

A health and wellbeing program for survivors of breast cancer

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Breast Cancer in Loddon-Mallee (2002-2004)

Age Group	New Cases	Deaths
Under 50	39	7
50-59	48	9
60-69	41	14
70-79	28	14
80+	23	13
Total	179	57

Breast Cancer in Loddon-Mallee (2002-2004)

- 5 year survival in Loddon Mallee women with breast cancer in 2004 was 90%
 - State average 88%
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Cancer Survivors

- Increased risk for other health problems
 - Weight gain
 - Functional Impairment
 - Co-morbidities
 - Death from non-cancer cause
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WINS study

- Women's Intervention Nutrition Study
- RCT
- 2400 women
- Aim to reduced fat intake to 15% total Energy
- Weight loss achieved
- ↓ recurrence by 24%

WHEL Study

- Women's Healthy Eating and Living Study
 - RCT
 - 3088 women
 - 5 serves vegetables, 3 serves of fruit, 2 cups vegetable juice, 30g fibre, 15-20% E from fat
 - No change in recurrence or mortality
 - No weight loss achieved
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Nurses Health Study

- Cohort study
- 5204 nurses
- Change in BMI
- Weight and weight gain related to ↑ rates of recurrence and mortality
- Smaller weight gain, smaller ↑ risk

Nurses Health Study

- 4484 nurses
- Examined levels of exercise and mortality risk
- 50% ↓ risk in women who walked at moderated intensity between 3-5hr/wk
- Benefit seen regardless of weight

World Cancer Research Fund

- Probable benefit of aiming for a healthy weight after treatment
- Probable benefit of increasing physical activity
- Probable benefit of limiting saturated fat intake
- Possible benefit of increasing fruit and vegetable consumption

Development of a program

- Evidence that a healthy body weight and physical activity can improve health
 - Expressed need of breast cancer survivors
 - Development of a multidisciplinary team
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The Team

- Dr Michelle Bishop - Radiation Oncologist
 - Lynette Cherry and Allison Hartney - LMICS
 - Lisa Foley – Radiotherapy Unit Manager
 - Ros Deacon and Kathryn Rorke - Physiotherapist
 - Sharon Salter - Breast Cancer Nurse Consultant
 - Elise Jochinke – Dietitian
 - Judy McLaren – Gym/hydrotherapy
 - Representatives from Japonica and Cassia Womens Breast Cancer Support Group and Dragons Abreast
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What women want

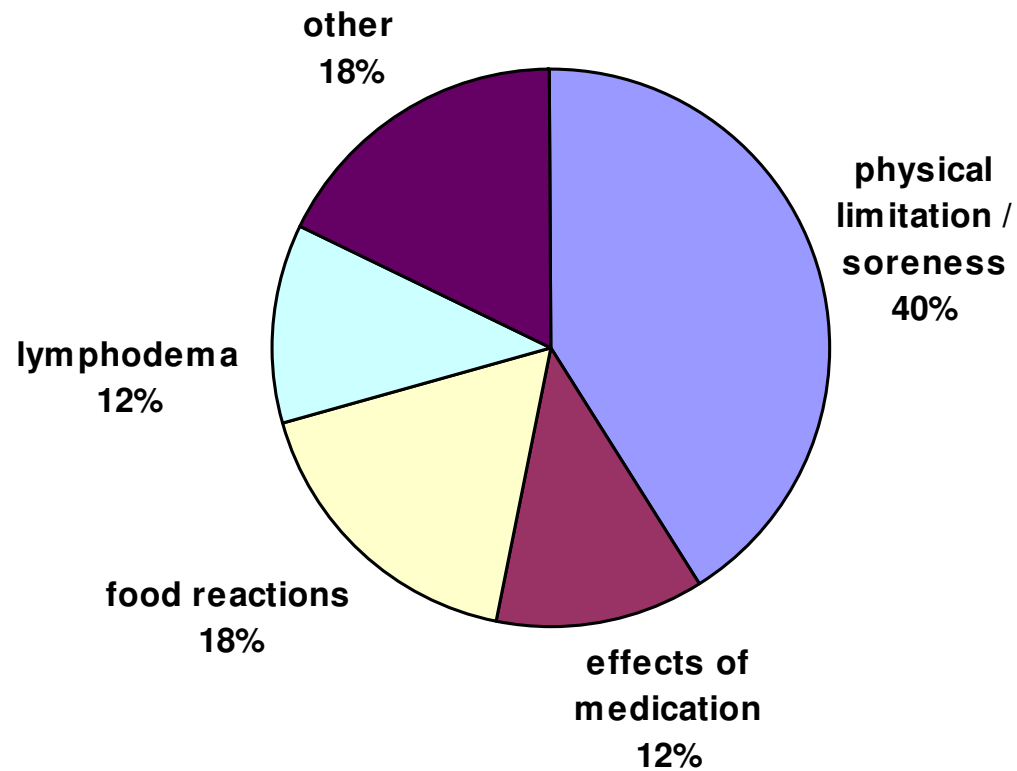
- 170 surveys via the Bendigo Supportive Care Advisory Group, all Breast Cancer Support Groups, Bendigo Radiotherapy, Breast Care Nurse, Bendigo Health/Hydrotherapy Gym Manager
 - 53 surveys returned (31%)
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What women want

- The majority of survey respondents (68%) were aged between 50-69 years
 - 94% were non-smokers
 - 71% reported participating in physical activity multiple times per week
 - 44% rated their diet as good and 17% as excellent
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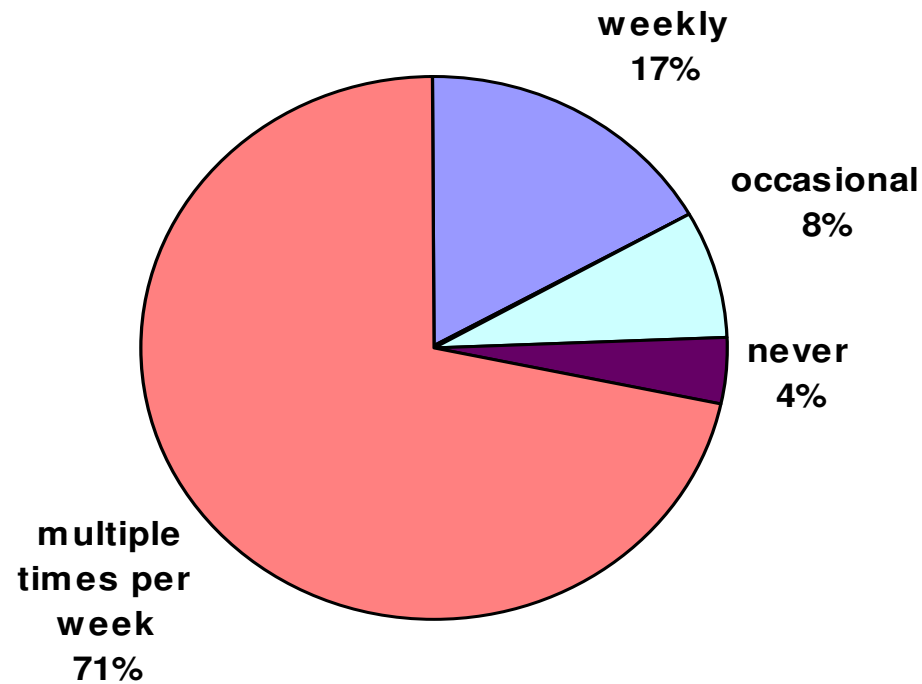
Physical and nutritional problems

Do you have any specific nutritional or physical problems related to your breast cancer?



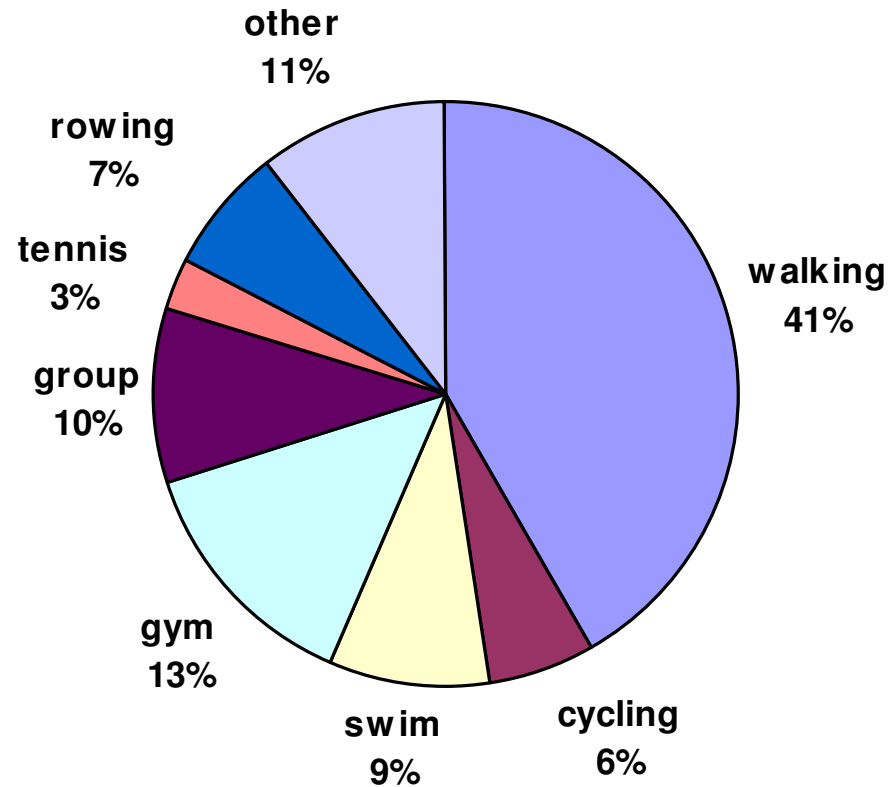
Frequency of physical activity

How frequently do you participate in physical activity?



Types of physical activity

What type/s of physical activity to you regularly participate in?

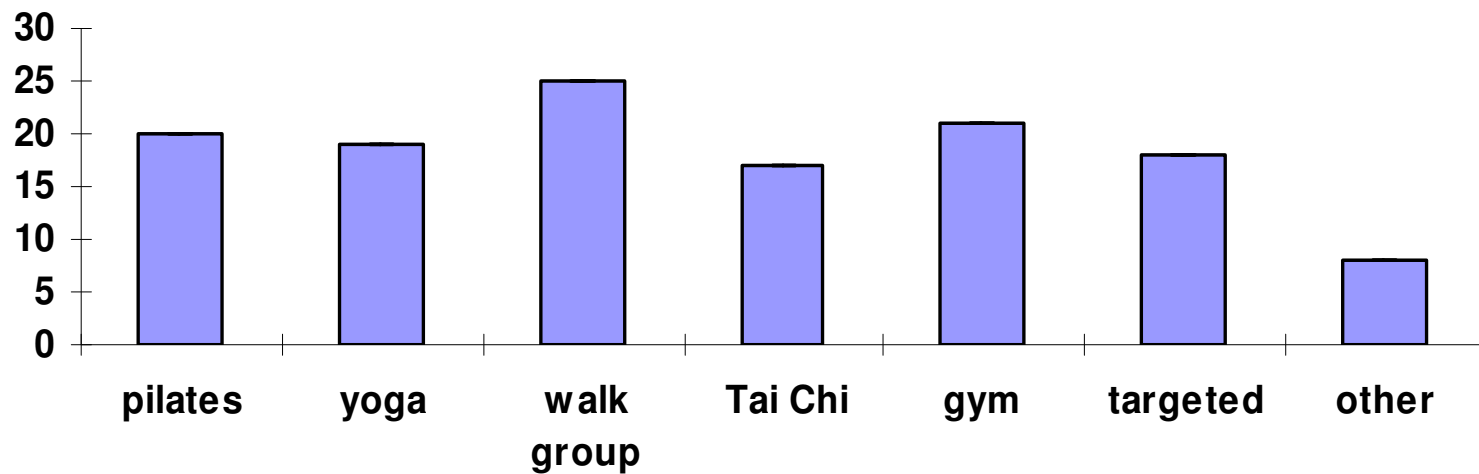


What women want

- 79% indicated they would be interested in participating in a Health and Wellness program
 - 58% indicated they would prefer to attend the local hospital gym
 - 78% indicated they were interested in hearing from physiotherapists, dietitians, motivational speakers and information from support services
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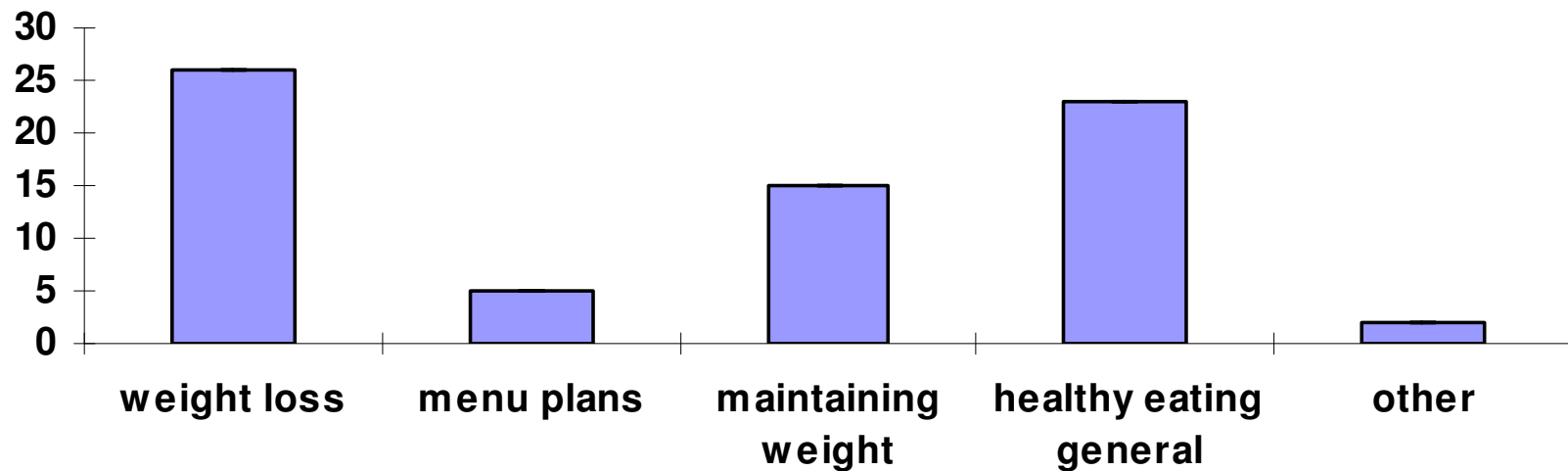
Exercise Preference

What type/s of exercise would interest you?



Healthy Eating

What information regarding healthy eating would be of interest to you?

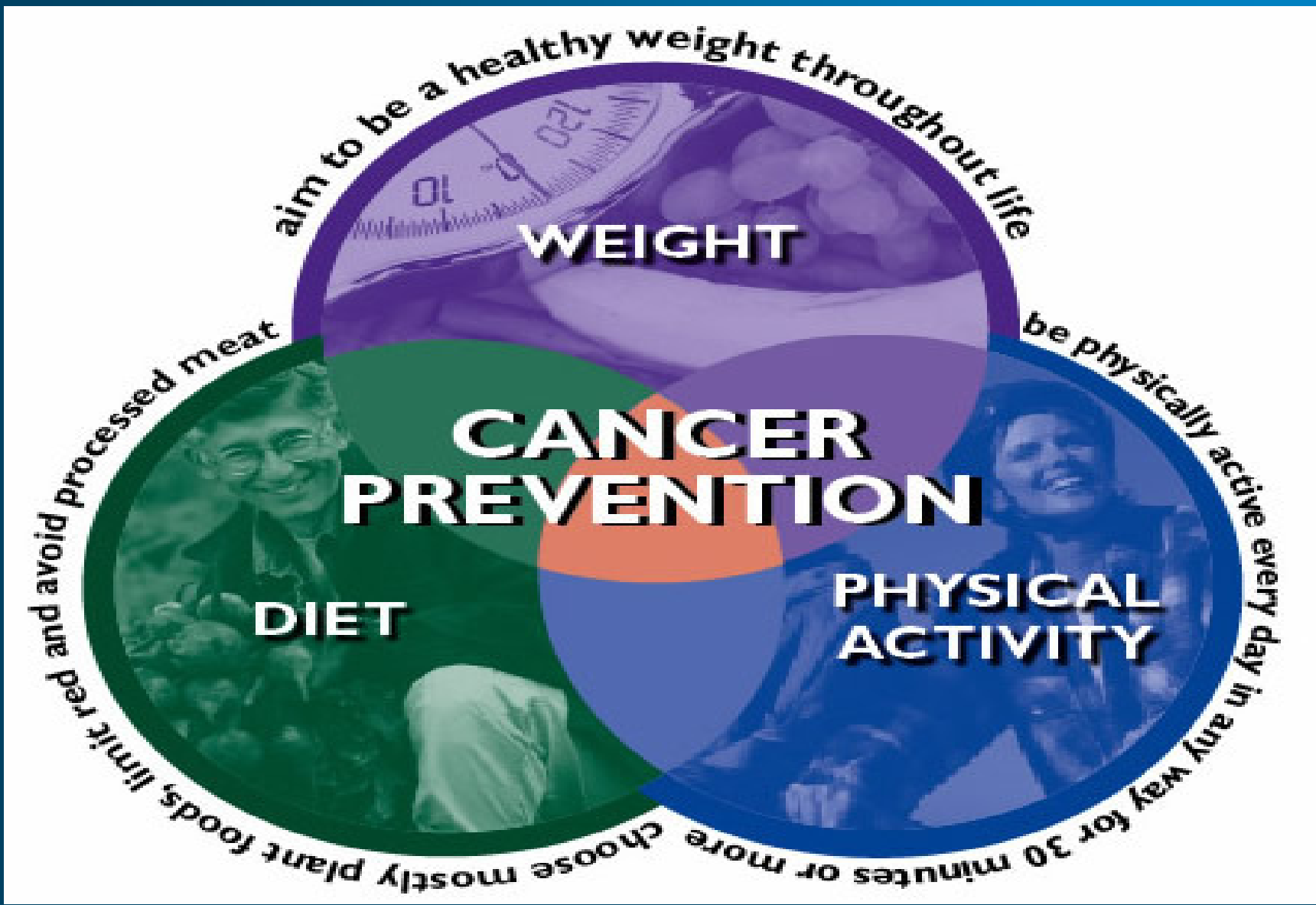


Planning

- Establish funding
 - Invite respondents and advertise for participants
 - Establish baseline
 - Walking group
 - Discussions after exercise
 - Evaluation
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Evaluation

- Modifiable risk factors
 - Weight, weight change, BMI
 - Exercise frequency and intensity
 - Alcohol intake
 - F&V intake
 - Smoking incidence
 - Emotional well being
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Narelle McPhee, 5/02/2008

Cancer Council Australia

- Maintain a healthy weight
 - Be physically active
 - Eat more fruit and vegetables
 - Limit or avoid alcohol
 - Handle and prepare food safely
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Acknowledgements

- Tracy Barber – LMICS
 - Joy Blackburn – Manager Dietetics Bendigo Health
 - Kathy Chapman – NSW CC
 - Survey respondents
 - Health and Wellbeing Team
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