



American  
Institute for  
Cancer  
Research®

# AICR

the newsletter

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IN A **Cancer**  
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LOOK INSIDE ▶ FOR YOUR FREE BROCHURES



*From Marilyn Gentry*

Cancer research continues to advance at a rapid pace. AICR remains at the forefront by exploring groundbreaking topics in cancer prevention and treatment.

For many years, AICR has recommended a dietary pattern that includes lots of plant-based foods, such as vegetables, beans and whole grains. On page 4, you'll find helpful tips on how to include more plants in your meals.

On page 8, you will read about AICR grantee Dr. Michael De Lisio's fascinating research examining why patients with cancer lose muscle and how exercise may help. And if you've ever wondered how researchers find people for their studies, you can read more about how to get involved in clinical trials on page 3.

I hope you enjoy this newsletter and continue to support AICR on its mission to fund research that examines cancer prevention and survivorship.



# FREE Publications from AICR

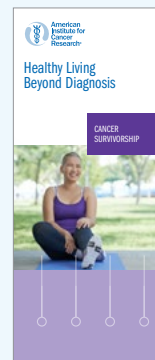
## PARTICIPATE IN CANCER RESEARCH: CLINICAL TRIALS ▶

This brochure explains the pros and cons of being part of a cancer clinical trial.

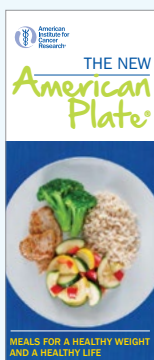


## HEALTHY LIVING BEYOND DIAGNOSIS: CANCER SURVIVORSHIP ▶

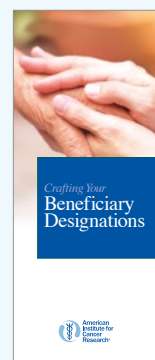
This brochure explains why a healthy lifestyle is important after a cancer diagnosis.



## THE NEW AMERICAN PLATE ▶ Learn about AICR's simple model for a mostly plant-based diet that can reduce your cancer risk.



## CRAFTING YOUR BENEFICIARY DESIGNATIONS ▶ This brochure helps you plan a gift with the flexibility that a beneficiary designation provides.



**LIMITED QUANTITIES—ORDER TODAY!** 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



## New Brochure Series Available!

AICR's latest series of brochures explores new frontiers in cancer research. Order any of these titles:

- By phone: 1-800-843-8114
- By mail: AICR, PO Box 97167, Washington, DC 20090-7167

# Understanding Clinical Trials in Cancer Care

## *How you can be at the forefront of cancer research*

Participating in a clinical trial helps advance future cancer care. In fact, you can thank clinical trials for all of the existing cancer-fighting options available today.

### What Are Clinical Trials?

Clinical trials are well-designed research studies used to test a proposed theory. In cancer research, studies find new ways to detect, treat and prevent cancer safely and effectively. Clinical trials help researchers:

- Test new therapies to fight cancer
- Reduce treatment-related side effects
- Determine safe drug doses
- Test new combinations of drugs
- Confirm which lifestyle changes can reduce cancer risk

### Are Clinical Trials Safe?

Cancer clinical trials have many built-in safety measures and follow very strict scientific and ethical standards to protect your health, safety and privacy. Of course, they carry potential risks, as they involve new and unproven treatments.

### What Are the Pros and Cons?

Here are some pros and cons of being part of clinical trials.

#### Pros:

- You receive quality care
- The trial sponsor may cover cost of participation
- Your cancer care team can still be involved
- You can access new treatments that are unavailable outside of the trial
- You support cancer research

#### Cons:

- You may need to travel to the trial center
- There may be some costs for lodging, meals and travel expenses
- The trial may stop if safety issues arise
- You have no guarantee that a new treatment will be beneficial

### Five facts about clinical trials:

- 1) They can include all stages and types of cancer
- 2) People of all ages can participate
- 3) Enrollment can occur at any time after a cancer diagnosis
- 4) People without cancer can partake in studies for cancer screening or prevention
- 5) About seven percent of adults with cancer have taken part in a clinical trial



### How Can I Enroll in a Clinical Trial?

Talk with your cancer care team about enrolling in a cancer research trial. They can help identify trials that you may benefit from. Or, you can look for suitable clinical trials via the National Cancer Institute database or the National Institutes of Health database.

A study coordinator will pre-screen you to see if you meet the needs of study participants. They will provide you with in-depth information on the trial and guide you through the process. Before joining a trial, it's important to know the risks, benefits, cost and time commitment.

Clinical research advances cancer care. Getting involved is a way to help others and offers hope for improved treatment options in the future.



**WANT TO LEARN MORE? YOU CAN RECEIVE A FREE COPY OF THE ROLE OF CLINICAL TRIALS IN CANCER RESEARCH. ORDER IT USING THE INSTRUCTIONS ON PAGE 2.**



# Your Plate, Your Way

## 12 tips for eating more plant-based foods

A plant-based diet is a key part of AICR's recommendations for cancer prevention. You can use AICR's New American Plate to create healthy meals with lots of plant foods.

### More Plant Foods at Every Meal: Your Way

Examine your current plate to see where you're at compared to the New American Plate. Start adding some small shifts that you will enjoy.

### Increase Vegetables

You can boost vegetable intake by having larger portions or including them at more meals and snacks.

- Double the quantity of vegetables in mixed dishes such as pasta, stew and stir-fries
- Keep frozen vegetables on hand to toss into soups, chili and casseroles
- Dip raw vegetables in hummus, yogurt-based dip or guacamole

### Enjoy Fruit

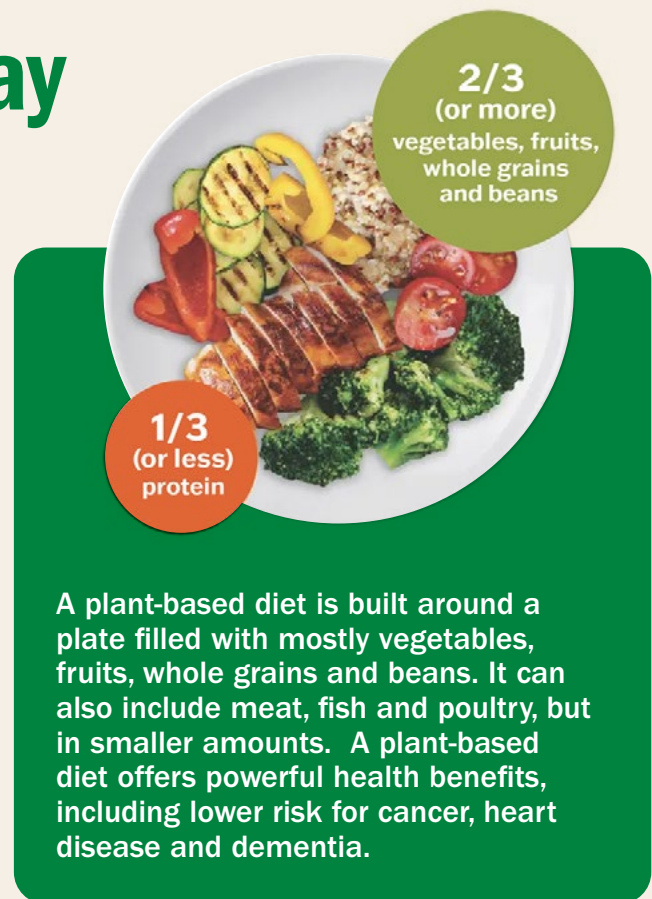
Look for all the places you enjoy a little touch of sweetness throughout the day and experiment with fruit instead.

- Add berries in place of jam on toast or in peanut butter sandwiches
- Make your own fruity yogurt by adding berries, banana or peaches instead of buying sweetened yogurt
- Choose fruit for a snack or dessert sometimes. If it's hard to switch from your usual choice of several cookies, try a piece of fruit and one cookie

### Amp Up Whole Grains

With cancer-fighting fiber and antioxidants, whole grains are a smart replacement for refined grains, such as white bread, pasta and rice.

- Choose bread, crackers and noodles where whole grains are listed as the first ingredient



A plant-based diet is built around a plate filled with mostly vegetables, fruits, whole grains and beans. It can also include meat, fish and poultry, but in smaller amounts. A plant-based diet offers powerful health benefits, including lower risk for cancer, heart disease and dementia.

- Add some whole grain cereal to make a half-and-half mix of your usual refined grain cereal
- Use quinoa, bulgur or farro as a side dish. Mix with your favorite herbs and spices, as you would with rice

### Satisfy Hunger with Legumes

Legumes include beans, chickpeas and lentils, as well as soy foods such as tofu and edamame.

- Use lentils or crumbled tofu to replace half or all the ground meat in chili, meat sauce or shepherd's pie
- Make a legume-based soup, such as minestrone, split pea or lentil
- Roast chickpeas, lentils or edamame to top salads or eat as a crunchy snack



**YOU CAN ORDER A FREE COPY OF THE NEW AMERICAN PLATE. SEE DETAILS ON PAGE 2.**



# EVIDENCE-BASED LIFESTYLE GUIDANCE FOR **BREAST CANCER SURVIVORS**



The latest review on breast cancer survivorship by the Global Cancer Update Program\* offers guidance for those living with and beyond breast cancer. The research indicates that diet, weight and physical activity may play a role in survival. In addition to following AICR's 10 Cancer Prevention Recommendations, here is some specific advice for breast cancer survivors.



## **WEIGHT**

**Research:** Those with a healthy body weight at diagnosis have the best health outcomes.

**What to do:** Avoid weight gain during and after treatment (unless you are underweight, then work with your healthcare team for advice).



## **PHYSICAL ACTIVITY**

**Research:** Being physically active improves quality of life and leads to better health outcomes.

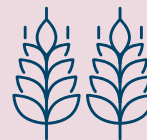
**What to do:** Find ways to be active and limit sedentary time. Aim for at least 150 minutes of aerobic activity throughout the week. Do muscle-strengthening activities two or more times per week.



## **SOY**

**Research:** There is limited evidence that soy foods may decrease the risk of dying from breast cancer and may reduce breast cancer recurrence. There is no evidence that soy foods are harmful after diagnosis.

**What to do:** If you enjoy soy, continue to eat soy foods such as tofu or edamame as part of your regular diet.



## **FIBER**

**Research:** Those who eat more fiber-rich foods have better health outcomes after a breast cancer diagnosis.

**What to do:** Eat a variety of fiber-rich foods daily. Good options are vegetables, fruits, whole grains, nuts and beans.

\*The Global Cancer Update Program (CUP Global) is produced by World Cancer Research Fund International in partnership with AICR, World Cancer Research Fund (UK) and Wereld Kanker Onderzoek Fonds (Netherlands).

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# A Life of Teaching and Generosity: Remembering Mary Louise Lopez

Mary Louise Lopez lived a life defined by determination, generosity and creativity. She set goals for herself and pursued them with focus, whether planning projects at home, preparing lessons for her classroom or developing her art career.

Teaching was one of Mary Louise's greatest callings. She devoted herself to helping children learn to read, and parents were amazed by the progress their children made under her care. As one of the first bilingual teachers in her district, Mary Louise also developed Spanish-language stories, songs and classroom materials, which opened new doors for children who had not seen their language and culture reflected in school before.

She carried many fond memories of her students, including the little boy who greeted her every day with a hug and proudly told classmates, "She's mine—go away." These moments reflected the bond she built with her students and the joy she found in teaching.

Mary Louise's compassion extended well beyond the classroom. She supported children's charities for many years. Later, her generosity turned toward another cause close to her heart: cancer research. Tragically, cancer claimed Mary Louise's life, as well as the lives of her three brothers. In their memory, her family supports AICR to help fund groundbreaking research and prevent future generations from experiencing the same loss.

Mary Louise was a longtime AICR supporter and her family continues her legacy of giving. Their recent gift from Mary Louise's charitable trust supports AICR grantee Dr. Ana Pereira's research project in Santiago, Chile.

Art was another passion Mary Louise pursued wholeheartedly. She worked in many mediums, including drawing, painting and sculpting. Today, her art continues to make an impact. Proceeds from the sale of her artwork support pancreatic cancer research.

Mary Louise Lopez is remembered as a teacher, an artist and a giver. She devoted her life to helping others and sharing her gifts. AICR remembers Mary Louise's spirit of generosity in supporting cancer research.



## ASK THE FINANCIAL EXPERT...

**Q:** I have a \$100,000 paid-up life insurance policy that was to provide support for my father in the event he outlived me. He died earlier this year of colon cancer. Is there some way I can use this policy to support AICR's colon cancer research efforts?

**A:** Our condolences on the loss of your father. There are several ways life insurance can be used to further colon cancer research. You can make AICR the death beneficiary of the policy simply by asking the insurance company for a change of beneficiary form. Another option is to make AICR the owner of the policy. You would be entitled to an income tax charitable deduction for the value of your gift. If there is a cash surrender, we could cash in the policy and use the funds for immediate colon cancer research.

**Questions?** Please contact AICR at 1-800-843-8114.

# Cancer Survivorship: The Next Frontier in Cancer Care

*Research offers new ways to support health beyond a cancer diagnosis*

CUP Global Advice on Breast Cancer Survivorship: The infographic on page 5 offers advice for reducing cancer recurrence for breast cancer survivors.

Most of the focus in cancer care goes to prevention and treatment since these are lifesaving steps. But what about life after treatment? As more people live longer beyond a cancer diagnosis, it's increasingly important to address the long-term challenges that cancer survivors may face. Research can help ensure that they live longer, healthier lives.

## What Is Survivorship?

Cancer survivorship includes the physical, mental, social and financial well-being of people from the time of diagnosis through the rest of their lives. It includes challenges like late treatment effects, fear of recurrence and ongoing care.

A person is considered a cancer survivor from the time of diagnosis through the balance of life. Some survivors are living with cancer, and some are free of cancer.

## Research Leads to Recommendations

Recent studies have shown promising results in cancer survivorship care. Scientists are looking at how nutrition, physical activity, mental health care and other lifestyle factors affect quality of life.

For example, a recent study showed that colon cancer survivors who took part in a three-year exercise program had a 28 percent lower risk of cancer recurrence. This type of research helps healthcare

practitioners make solid recommendations about exercise for colon cancer survivors.

## Empowering Cancer Survivors

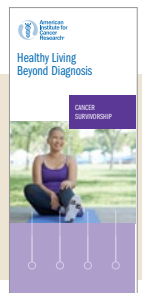
By staying informed, cancer survivors can:

- Advocate for better follow-up care
- Explore ways to manage side effects
- Find support services for physical and emotional well-being

Research in cancer survivorship continues to evolve. By focusing on physical activity, nutrition and addressing mental health needs, quality of life for cancer survivors can be improved.



**AICR HAS PREPARED A SPECIAL PUBLICATION CALLED *CANCER SURVIVORSHIP: HEALTHY LIVING BEYOND DIAGNOSIS*. YOU CAN RECEIVE A FREE COPY BY FOLLOWING THE INSTRUCTIONS ON PAGE 2.**



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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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For article sources, call or write AICR headquarters.



# Fighting Cancer-Related Muscle Loss Through Exercise

## AICR grantee Dr. Michael De Lisio's research journey

Staying strong during cancer treatment can make a world of difference. Maintaining muscle helps patients tolerate treatment and enjoy better quality of life. But for many, body weight and muscle loss, known as cachexia, is a serious problem. Cachexia contributes to nearly one-third of all cancer-related deaths.



Michael De Lisio, PhD

Dr. Michael De Lisio, PhD, Associate Professor of Human Kinetics and Cellular & Molecular Medicine at the University of Ottawa, is determined to help. As an AICR grantee, his research as the director of the Exercise is Regenerative Medicine Lab is uncovering why patients with cancer lose muscle and how exercise may help prevent this loss.

“Maintaining muscle plays an important role in cancer survival,” says Dr. De Lisio. “Unfortunately, there are no treatments for this condition available, mostly because we don’t fully understand what causes cachexia.”

Dr. De Lisio explains that a relatively rare population of cells inside muscle may be the first responders to a cancerous tumor and initiate the cachectic process. These cells are called fibro/adipogenic progenitors (FAPs). They act like coaches in muscle by communicating with other cells and influencing their behaviour.

“In cachexia, FAPs change how they communicate, which makes all the other cells in muscle behave in a way that promotes muscle loss,” says Dr. De Lisio.

Using mouse models, Dr. De Lisio’s team is testing whether exercise training can reverse some of these defects in FAPs to help maintain muscle mass. If success-

“We are extremely grateful to AICR’s donors,” says De Lisio. “Your support has a direct impact, not only on the lives of cancer patients today, but also on the future of cancer research through the students we train.”

AICR funding has allowed De Lisio to train the next generation of scientists, including 10 graduate students and several undergraduates, who will continue advancing this important field.

ful, this could open the door to exercise strategies that may help improve strength and survival.

### A Career Dedicated to Research

Dr. De Lisio’s passion for this work is rooted in personal experience. When he launched his lab in 2013, he had several close personal experiences with cancer. Although he hadn’t trained specifically in cancer research, a mentor encouraged him to have the confidence to dive in. He has been dedicated to the field ever since.

This is the third project AICR has funded in Dr. De Lisio’s lab. Earlier studies showed how exercise supports cancer prevention and improves quality of life.

On tough days in the lab, he finds motivation by thinking of the patients who could one day benefit from his discoveries. Outside of work, you can often find him at the hockey arena, either coaching his son’s team or playing himself. He also enjoys golf, travel and of course, regular exercise.

Thanks to the generosity of donors, Dr. De Lisio’s work is helping build a future where cancer patients can stay stronger, live longer and face treatment with greater resilience.

