

SPECIAL POINTS OF INTEREST:

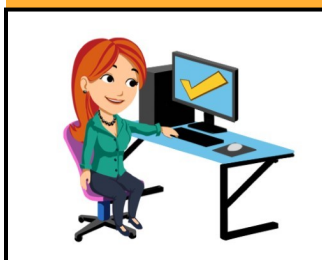
AMBER Study Update

Thrive Cancer & Exercise Manual

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Check out our website!



www.amberstudy.com

Message from the Investigators

Warm wishes! It is lovely to have the spring-like weather these days.

We hope that you continue to stay safe and healthy during these unprecedented times.

In this edition of the newsletter, we provide a status update on the study along with a profile of two AMBER participants who recently completed their

Year 5 follow-ups. We also highlight a cancer and exercise manual co-created by one of our AMBER investigators, Dr. Nicole Culos-Reed. Lastly we profile the work and recent



and achievements of Dr. Culos-Reed. We have officially reached another milestone for the study as we have completed our Year 1 follow-ups! This milestone is because of your par-

icipation in the study. We can't thank you enough! To date, 1352 participants have completed their Year 1 assessment, 842 participants have completed their Year 3 assessment and 525 participants have completed their Year 5 assessment. Thank you again for your commitment and participation! We welcome any suggestions for future newsletters.

AMBER Study Update

This past year we have had a number of challenges due to the pandemic and we have all had to adjust. We are thankful to now be fully operational at both sites. A big thank you to all who have come in to complete the AMBER testing as well as those who have completed the questionnaires during this time. We really appreciate it!

We continue to implement procedures to mitigate the risks

thank you

associated with COVID-19. This includes strictly adhering to the AHS guidelines with respect to screening of staff and participants, continuous masking and cleaning procedures of surfaces and equipment.

We are grateful to have completed Year 1 follow-ups and we continue to work on

completing Year 3 follow-ups which we hope to be done by fall, 2022.

We are hard at work writing the first baseline paper for publication and soon we will begin the process of analyzing the Year 1 data.

We are grateful to have such a rich data set to analyze and it is important to us that participants see evidence of their hard work. As such, any publications will be sent out with the newsletter and posted on the website. Stay tuned!

AMBER Participant Profiles

Get to know two participants in the AMBER Study!

CALGARY

We profile Gail S. who completed her Year 5 follow-up in Calgary.

Have you made any lifestyle changes after your diagnosis or after receiving the results of your AMBER study testing?

I strive to maintain my daily routine for exercising and healthy eating choices to realize the health benefits. I continue to hike, walk, and golf because I love doing these activities

and they give me so much personal satisfaction.

What motivates you to be physically active?

I have always been very active outside and I know the importance of maintaining and being aware of healthy choices. I know it's part of a lifestyle habit.

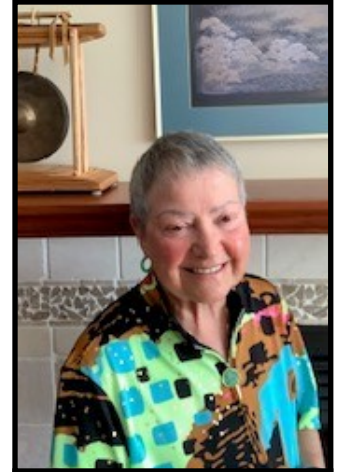
Have you picked up any fun or new activities/hobbies during this past year?

I am involved in three Zoom one hour workouts each week. I get to chat with other participants before and

after class. It gives me a chance to reconnect with new and old friends. I have been walking my neighbour's dogs when they can't which has added a fabulous dimension as dogs are always so happy and loving. It has been rewarding! I have also been trying to learn new functions on my Apple devices.

Any words of motivation or wisdom that give you hope?

Stay active and positive. Don't let fear take over. Try to get outside daily to move and for the fresh air. Stick to a regular routine if you can. Be grateful for everything



Calgary participant
Gail S.

and help your friends and family if you can.

EDMONTON



Edmonton participant
Bonnie J.

We profile Bonnie J. who completed her Year 5 follow up in Edmonton.

What were you hoping to gain from participating in this study?

I have been an active person all of my life and when I was diagnosed with breast cancer I admit I was shocked because I thought I was in great shape. I ate well, got plenty of sleep and exercised 5-6 days a week. When I was asked if I wanted to participate I felt a responsibility to take part in a research study that could help others. Taking part in the study also

motivated me to get back in shape as soon as I could after treatment.

Have you made any lifestyle changes after receiving the results of your AMBER testing?

I was finding I wasn't getting what I needed from the strength training exercises I was doing so I decided to change it up. I joined a kickboxing studio and, wow, if you want to get in shape fast, that'll do it. It was very intimidating at first, but once you get the hang of it, it's a great workout.

What motivates you to be physically active?

I would say it's for my own mental health really. When I am active, I feel so much better about myself. I have more energy, I'm a better wife and mom (and hopefully a grandma soon!).

What is one thing you are looking forward to doing again once restrictions are eased?

There are so many but first, spend lots of time with family and friends and hug my Mom.

Thrive Cancer & Exercise Manual

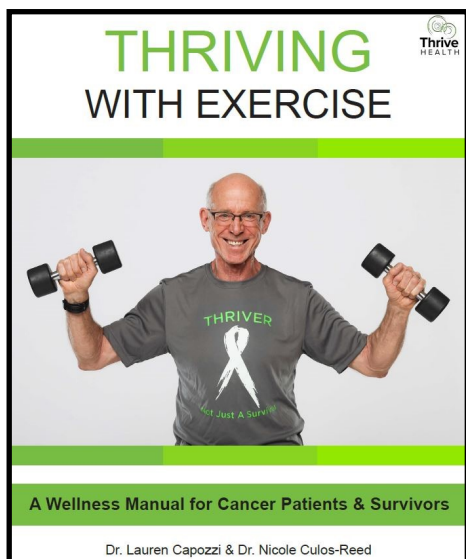
Recently, a new evidence-based resource was created for those living with cancer called “**Thriving with Exercise – A Wellness Manual for Cancer Patients & Survivors.**”

It was developed by Dr. Nicole Culos-Reed and Dr. Lauren Capozzi. Together they co-founded Thrive Health in 2018 to educate patients and professionals about cancer and exercise. Their work aims to give survivors the tools, resources and support to regain their sense of health and well-being.



Dr. Culos-Reed is a professor at the University of Calgary in the Faculty of Kinesiology and is also an investigator on the AMBER Study. Dr. Capozzi is completing her physician residency in Physical Medicine & Rehabilitation at the U of C and has her PhD in Health Exercise Psychology.

The manual is a comprehensive wellness guide filled with evidence based information and was created by content experts in medicine, exercise oncology, kinesiology, nutrition and behavior change. It is intended for use by cancer patients, survivors and support persons. Chapters in the manual cover topics such as:

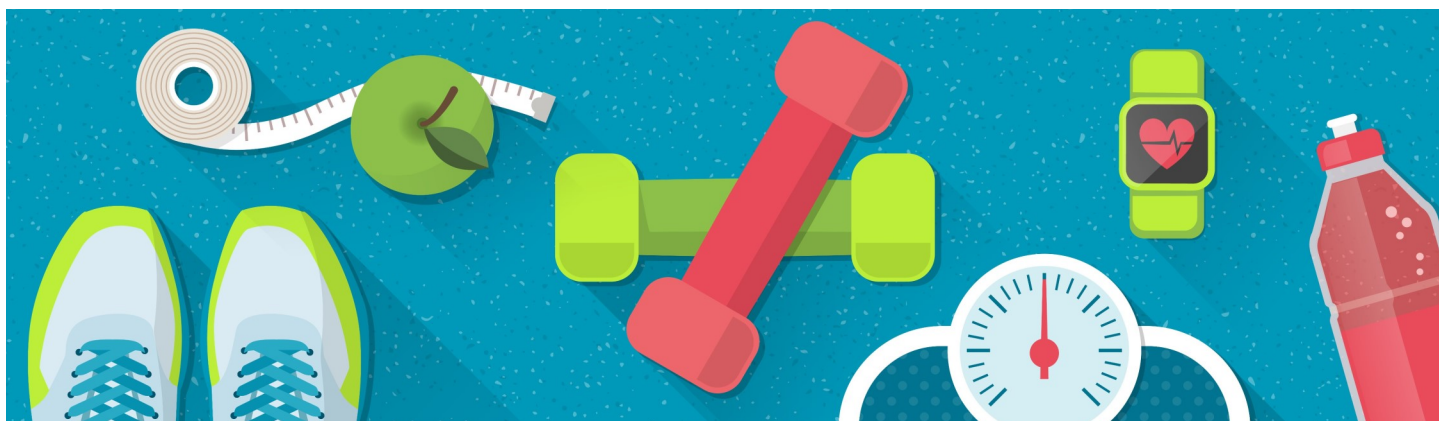


- ◆ Playing an active role in your health
- ◆ The role of physical activity and exercise for cancer survivors
- ◆ Evidence-based tips for getting active
- ◆ Eating well after a cancer diagnosis
- ◆ Behaviour change strategies

It is **FREE** to download and is a user-friendly PDF that can be viewed on a computer, iPad, tablet or phone. You can find the manual on their website:

<https://thrivehealthservices.com/survivors/>

Along with the manual, the website offers a variety of resources and information on cancer and exercise.



AMBER Investigator - Dr. Nicole Culos-Reed

Dr. Nicole Culos-Reed is a Professor of Health and Exercise Psychology in the Faculty of Kinesiology at the University of Calgary and a co-investigator on the AMBER Study. She is also the director of the Thrive Centre at the U of C and co-founder of Thrive Health.

Dr. Culos-Reed has over 25 years of experience in cancer and exercise research and is an expert in the field of behaviour change in physical activity for healthy and clinical populations. Her research takes a multi-disciplinary approach to understanding and improving the quality of life of cancer survivors by developing physical activity programs to address the physical and psychological challenges survivors encounter throughout treatment and survivorship.

In 2019 she was awarded a national Research Excellence Award from the Canadian Institutes of Health Research through the Canadian Association of Psychosocial Oncology (CAPO) for significant career contributions in psychosocial oncological research and practice.



Since 2016 she has been co-lead on the *Alberta Cancer Exercise (ACE)* study along with Dr. Margie McNeely (another co-investigator on AMBER), offering a free community-based, 12-week exercise program to help those diagnosed with cancer, during and post-treatment, to improve their recovery.

This past year, she was part of a team that received \$2.5 million in research funding provided by the Canadian Cancer Society/Canadian Institutes of Health Research and the Alberta Cancer Foundation. The cancer survivorship study is called *Exercise for Cancer to Enhance Living Well (EXCEL)*.

It stems from the ACE study by targeting cancer survivors living in rural and remote regions across Canada. Often people living with cancer in rural settings do not have access to the same programs as those living in major urban centres.



For more information on ACE and EXCEL along with other research projects Dr. Culos-Reed is involved in visit the Health and Wellness Lab at U of C:

www.ucalgary.ca/healthandwellnesslab

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