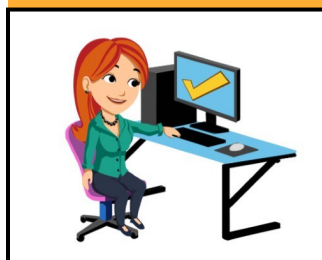


- **1500th
Participant!**

**INSIDE THIS
ISSUE:**

Participant Profiles	2
BCPAL Pilot Study	3
Canada's Food Guide	4
Contact Information	4

**Check out our
website!**



www.amberstudy.com

Message from the Investigators

As summer is shortly ending and we are heading into fall, we hope you have been able to enjoy the warmer weather we have had.

In this edition of the newsletter, we celebrate reaching our goal of 1500 participants!! We profile two participants who have recently completed their baseline testing and also highlight the new Canada Food Guide that was released earlier this year.



We also include the results of a pilot study that used activity trackers in a physical activity intervention called Breast Cancer and Physical Activity Level (BC-PAL). Our final number of participants enrolled in the AMBER study

is 1528! This number includes 884 participants in Calgary and 644 in Edmonton. To date, 1125 participants have completed their Year 1 assessment, 634 participants have completed their Year 3 assessment and 271 participants have completed their Year 5 assessment.

Thank you again for your commitment and participation! We welcome any suggestions for future newsletters!

1500 Participants Enrolled in AMBER!

This past June we reached our goal of 1500 participants! This milestone is important for the study as we require this large number to analyze all of the research questions that we originally set out in our proposal. Needless to say, our study success depends entirely on your willingness to participate and we extend our sincere gratitude to each of you for being willing to participate in this research project. Thank you!!!



the next steps in our research project.

We are now planning to begin the analyses of the baseline data from all of our participants. We will keep you informed of our progress and will highlight the results of these papers in our newsletters as we publish them. We will also post the full papers on

our website. These baseline papers will describe the main characteristics of our participants at study enrollment. When we complete data collection at Years 1 and 3, we will be able to compare data collected at the different time points. Our next goal will be to collect as much information as we can at each time point. We continue to need your help to complete the assessments at years 1, 3 and 5. We understand that life is busy with various stressors and other commitments, so we appreciate your active involvement.

AMBER Participant Profiles

On June 4th, 2019 we reached our goal of **1500** participants! We profile two baseline participants who completed their testing that week.

CALGARY

Why did you decide to take part in the AMBER study?

I think research is important and I wanted to help out if I could. As well, I have been personally effected by cancer as family members have passed away from the disease.

What were you hoping to gain from this experience?

It was not necessarily to gain for myself personally, but to have the satisfaction of helping others and the hope to find answers.

Are there any programs/resources you found helpful during your diagnosis/treatment?

All the people I have met so far such as the doctors, nurses, AMBER staff etc. have been wonderful and helpful throughout this process.



Calgary baseline participant
Wanda T. with
exercise tester Leanne.

Did you make any lifestyle changes after your diagnosis?

Overall, I try to live my life to the fullest and want to enjoy what's left of it. My mother died of cancer when she was 46 yrs old, so I feel lucky as a 68 year old.

What is your favorite thing about living in Calgary or surrounding area?

I am not a city person and have always lived out in the country. Before living in Alberta we had a ranch in Saskatchewan. Living on an acreage outside of Calgary I enjoy the mountain views and that it is quiet and private.

What are some hobbies or activities you enjoy participating in?

When I lived on the ranch I enjoyed riding horses. I still have a horse on the acreage but I am not able to ride very often as the horse is getting too old. I like to go for walks, complete jigsaw puzzles and read books. I also enjoy spending time with my grandchildren.

Why did you decide to take part in the AMBER study?

I decided to participate in the AMBER study because I wanted to help cancer research in any way I could. Finding better treatments or management of symptoms doesn't come without studies like this one. By enthusiastically supporting such research I felt like I was helping future breast cancer patients in some small way.

What advice would you give to ladies newly diagnosed with breast cancer?

Anxiety is normal! I'm not a normally overly anxious person, but I found it comforting to know that most people find the unknown quite stress-inducing. Hearing other women's experiences, especially the negative

EDMONTON

ones, raised many questions and worries in my mind, even though there was no guarantee my experience would be the same as theirs at all. While knowledge is power, never forget that we are all individuals. Take in the information and store it away, but don't let anxiety consume you over things that may never happen to you personally.

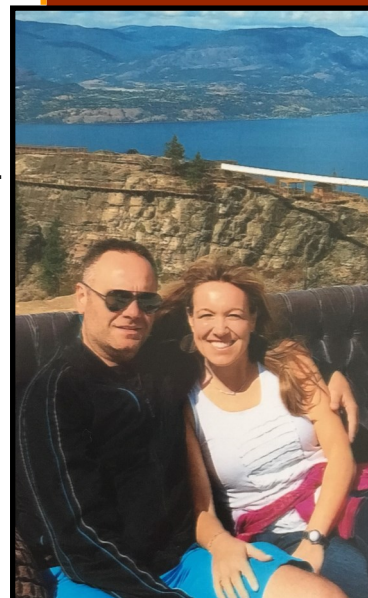
What motivates you to be physically active?

I've always had a lot of energy and I am very self-motivated. I find it elevates my mood to wake up and go for a run or to the gym. I also enjoy being outside and walking, as it gives me time with my husband or children, or time to appreciate the gift of creation.

Both the physical benefits and the overall sense of well-being are both big motivators for me to be physically active.

Are there any programs/resources you found helpful during your diagnosis/treatment?

The support I received was incredible! From Healing Connections to the Look Good Feel Better program to the free wig boutique at the Cross, there were so many amazing resources! Particularly, my Nurse Practitioner who called me at home to answer my many questions after appointments and set my mind at ease. I felt supported both medically and emotionally by these programs that help women deal with all the physical changes that come from breast cancer.



Edmonton baseline
participant Jackie B. with
her husband Tony.

Physical Activity in Breast Cancer Survivors



ty levels of breast cancer survivors and reduce their barriers to exercise.

This study was conducted by Dr. Jessica McNeil, a postdoctoral fellow, in the Dept of Cancer Epidemiology and Prevention Research within AHS under the supervision of Dr. Christine Friedenreich who is one of the primary investigators for the AMBER Study.

Forty-five breast cancer survivors were randomized to one of the following three groups: 1) 300 minutes/week of lower intensity physical activity, 2) 150 minutes/week of higher intensity physical activity, or 3) no additional physical activity. Women in the two intervention groups were provided with a wearable activity tracker to monitor their heart rate and physical activity levels during the 12-week intervention.



Dr. Jessica McNeil with BCPAL participant Margaret G.

Overall, the results were encouraging. The lower-intensity physical activity group had increases in the average total time spent doing physical activity, as well as decreases in the average total time spent doing sedentary activities. The higher-intensity physical activity group also had increases in the total average time spent doing physical activity.

Average cardiorespiratory fitness increased in both physical activity intervention groups after completion of the 12-week intervention. The higher-intensity group also showed a decrease in body fat mass after the intervention. The improvements seen in cardiorespiratory fitness were very impressive considering the short length of the intervention. Furthermore, some of the increases in physical activity and cardiorespiratory fitness were maintained after the follow-up period at 24-weeks.



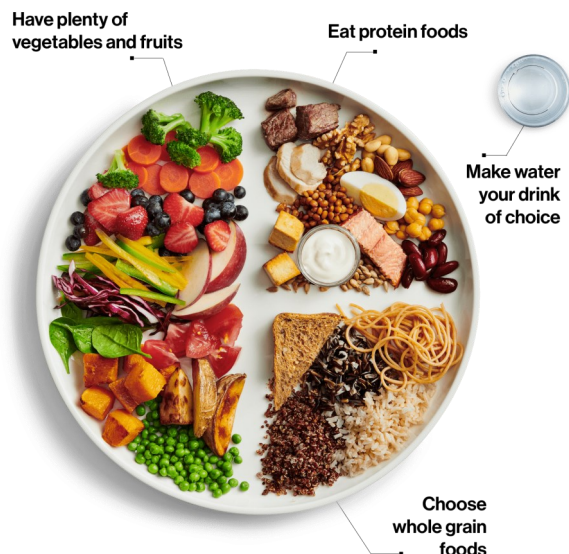
Staff members Katy and Maya with BC-PAL participant Deborah D.

Additional trials are needed to corroborate these findings and assess the continued use of wearable activity trackers after the intervention ends.

Reference: McNeil, J. et al. (2019). Activity Tracker to Prescribe Various Exercise Intensities in Breast Cancer Survivors. *Medicine & Science in Sports & Exercise*, 51 (5), 930 - 940.

Canada's New Food Guide

Earlier this year, Canada released its first new food guide since 2007. The new food guide incorporated knowledge from the growing body of nutrition research to give Canadians the most comprehensive and relevant information available. The revised food guide focuses on which foods we should be eating more of, which foods to avoid, and changes we can make in our everyday lives to promote healthier choices. Here are some of the changes made to the new food guide:



- The four main food groups have been replaced with broader guidelines that recommend eating lots of vegetables and fruits, eating plant or animal based proteins, and eating whole grain foods.
- A greater emphasis on choosing proteins from plants, nuts, seafood, and lean animal meat to minimize the intake of saturated fats, which may increase disease risk.
- Milk and milk alternatives are no longer their own food group, but are included under the protein category, with a focus on unsweetened lower fat dairy products.
- Added recipes, tips, and resources that can help Canadians make the best food choices.

In addition to highlighting which foods lead to chronic disease, the updated food guide offers additional resources to get Canadians eating better. A person's diet is not just in the food that they eat, but also in their eating habits and environment. The new food guide emphasizes healthy eating behaviours and offers great tips for combatting overeating and the consumption of unhealthy foods. Some tips for making the best choices include:

- Replacing sugary, high caloric, alcoholic, or caffeinated drinks with water
- Check food labels and compare products to make informed decisions
- Be aware of food marketing and how it affects your eating behaviours
- Make home cooked meals more often
- Be mindful of eating habits



For more information on Canada's new food guide along with recipes and tips, visit the website:

<https://food-guide.canada.ca/en/>

AMBER Study Contact Information

Name	Position	Location	Telephone	E-mail
Dr. Christine Friedenreich	Principal Investigator	Calgary	(403) 698-8009	christine.friedenreich@ahs.ca
Dr. Kerry Courneya	Principal Investigator	Edmonton	(780) 492-1031	kerry.courneya@ualberta.ca
Leanne Dickau	Study Coordinator	Calgary	(403) 698-8067	leanne.dickau@ahs.ca
Diane Cook	Study Coordinator	Edmonton	(780) 492-8274	dwcook@ualberta.ca
Testing Center Calgary	Exercise Testers	Calgary	(403) 698-8067	amberstudy@ahs.ca
Testing Center Edmonton	Exercise Testers	Edmonton	(780) 989-5911	amberstudy@ualberta.ca