Implementing the ASCO Exercise, Nutrition, and Weight Management Guidelines (as well as other Guidelines) with Your Patients and Practice
Objectives

Updates in the Evidence

• ASCO Guidelines
• WCRF/AICR and ACS Guidelines

Opportunities for the Healthcare Professional & Survivor

• Patient Examples
• Implementation Strategies
• Resources
• References
NCCS State of Survivorship Survey

Survivors call for a focus on **physical & mental health**

Priority areas:
- Exercise
- Nutrition
- Strategies to reduce pain and fatigue

Integrative Oncology Opportunities
- Exercise, dietary supplements, massage, mindfulness, spiritual practices and relaxation techniques emphasized.

Survivors need:
**Information & Education**
Patients on active treatment with curative intent.

1. Oncology providers should recommend aerobic & resistance exercise, because exercise...
   ○ Reduces toxicities of cancer treatment (e.g., fatigue)
   ○ Improves strength, cardiorespiratory fitness, and physical function
   ○ Improves quality of life and mood

• NOTE: Emphasis on aerobic + resistance RX

2. **Insufficient evidence** to recommend for or against specific dietary interventions.
   - BUT, neutropenic diets are NOT recommended

3. **Insufficient evidence** to recommend: weight loss or prevention of weight gain.

This does NOT negate the importance of a healthful diet and weight management - **LACK OF EVIDENCE – MORE RESEARCH NEEDED**
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Weight</strong></td>
<td>Be a healthy weight (avoid weight gain in adulthood)</td>
<td>Achieve &amp; maintain a healthy weight throughout life</td>
</tr>
<tr>
<td><strong>Dietary Pattern</strong></td>
<td>Eat a diet rich in whole grains, vegetables, fruits and beans (prudent diet)</td>
<td>Follow a healthy eating pattern at all ages</td>
</tr>
<tr>
<td></td>
<td>Limit</td>
<td>• High nutrient foods in amts to achieve healthy weight;</td>
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<td></td>
<td>• Fast foods” and other processed foods high in fat, refined starches or sugars</td>
<td>• Variety of dark green or orange or vegetables, legumes (beans and peas), and others;</td>
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<td>• Red &amp; processed meats (12-18 oz/week)</td>
<td>• Fruits, especially whole fruits in a variety of colors; and</td>
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<td></td>
<td>• Sugary drinks</td>
<td>• Whole grains.</td>
</tr>
<tr>
<td><strong>Alcohol</strong></td>
<td>Limit alcohol. If drink limit to 1-2 drinks/day</td>
<td>Best not to drink alcohol</td>
</tr>
<tr>
<td><strong>Physical Activity</strong></td>
<td>Be physically active</td>
<td>Planned activity (150-300 min w⁻¹ moderate or 75-150 min w⁻¹ vigorous intensity exercise + muscle strengthening on 2+/days week).</td>
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<td>Limit sedentary behavior.</td>
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Obesity & Relative Risk of Cancer

Lauby-Secretan et al. NEJM 2016
Obesity and Cancer-related Mortality

# Prognostic Effects of Weight Gain Among Individuals with Breast and Prostate Cancer: Results of 2 Meta-Analyses

<table>
<thead>
<tr>
<th>Group (year)</th>
<th># of studies</th>
<th>Sample</th>
<th>RR (95% CI) for every 5 kg/m² increase in BMI from pre- to post-dx</th>
</tr>
</thead>
</table>
| Chan et al. (2014) | 82 | 213,075 women with breast cancer | Breast CA Specific Mortality 1.29 (0.97-1.72)  
Total Mortality 1.08 (1.01-1.15) |
| Cao & Ma (2011) | 6 cohort | 18,203 men with prostate cancer | Biochemical Recurrence 1.21 (1.11-1.31)  
Prostate CA Specific Mortality 1.20 (0.99-1.46) |
How Important is Diet Quality?

Meta-analysis of 113 studies including 3,277,684 people

Association between Alcohol & Cancer
No Amount of Alcohol is Safe
Exercise, Physical Activity & Survivorship

Exercise improves survival for breast, colon & prostate cancer

FOR OVERALL HEALTH
Aim to meet the current exercise guidelines for adults¹
Moderate Aerobic Exercise
At least 150–300 mins per week
OR
Vigorous Aerobic Exercise
At least 75–150 mins per week
(or a combination of moderate/vigorous aerobic exercise)
+
Resistance Exercise
2x per week

FOR PEOPLE DURING & FOLLOWING CANCER TREATMENT
Research shows lower amounts of exercise can still help with the following cancer treatment-related symptoms:
- Cancer-related fatigue
- Health-related quality of life
- Physical function
- Anxiety
- Depression
- Sleep
- Lymphedema²
- Bone health³

Increase Daily movement & Exercise
Reduce Sedentary Time

Exercise - What else do we know?

Meeting guidelines has other benefits
- Risk reduction and severity of other diseases: CV, DM, stroke
- Benefits for reducing fall risk, ADLs, joint pain

What exactly should I do?
- Limited disease specific ExRx prescription data in cancer
- But MORE activity appears to lead to improvement

New areas of research such as bone metastasis
- Reinforce that patients should strive for a regular physical activity & exercise regimen
- Benefits outweigh the risk
## Lifestyle Practices of Cancer Survivors

<table>
<thead>
<tr>
<th>Lifestyle Factor/Behavior</th>
<th>Prevalence</th>
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</thead>
<tbody>
<tr>
<td>Overweight and Obesity</td>
<td>59-63%</td>
</tr>
<tr>
<td>Inactive</td>
<td>57%</td>
</tr>
<tr>
<td>Low Vegetable and Fruit</td>
<td>59-73%</td>
</tr>
<tr>
<td>Low Fiber</td>
<td>60-89%</td>
</tr>
<tr>
<td>Excess Red/Processed Meat</td>
<td>26-80%</td>
</tr>
<tr>
<td>Excessive Alcohol</td>
<td>14-19%</td>
</tr>
<tr>
<td>Currently smoking</td>
<td>12-15%</td>
</tr>
</tbody>
</table>

**77% practice multiple “bad” behaviors**
Cancer provides a Teachable Moment for Lifestyle Change!

Physician is a powerful influence on health behavior.

• 92% of cancer survivors prefer to receive guidance from their providers at their cancer center.

Philip E et al. Supp Care Cancer 2014
5 A’s Diet

**Ask**
How many servings of fruits or veggies do you eat a day?

**Advise**
Try eating a rainbow of colors in fresh, frozen or canned.

**Assess**
Have you tried cauliflower rice? It's easy and a great way to cut calories.

**Assist**
Here are some great recipes from the AICR to try!

**Arrange**
Here are a few great resources. I'm going to schedule you to meet with our RD to help create a personal plan.
5 A's Weight Management

5 A's of Behavior Change

Ask
- Do you know that weight gain is common during treatment?

Advise
- According to this weight (BMI) chart, your weight is in the higher risk zone, so I am concerned.

Assess
- Have you tried writing down the foods you eat? This can help reduce empty calories, like sugar-sweetened beverages.

Advise
- I'm going to send that referral. Here are some other websites. There is also a clinical trial called AMPLIFY that you can enroll in after your treatment is complete – here's a flier.

Assist
- There are some great websites that can help you keep track, and I can refer you to our dietitian.
5 A’s Exercise

Ask
- Are you doing any planned exercise currently, such as walking or strengthening?

Advise
- Exercise will not only improve your fatigue but is helpful to improve your balance.

Advise
- I'm going to send that referral. Are you familiar with silver sneakers? It is free for medicare patients and has in person and online resources.

Assess
- Have you ever met with a physical therapist or community exercise professional?

Assist
- We have a great rehab department. Having someone assess your balance & make sure you are safe is a great place to start!
Julie, 65 y.o. Stage II ER/PR+ HER2- Lobular Breast Cancer

- Family history (colon & pancreatic) no known genetic mutations
- Bi-Lateral Mastectomy, 1+ lymph note.
- Treatment – AC/T chemo, radiation + 10 years of AI therapy

Recently retired, worked in corporate HR

- Gained 10 lbs since Dx (current BMI: 32) poor body image, fatigue, joint aches
- Intermittent sleep, some anxiety about fear of Rx
- Mostly sedentary, walks occasionally
- Reports she has a "sweet tooth” and was told to eat anything during chemo to not lose weight
## Julie’s Survivorship Healthy Lifestyle Plan

### Identify WHY & motivation

- Fear of recurrence – we know that exercise can improve survival.
- Body image & energy – educate on impact of more lean muscle mass

### Identify Barriers

- Needs Nutritional Guidance – refer to dietitian/nutritionist, provide educational handout for “smart shopping” grocery list
- Minimal exercise knowledge – provide home strength exercises, refer to cancer exercise online database to identify a trained professional
- Weight Management- how knowledgeable? How "tech-savvy"? Need accountability?

### Sustainability

- Set one smart goal together. Provide with appointment summary. Written Rx?
- Ask Julie to identify who is her support system currently or how to find one.
Program Example-Kansas City

Integrated as part of cancer support
  • Staffed by oncology exercise professionals

What have we learned?
  • Early awareness! (ASCO guidelines!)
  • Education - not everyone knows benefits, how to and where to send patients
  • Outcomes & Assessments
    ◦ Function, Falls & Fatigue
    ◦ Integration into quality improvement & credentials.
  • Collaboration

Learn more
hcamidwest.com/cancerwellness
Weight Loss Guidelines

3% of body weight associated with health benefit

2 pound/week weight loss in adults generally safe
  • Go slower in younger & older populations

Best Strategies for weight loss
  • Calorie restriction (1200-1800/day)
  • Increased physical activity (modality + intensity)
  • Behavior modification

Self-monitoring habits: Weighing every day, keeping a food & exercise log/journal, electronic devices

No recommendation regarding distribution of macronutrients

2013 AHA/ACC/TOS guideline for the management of overweight and obesity in adults
http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437739.71477.ee
“A little dab will do you” (minimal interventions work)

- Breast cancer patients increased physical activity by +3.4 MET hr/week (p=.011) in RCT (n=450) in arm receiving a MD Rx alone. Jones et al. Ann Behav Med 28:105-13, 2004

- Breast cancer patients (n=67) and adult daughters with overweight/obesity who received 5 sets of brochures over a year lost significant amounts of weight (1 kg in moms/2.75 kg in daughters), reduced waist circumference (1cm), and increased moderate-to-vigorous physical activity +24.9 min/week. Demark-Wahnefried et al. Cancer 120:2522-34, 2014
Implementation Tips & Strategies

Include lifestyle related questions on your intake forms.

Ask patient details about how they move, general nutrition knowledge and their desire to change their weight.

Provide personalized recommendations vs. general guidelines whenever possible.

Warm hand off when referring. Try to send referrals on behalf of patient with permission.

Include other members of your allied health or support team into discussion.

Have patient facing resources or toolkit ready to go.

Document in patient note for follow up to re-engage with the 5’s.

Consider community Partnerships for gaps.
General Lifestyle Resources!
Exercise Program Directory

Cancer Directory Program

The Moving Through Cancer program was developed to help patients, families, health care providers and others find hospital and community-based exercise programs in their communities. Being active throughout the cancer journey and beyond can improve one’s ability to handle and stick with cancer treatments, help the patient feel better and may even prevent cancer recurrence.

Please enter your search information below to discover what programs are available in a specific area. The programs are divided into those that are delivered in a medical setting, in a community-based facility, or can be done at home. Contact information is provided so that you can reach out to a program coordinator to learn more.
Diet/Nutrition & Healthy Weight

Learn how to eat healthy with MyPlate

Remember the food pyramid? Meet MyPlate, the official symbol of the five food groups. Learn how to make MyPlate work for you.

MyPlate.gov

Click on a food group to explore!
Another great option? A free personalized online lifestyle program developed for survivors.

NCI Funded Clinical Trial
Criteria: > 50 y.o. post-acute Tx

- Breast, colorectum, endometrium (uterus), kidney, ovary, prostate, thyroid, Non-Hodgkin lymphoma, or multiple myeloma.
- Full Year of Support, totally free (no special foods required)
- Fully Virtual – any state (main 48 states)
- Weekly self-directed sessions 15-20 mi
- Randomization to one of 3 protocols

Contact the AMPLIFY Team amplify@uabmc.edu