



BC Cancer Agency
CARE & RESEARCH
An agency of the Provincial Health Services Authority

In a Nutshell

Cheri Van Patten, RD, MSc
Oncology Nutrition Day



[In a Nutshell.....



- Nutrition Guide for Women with Breast Cancer (revised 2011)
- ADA Annual Conference Highlights 2011
- ADA Oncology Nutrition Practice Group Announcements
- PEN Pathway Updates
- DC Coast to Coast Clinical Update 2012
- ADA Oncology Nutrition Toolkit

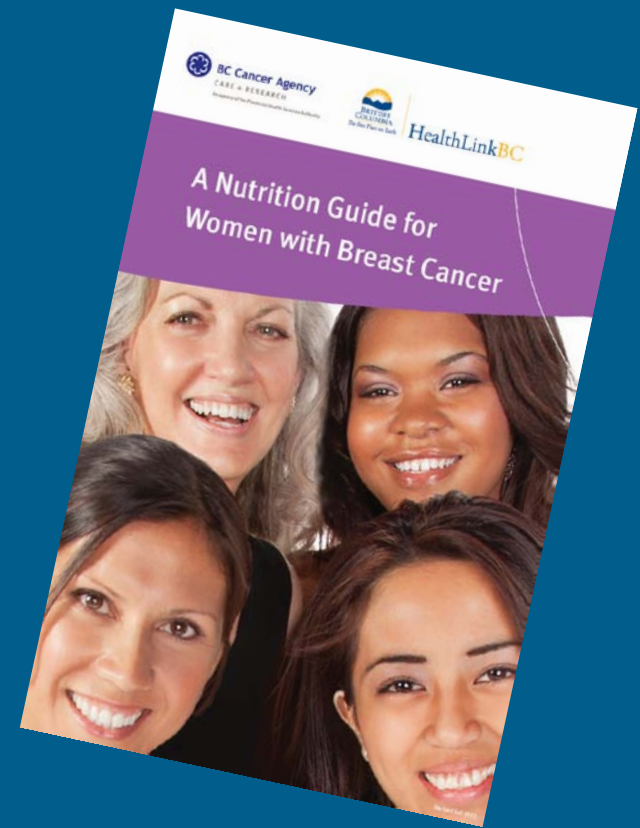
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“Welcome to the Diabetic Hotline! If you need a new excuse for cheating on your diet, press 1. If you need a new excuse for skipping your workout, press 2...”

Nutrition Guide for Women with Breast Cancer – *revised 2011*

- In Breast Cancer “kits” for every newly diagnosed patient
- Limited print copies for clinical practice
- **What’s different?**
- Plant-based diet messaging
- New Canadian Physical Activity Guidelines
- New DRI Calcium & Vitamin D
- Several deletions



Free download from www.bccancer.ca (Select Coping with Cancer/ Pamphlet and Handouts/ Breast Cancer)

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**“What fits your busy schedule better,
exercising one hour a day or being
dead 24 hours a day?”**

ADA Annual Conference 2011 Announcements – San Diego

- In 2012 the American Dietetic Association and journal will be renamed to:
- **The Academy of Nutrition and Dietetics**
- Official website remains www.eatright.org
- Session handouts: www.eatright.org/fnce
- Philadelphia in 2012

Opening Session by Nancy Brinker

Founder of the Susan Komen Foundation

Closing Session by Jack Canfield

Founder of Chicken Soup for the Soul



ADA Oncology Nutrition Practice Group Session & Announcement

- Co-hosted a “Feastival” (film and feast)
- Featured a provocative documentary entitled **Living Downstream** by Sandra Steingraber on the relationship between environmental contaminants and cancer
- Panel discussion including Diana Dyer
- Suzanne Dixon is President Elect for 2012
- Announced they will host their first ever oncology nutrition symposium:
New Frontiers in Oncology Nutrition

2012 Oncology Nutrition Dietetic Practice Group Symposium New Frontiers in Oncology Nutrition April 27 - 28 Dallas, Texas

This symposium will host speakers on key issues in oncology nutrition, including interdisciplinary approach to head/neck cancers, nutritional implications of GI oncology surgery, Bone Marrow Transplant specific to GVHD, chemotherapy review from a pharmacist's perspective, survivorship issues among both pediatric and adult populations, discussion on commonly used supplements, myths and diets, as well as panel discussion on reimbursement in both the public and private sectors.

Registration opens January 2012

For more information contact:

Lynn Bjostad for Registration questions
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Jeannine Mills for Conference questions
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for more information go to www.oncologynutrition.org

American Cancer Society (ACS) **Updates for 2012**

January or February: “Prevention” Paper

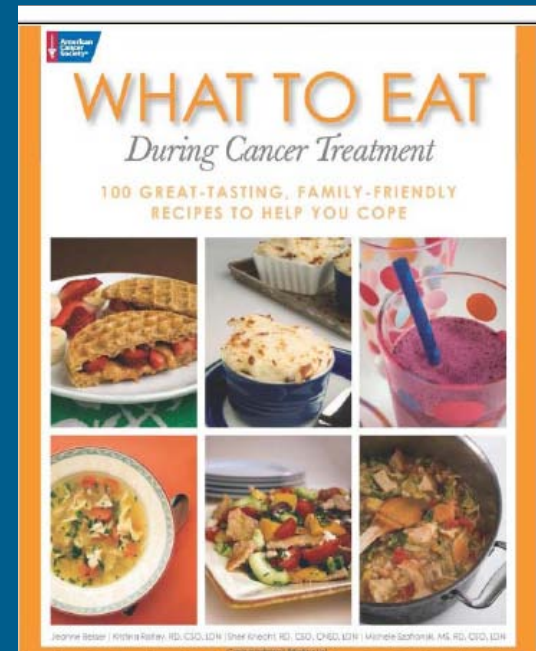
- Guidelines on Nutrition and Physical Activity for Cancer Prevention: Reducing the risk of cancer with health food choices and physical activity. *Cancer* 56(5): 254-281, 2006.

February or March: “After Treatment” Paper

- Nutrition and Physical Activity During and After Cancer Treatment: An ACS guide for informed choices. *Cancer* 56(6): 323-353, 2006.

American Cancer Society (ACS) New Resources

- **A Complete Guide to Nutrition for Cancer Survivors**
- An award-winning lay book:
- **What to eat During Cancer Treatment: 100 Great-tasting Family-friendly Recipes to Help You Cope**



DC (PEN) Knowledge Pathways Updates - 2012

- Practice in Evidenced-Based Nutrition (PEN):
- Several of the existing pathways have been updated and will be available online in 2012
- **Soy and breast cancer prevention**
- **Soy and breast cancer recurrence**
 - 6 new observational studies (n=13,000)
 - Soy foods safe for breast cancer survivors
 - Complete analysis available – ask me

Dietitians of Canada Coast to Coast Clinical Updates - 2012

- A series of clinical updates including “hot topics” - in cardiovascular disease, soy and breast cancer and others
- **January 26: Toronto**
- **February 10: Winnipeg, Manitoba**
- **February 27: Edmonton, Alberta**
- **March:**

Questions and Discussion

