatment and improve post-treatment quality of life.

What Do Occupational Therapists Do?

Some health issues pose barriers to the normal ways we carry out everyday tasks. Occupational therapists help people adapt and learn new ways of doing things to make life easier. They can offer techniques, exercises, equipment and tools to help.

For example, if you had breast cancer surgery and have pain when moving your arms, an occupational therapist can show you better ways to dress your upper body or shampoo your hair. They can suggest activities and exercises to improve range of motion and strengthen muscles while you heal.

Why Should You Work With an OT?

Here are some ways in which OTs can help and the tools they may provide:

- Ideas to help with daily tasks:** After treatment, you may need to slightly adjust the things that you do each day, such as bathing, eating and getting dressed. You may also need workarounds for shopping, cooking, pet care and household maintenance. OTs work with you to find strategies to alter how you carry out these activities or will help you build new skills.
- Energy conservation techniques:** Cancer treatments can cause fatigue and decreased energy. OTs teach energy conservation strategies to help manage daily activities effectively. They can assist with pacing, using proper body mechanics and prioritizing tasks to prevent excessive fatigue.
- Adaptive equipment and assistive devices:** Your OT can evaluate your need for adaptive tools to compensate for any physical limitation you develop due to treatment. The right tools can help you perform daily activities more easily. Examples may include “reachers” (bars with grip ends to help you reach things up high), dressing aids, shower chairs and modified eating utensils.
- Cognitive strategies:** “Chemo brain” is real. Chemotherapy or radiation can sometimes affect memory, attention and problem-solving skills. OTs can provide cognitive rehabilitation interventions to improve cognitive functioning and develop compensatory strategies.
- Work rehabilitation:** Are you concerned about returning to work after treatment? OTs can provide guidance on modifying job tasks, recommending workplace accommodations and developing strategies to manage work-related challenges.
- Emotional support and coping strategies:** Cancer treatment can be emotionally overwhelming. OTs teach stress management techniques and provide coping strategies to enhance emotional well-being. They can help you find support groups or recommend appropriate community resources.

One barrier to receiving OT is simply not knowing that these services exist. Now that you know how beneficial occupational therapy can be and why it’s helpful, ask your cancer care team for more information about how you can find an OT to work with.

Innovative Cancer Care: Robotic Surgery and Radiopharmaceuticals

Learn how new technologies are helping with cancer survivorship.

CANCER CARE is constantly evolving thanks to emerging research. Innovative surgical procedures and advanced drugs are prolonging life, minimizing side effects and helping with cancer survivorship. Here are some new technologies worth knowing about.

Robotic Surgery

Robotic surgery uses advanced technology during minimally invasive surgery, such as laparoscopic surgery. The technology allows robotic arms to direct surgical instruments to perform parts of the surgery. The procedure is not all done by a robot. A doctor is still in charge and undergoes training to use the technology.

With robotic surgery, a thin tube using three-dimensional (3D) visualization passes through small incisions. It magnifies the view of the targeted area of the procedure. The robotic arms and small, precise instruments work without making a large cut, so the surgery is confined to only the necessary area.

Five benefits of robotic surgery:

1. It requires smaller incisions, which reduces scars.
2. There is less intraoperative blood loss.
3. The risk of infection is lower.
4. Patients recover faster and have less pain.
5. Patients require less in-hospital recovery time.

Robotic Surgery in Cancer Care

Robotic surgery has revolutionized cancer treatment. Cancer patients heal faster and start other therapies, like chemotherapy, without the long healing times of regular surgery. Robotic surgery already has a role in these cancers:

- Lung
- Kidney
- Pancreatic
- Prostate
- Esophageal
- Cervical
- Colon

Radiopharmaceuticals

Radiopharmaceuticals are drugs that carry radiation straight to a cancer cell; they find and destroy cancer. They work at the cellular level by attacking the cancer cell from the inside or by sticking to it. This process reduces the collateral damage to “innocent” tissues compared to conventional external beam radiation, which has more side effects.

Radiopharmaceuticals are being used for:

- Liver tumors: Yttrium-90 (90Y), or selective internal radiation therapy (SIRT), uses radiation beads delivered directly into the tumor through a catheter under image guidance.

- Neuroendocrine tumors (NET): Lutetium Lu 177 is an infused radiopharmaceutical used to shrink and control tumor growth for this type of cancer of the gastrointestinal tract.
- Prostate cancer: A new radiopharmaceutical that targets PSMA, a protein found in prostate cancer cells, is available for advanced prostate cancer. Infused into the bloodstream, it delivers targeted radiation to kill cancer cells that have spread in the body.

The Future of Both Treatments

Robotic surgery and radiopharmaceuticals are innovative cancer



treatments that continue to increase in use and demand. Both have promising futures in cancer care. Ongoing clinical trials are looking at other cancers that doctors can treat with robotic surgery. Likewise, trials are looking at new drugs and new combinations of treatments with radiopharmaceuticals.

Fostering Hope from Pain: Richard Lyon's Story

Learn why one generous AICR donor chose us for his donations.

RICHARD L. LYON was born in Princeton, IL, and joined the Air Force in 1952 at age 18. He served our country for 26 years on active duty, working in data processing. After Richard retired from the Air Force, he joined the California Department of Forestry and Fire Protection, where he worked for almost 20 years.

Richard and his wife Deanna enjoyed a wonderful life together for 60 years. They started their family in Morocco, where Richard was assigned and where their first daughter was born. Richard was later transferred to a base near Sacramento, where they had their son. Today, he is a proud grandfather and great-grandfather.

Like so many of our families, the Lyons have been profoundly touched by cancer—but harder than most, as both Richard and Deanna received cancer diagnoses.

In 1997, Richard learned that he had colon cancer. He and Deanna kept a positive attitude. Thankfully, Richard was able to beat colon cancer, but faced yet

another challenge when he had to undergo surgery for prostate cancer.

In 2005, while Richard was well on his way to recovery, Deanna was diagnosed with breast cancer. She had a mastectomy. It was many years later, during a hysterectomy, that surgeons found cancer in her fallopian tubes. Sadly, Deanna succumbed to the cancer shortly afterward and Richard was broken-hearted.

Richard shared that when Deanna was a breast cancer survivor, it was important to her to give to cancer charities. After losing her, Richard continued what she'd started. He chose to focus his giving on AICR. He has steadily increased his support



DEANNA AND RICHARD LYON

because he wants to do more to help fight cancer so that others can have longer lives with their loved ones. He makes automatic monthly donations to make giving easier and so he can give even more on a regular basis.

Richard said, "As long as I'm alive, you will get a donation from me." Thank you, Richard, for your ongoing support!

Learn how to create a comprehensive estate plan with the information in this helpful brochure, *Your Will Is Not A Complete Estate Plan*. To order a free copy, check box 6 on the Free Information Request Card.



Your Will Is Not A Complete Estate Plan

FREE OFFER

Ask the Financial Expert...

Q: I noticed that rates paid for charitable gift annuities increased recently and was considering a gift of stock to fund an annuity. Due to recent market fluctuations, the shares have declined in value and are now worth less than I originally paid. Are these shares still an option for funding a gift annuity?

A: Consider selling the shares and using the proceeds to fund your gift annuity. This would give you a capital loss deduction for income tax purposes. A larger share of the payment from your gift annuity would then be tax-free for your life expectancy. For example, a 75-year-old donor who arranges a gift annuity with \$50,000 cash is entitled to annual payments of \$3,300 (6.6%). Of that amount, about \$2,110 would be tax-free income for 12.4 years, after which the entire amount would be fully taxable.

Please contact AICR's Office of Gift Planning at 800-843-8114.

Make a New Year's Resolution to Support Cancer Research: Join AICR's Monthly Donor Program. Monthly gifts can be made in honor or in memory of a loved one and can be stopped at any time. To join, please complete the Monthly Donor form on the enclosed envelope or call 1-800-843-8114 and speak with Dan Hendry.

Pets and Cancer Care: Exploring the Connections

Furry friends offer companionship but also need to be protected during your treatments.

CUDDLING PETS can be therapeutic, and many people rely on furry friends as a welcome respite from the rigors of cancer treatment. While dogs and cats can play a role in cancer prevention and treatment, there are a few important facts you need to know so you can keep yourself—and your pets—safe.

Pets and Emotional Support During Cancer Treatment

The company of a beloved pet may help you feel better when dealing with cancer treatment and after-effects. A recent survey of pet owners with cancer found that 98 percent reported their pets were “extremely or very important in their recovery.”

A survey of patients undergoing chemotherapy found most pet owners agreed that their pet helped them to handle stress. Studies have also found that time spent with pets improved well-being, reduced pain and lowered rates of depression during cancer treatment.

No pet of your own? Your cancer care clinic may be able to help. Many facilities have animal-assisted therapy programs, where specially trained dogs visit you in health-care settings.

Protect Yourself During Treatment

While pets offer companionship and love, they can also accidentally provide illness when your immune system is compromised. Here's what you can do to stay safe:

- Keep up your pets' annual checkups and vaccinations.
- Avoid pet scratches or bites and keep pets' nails clipped.
- Wear gloves and wash your hands after exposure to your pet's body fluids or feces (illnesses can be spread via pet urine or feces).
- Saliva can carry illness, so don't let your pet lick any open cuts or near your nose and mouth.
- Avoid bringing home stray animals, puppies or kittens.
- While adorable, baby chicks and ducks may carry salmonella. Avoid handling them.

Almost 40 percent of American households include a dog. Studies show that dog owners report feeling motivated to exercise and have a better sense of well-being because of their dog. Walking your dog helps you connect with neighbors, which provides socialization. Plus, walking in nature contributes to positive mental health. Exercise helps with cancer prevention, so thanks, Rover!

Protect Your Pets During Treatment

While you're in treatment, you'll need to plan for your pet's care, too. Consider who can walk or feed your pet in case you are not feeling well. During active treatment, have a friend or family member clean the litterbox or bird cage, and consider automatic delivery of pet food and supplies. After cancer treatment, such as chemo or radiation, keep trash and body waste away from pets.

The recipes in *One-Pot Meals* can make meal prep and planning easier so you are one and done for those times when preparing a healthy meal doesn't fit your schedule. To order a free copy, check box 3 on the Free Information Request Card.



Added Sugars, Added Risk?



Cutting back on added sugars may help reduce cancer risk.

HEADLINES BUZZ about studies that link added sugars to increased cancer risk. Yet, suggesting you calculate every gram of sugar you eat can be more overwhelming than helpful—and isn't necessary. So, how can you enjoy some sweet treats responsibly while still reducing cancer risk?

Start by Cutting Back on Soda

The number one source of added sugars in the American diet is sugar-sweetened beverages. A 16.9 fl. oz. bottle of soda has almost 14 teaspoons of added sugars. That's more than the maximum daily limit of 12 teaspoons of added sugars per day. If you cut soda, you drastically cut sugar, too. But it's not just soda. There are also added sugars in sweet tea, fruit drinks, lemonade,



milkshakes and coffee drinks with pumps of syrup.

What's the Link Between Sugar and Cancer?

Sugar is not a carcinogen, so it does not cause cancer directly. But, studies show that high sugar consumption is linked to fat accumulation in body tissues where it doesn't belong (such as in the liver and muscles).

And, high consumption of sweet drinks is related to higher body weight, which increases the risk of certain cancers.

Diets high in added sugars also lead to inflammation and elevated levels of circulating insulin, which can lay the groundwork for cancer to devel-

op. But for now, a direct link from sugar to cancer is not based on strong evidence.

And remember, while cutting back on added sugars is a smart choice, you don't need to avoid all sugar entirely. The anxiety of counting every sugar gram creates unnecessary stress, which can increase the production of hormones that raise blood sugar and suppress immune function. That's counterproductive and can be more harmful than eating a bit of sugar. Celebrate sweets occasionally without deprivation.



To order a free copy of *The Facts about Sugary Drinks and Your Cancer Risk*, check box 4 on the Free Information Request Card.

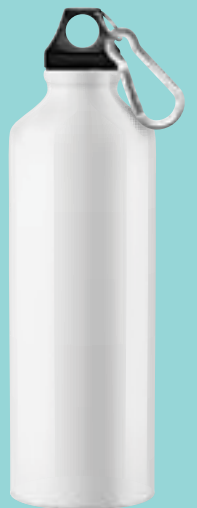
Three Ways to Cut Back on Sugar

1. Save sugar-sweetened drinks for special occasions and make water your default beverage. Plain water too drab? Try flavored, unsweetened sparkling water, or add herbs, sliced fruit, a squeeze of citrus or a splash of fruit juice to water (see sidebar for choosing safe, reusable water bottles).
2. Reduce portions of sweet treats. Bakery items (cakes, pies, cookies), candy and frozen desserts add a lot of sugar. Choose smaller portions and savor every bite.
3. Selectively choose sweets that bring you the most joy. A candy dish or cookie jar can prompt you to eat sweets you don't truly appreciate.

Choose the Right Container

Bisphenol A (BPA) is classified by the International Agency for Research on Cancer as "possibly carcinogenic to humans." Studies show that a small amount of BPA can leach from packaging into food and beverages. That indicates a possible link to cancer, so advice about avoiding BPA is out of an abundance of caution, rather than a confirmed risk to humans. However, if you want to limit BPA exposure:

- Buy BPA-free food and beverage containers.
- Only use plastics that are specifically meant for cooking.
- Don't microwave plastic food containers.
- Choose glass, ceramic or stainless steel containers.



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Overcoming the Fear of Cancer Recurrence

These tips will help quell fears over cancer recurrence by paving a path forward.

YOUR CANCER TREATMENT is over. You thought the feelings of anxiety, fear or sadness would be over, too. For many cancer survivors, transitioning from active treatment to routine cancer follow-up care seems like it would be the easy part. However, new feelings about the fear of cancer recurrence (FCR) can arise.

What is FCR? The fear of cancer recurrence is a real, studied phenomenon that can occur after the completion of cancer treatment. A person can develop anxiety about their cancer returning, become depressed and have trouble sleeping. Getting back to life as it was before cancer is more complicated than it sounds.

Is FCR normal? Being fearful of cancer returning is entirely normal, and most people will have FCR to a degree. FCR tends to lessen with time.

Make a Plan

After treatment, talk to your doctor about a survivorship care plan (SCP). An SCP shows what treatment you had, any expected side effects and what cancer screening tests you need going forward. The SCP is sent to your other doctors. Having a well-communicated, ongoing plan will help you feel more secure.

Address the Fear

Here are some ways to manage fear after cancer treatment:

1. Consider talking to a mental health professional.
2. Write down and track any symptoms to show your doctor.
3. Join a cancer survivor support group.
4. Learn to meditate to help with anxiety and sleep.
5. Take up new activities you enjoy.
6. Join an exercise class such as aerobics, weight training or yoga.
7. Start journaling your emotions.
8. Follow AICR's Cancer Prevention Recommendations.

When to Report Symptoms

If you have a new symptom like pain, swelling, lumps, shortness of breath, cough or headache that you cannot explain and increases in frequency or severity—contact your doctor. If you experience symptoms like those that led to your cancer diagnosis, you should report them to your doctor. When

Practice Healthy Living

Incorporating a healthy lifestyle may help prevent cancer from recurring. Plus, you will feel better and feel more in control! Here are five tips:

1. Strive to be a healthy weight and to be physically active.
2. Limit consumption of red meat and processed meats.
3. Eat a diet rich in whole grains, beans, fruits and vegetables.
4. Eat fewer fast foods, baked goods and salty snacks.
5. Limit alcohol intake and do not smoke.

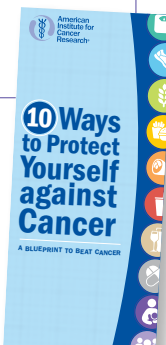
in doubt, mention any concerns you have.

Cancer survivor Dr. Nigel Brockton, Vice President of Research at AICR says, “from my own experience, my approach is to think ‘would this have concerned me before my cancer diagnosis?’ That has a strong effect of putting things in context when your instinctive reaction may be to link everything to your cancer diagnosis.”

AICR.org has more tips and valuable resources to help you cope with FCR and navigate life after cancer treatment.

FREE OFFER

To order a free copy of *10 Ways to Protect Yourself against Cancer*, check box 5 on the Free Information Request Card.



The DUET Study Helps Cancer Survivors and Their Partners

Your dollars help fund Dr. Wendy Demark-Wahnefried's cancer research.

A HEALTHY DIET and regular physical activity are vital for cancer prevention and control. However, it is also well-documented that cancer survivor adherence to lifestyle recommendations is low.

Dr. Wendy Demark-Wahnefried, PhD, RD, Associate Director of the Department of Nutrition Sciences at the University of Alabama at Birmingham, is passionate about putting evidence into practice by creating effective interventions to address diet and physical activity for cancer survivors.



WENDY DEMARK-WAHNEFRIED, PHD, RD

Dr. Demark-Wahnefried's background in nutrition sciences and biochemistry established the foundation for an expansive career. She has contributed to over 300 peer-reviewed publications and is a Komen Professor of Survivorship and an American Cancer Society Clinical Research Professor. For AICR, she has been an AICR-funded researcher, a chair and co-chair of our research conferences, conference speaker, and member of the CUP Global Transition Panel and expert committees.

The Daughters, dUdes, mothers, and othErs fighting cancer Together (DUET) trial tested the feasibility, safety and retention of lifestyle changes made by cancer survivors and their partners. Participants were assessed individually and as a pair with their partners. DUET trial participation took place entirely online.

Each pair was randomized to either an intervention or waitlist control arm. Pairs were given guidance over the course of six months and were encouraged to set incremental movement goals and adhere to a plant-based diet. At the conclusion of the trial, all waitlist control arm participants were given access to DUET trial materials.

This trial was a great success! Retention was 100 percent in the intervention and 89 percent in the waitlist control arm. Both groups experienced significant weight loss, reduced calorie intake, improved physical performance, improved quality of life and better circulating glucose.

The DUET trial resulted in three peer-reviewed publications, ensuring that the lessons learned are shared with the

broader research community. Dr. Demark-Wahnefried notes that "interventions need to have a personal touch that must be given in-person. This can limit the scalability, so demonstrating the feasibility and effectiveness of this trial shows that we can give people the resources and access that they need remotely."

The long-term vision for this intervention is for it to be scalable so that it can be offered across the country. This trial provides a proven framework for effective remote assessment, which can be adapted and expanded for use in future work. Dr. Demark-Wahnefried says, "AICR's sweet spot is funding investigative teams to look at areas of how to make impactful changes in lifestyle. They get us off the starting line in a necessary way."



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