

SPECIAL POINTS OF INTEREST:

**AMBER Study
Update**

**CSEP 24 HR
Movement
Guidelines**

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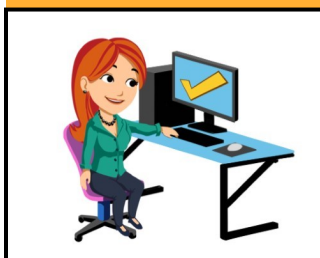
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Check out our
website!



www.amberstudy.com

Message from the Investigators

Greetings and warm wishes! We hope you are staying safe and healthy during these unprecedented times.

In this edition of the newsletter, we provide a status update on the study along with profiles of two AMBER participants who completed their Year 3 follow ups this year. We also highlight the new 24 Hour Movement Guidelines from the Canadian Society of Exercise



Physiology (CSEP) along with new physical activity and sedentary behaviour guidelines from the World Health Organization.

Although the COVID-19 pandemic caused a brief delay in our study, we are very close to reaching another milestone for AMBER as we complete

the last remaining Year 1 follow-ups. To date, 1295 participants have completed their Year 1 assessment, 818 participants have completed their Year 3 assessment and 490 participants have completed their Year 5 assessment. Thank you again for your commitment and participation!

Wishing you all the best during this holiday season and for 2021!

AMBER Study Update

Due to the COVID-19 pandemic, AMBER testing was postponed in March. However, as of July 10th we were granted approval to resume testing and have been working to catch up on the missed appointments. A specific update for Edmonton participants can be found on page 4.

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! In resuming testing, we have implemented new procedures to mitigate the risks associated with COVID.

We are strictly adhering to the AHS guidelines with respect to screening of staff and participants, continuous masking and cleaning procedures of surfaces and equipment.

Although COVID has somewhat affected our study's timeline, we are in the process of completing all our Year 1 follow-ups which will be another big milestone for the study after completing recruitment last year.

We are also excited to say that the study investigators have begun the process of analyzing the baseline data and writing manuscripts with the goal to publish the results sometime in 2021. So stay tuned!

AMBER Participant Profiles

Get to know two participants in the AMBER Study!

CALGARY

We profile Cheryl B. who completed her Year 3 follow up in Calgary.

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

I have been more focused on staying more active, both physically and mentally as well as eating healthy.

Is there anything else you would like to share

about your breast cancer experience?

I worked hard at staying positive. There is always someone worse off. I try to help others in need and this keeps me grateful for my own life.

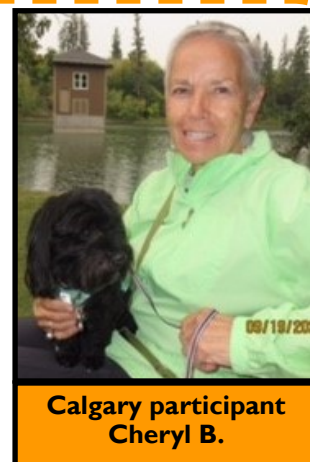
How are you staying active during the pandemic?

My husband and I take our little dog for a walk every day and try to explore various parks in our great city. We have discovered many that we had not been to before. We also do a day trip once a week

and explore places out of the city. We have a book called "Day Trips from Calgary" and it is the best!!

Have you experienced/ witnessed any heartwarming moments or acts of kindness during this time?

My husband paints little rocks....owls, gnomes, flowers, etc. On our daily walks we drop off the rocks, placing them on stumps, under trees, on big rocks, etc. Often when we return, the rocks are gone, so hopefully someone is happy finding them. We were told a story



Calgary participant
Cheryl B.

about a woman holding one of his rocks that read "Peace" as she was passing away in hospice. We also saw a little boy pick up one of the rocks and he was jumping up and down with joy!

EDMONTON



Edmonton participant
Barbara T.

We profile Barbara T. who completed her Year 3 follow up in Edmonton.

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

My initial decision to participate was driven from a desire to add my information to benefit other breast cancer patients. I have personally benefitted from the AMBER study because it has given me more information about my overall fitness level and how my lifestyle choices can influence my health.

What motivates you to be physically active?

I have a strong family history of heart disease and I know that being active helps to keep my heart healthy, lowers my blood pressure and helps me maintain an ideal body weight. Being active also helps reduce my symptoms from osteoarthritis and keeps my bones stronger to reduce the risk of potential fractures as I age.

Another huge motivator to be physically active comes from our rescue dog Sammy. She will remind us constantly if

she doesn't get outside for daily walks.

Have you experienced any heartwarming moments or acts of kindness during this time?

My husband and I live in a keyhole crescent and are fortunate to know almost everyone in the crescent. We all network together and help one another out whenever it's necessary. We are blessed to have this community of caring, concerned people, particularly during this difficult time.

The health benefits of physical activity are well known. However, it is not always clear how much exercise one should be doing to obtain these health benefits and what that looks like in our daily or weekly routine.

Recently both the Canadian Society of Exercise Physiology (CSEP) and the World Health Organization (WHO) have released new comprehensive movement guidelines that provide evidence based recommendations on how to live your best healthy active lifestyle.

The Canadian 24 hour movement guidelines provide recommendations on what a healthy 24 hours looks like in terms of physical activity, sedentary behavior and sleep. The three main recommendations are: **Move More**, **Reduce Sedentary Time** and **Sleep Well**. The whole day matters!

Make your whole day matter.



Move More. Reduce Sedentary Time. Sleep Well.



Perform a variety of types and intensities of physical activity, which includes

- Moderate to vigorous aerobic physical activity of at least 150 minutes per week
- Muscle strengthening activities at least 2x a week



Limit sedentary time to 8 hours or less, which includes

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible



Get 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wakeup times

The WHO guidelines were released on Nov 26th and our very own Dr. Christine Friedenreich was a member of the WHO guideline development group! Similar to CSEP they recommend at least 150 to 300 mins of moderate intensity physical activity per week along with the message “Every Move Counts.” The goal being to limit sedentary time and replacing it with physical activity of any intensity.

If one is not already active, start by doing small amounts of physical activity and gradually increase the frequency, intensity and duration over time. Try to engage in physical activity according to your ability if unable to meet the recommended guidelines. It is recommended that you speak to a health care professional if you have any concerns or possible contraindications to physical activity before starting something new.

The key takeaway from both the CSEP and WHO guidelines is that all movement matters! Consistent daily movement and a reduction in prolonged sedentary time can go a long way to improving health and chronic condition outcomes.

For more information check out the guidelines at:

CSEP - <https://csepguidelines.ca/adults-18-64/>

WHO - <https://www.who.int/publications/i/item/9789240014886>

Rating of Perceived Exertion

Exercise guidelines often talk about moderate and vigorous activity, but what does this mean in a practical sense? The rating of perceived exertion (RPE) scale is an useful tool to help determine what intensity you are exercising at.

Research has shown that an individual's RPE often correlates with their heart rate during a particular activity. This means that you do not need a fancy heart rate tracker to have a good idea of how hard you are working during an activity. Periodically, during any activity, check in with yourself and ask the question, "How hard am I working on a scale from 1-10?"

Answer honestly and it will give you an idea of the intensity you are currently working at. It can also be an easy way to track improvement. If the same activity is feeling easier each time you do it this shows that your body is adapting and improving!

In saying that, it is important to remember that feelings of effort can change from day to day even if it is the same workout or activity. This can be due to a variety of reasons such as nutrition, hydration, daily stressors and/or lack of sleep. So be kind to yourself and try again the next day!

Rating of Perceived Exertion (RPE) Scale		
1		Standing
2	Light	Daily household chores
3		Normal Walk
4	Moderate	Brisk walk with some hills / Strength Training
5		Walk / Jog combination
6		Slow Jog / Walking up stairs
7	Vigorous	Fast Jog / Interval Training
8		Running Stairs
9		High Intensity Interval Training (HIIT)
10	Maximal	Max effort

AMBER Update From Edmonton

The University of Alberta (U of A) suspended all non-essential research, including AMBER, due to COVID-19 from mid-March until July. After receiving approval from the U of A, we were able to start testing again at our fitness facility on campus and participants came in for their first day of testing. However, since March, we have not been given approval to resume activities at the Cross Cancer Institute (CCI) to complete the blood draws, DXA scans, treadmill test and lymphedema measurements.

At the beginning of November the equipment from the CCI was moved over to the fitness testing facility on the U of A campus and we were able to start completing the treadmill test and lymphedema measurements. We also worked to set up the blood draw and DXA scans at other facilities on campus. Diane Cook, the Edmonton Study Coordinator, contacted those participants who came in from July - October to complete the remainder of the testing along with those who had reached their 3YR time point.

However, as of December 14th, the U of A has again suspended all on campus research until January 11th. Once we are able to resume activities on campus we will contact all participants affected by this. Thank you all for your participation and patience during this time.

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