

Welcome

Welcome to our brand new SCPN e-digest! The e-digest will be coming straight to your inbox 4 times a year and will replace the SCPN newsletter. We will still be providing great information on cancer prevention and keeping you up to date on all the latest research and events.

What better day to launch our new e-digest than World Cancer day. World Cancer Day is a campaign built to resonate, inspire change and mobilise action long after the day has passed. From 2019-2021 World Cancer Day has had the message of "I Am and I Will" acting as a call-to-action urging for personal commitment and represents the power of individual action taken now to impact the future.



In Scotland the overall incidence of cancer continues to increase. Between 2007-2017 the number of new cases of cancer (excluding non-melanoma skin cancer) in Scotland has increased from over 28,000 cases to over 32,000 cases. It is expected that the number of new cases of cancer in Scotland will continue to increase over time with the average number of new cases per year increasing to over 40,000 cases in 2023-2027 (1). Cancer prevention, advocacy and awareness raising remain at the forefront of the SCPN message.

(1) [Information Services Division; Cancer Incidence Projections for Scotland 2013-2027](#)

In this issue we have:

- Progress reports from The ActWELL and NEWDAY studies.
- A round up of interesting recently published research
- A call for help for our latest work
- Latest news from the SCPN including our new giving cards
- Highlights from the SCPN blog
- Exciting upcoming events
- Office cake culture infographic from Lou Walker

Research In Progress

Breast Cancer - Primary prevention

The ActWELL study

The ActWELL logo consists of the word "ActWELL" in white, bold, sans-serif capital letters, centered within a solid magenta rectangular background.

ActWell – supporting breast cancer risk reduction through lifestyle change

World cancer day is a time to reflect on all aspects of the disease including prevention. The ActWELL study offered women attending routine breast screening clinics the opportunity to receive a free lifestyle intervention from trained Breast Cancer Now volunteer coaches who, over the course of the study, delivered 623 coaching sessions and 1915 support telephone calls.

The final analysis of the impact of the intervention on lifestyle is now underway but to date some headline figures are:

- 3769 women requested information about the programme
- 560 women were randomised (into intervention and comparison groups)
- 93% of participants were still involved with the study at 3 months
- 83% of participants were still involved with the study at 12 months
- 70% of participants who completed the intervention completed feed-back information
- 90% of participants said they were likely to recommend the programme to others

Our detailed analysis will allow us to comment on changes in weight, physical activity and other lifestyle factors and should be available in early spring.

The ActWELL team is organising events about the findings of the study for participants, staff and researchers if you are interested please let the team know by emailing Prof Anderson on a.s.anderson@dundee.ac.uk

Breast Cancer - Cancer Survivorship

The NEWDAY study



Funded by Yorkshire Cancer Research the **N**orth of **E**ngland **W**omen's **D**iet and **A**ctiv**Y** **A**fter **B**reast **C**ancer Trial (NEWDAY-ABC) is a weight management intervention for overweight/obese women recovering from early-stage estrogen-receptor positive (ER+ve) breast cancer treatment. Excess body weight is associated with poorer ER+ve breast cancer survival outcomes however; previous lifestyle interventions have frequently failed to produce clinically-important weight loss in this population. Led by Professor John Saxton (Northumbria University, Newcastle) and Dr Caroline Wilson (Weston Park Hospital, Sheffield), in collaboration with Sheffield Hallam University, the intervention was co-designed with 16 BC-survivors and 21 HCPs from three NHS trusts in South Yorkshire and North East England. Addressing the perceived challenges of weight loss (and maintenance) by building breast cancer-survivors' skills and confidence to engage in sustainable physical activity (PA) and healthy eating, a multi-centre randomised controlled trial, with internal pilot, will test the clinical and cost-effectiveness via the following outcome measures over a 12 month timeframe: *Primary Outcomes*: Body weight and health-related quality of life. *Secondary Outcomes*: Body composition (DEXA); stature, waist and hip girth; blood pressure; eating habits and alcohol intake (AUDIT-C); 7-day physical activity data (accelerometry & self-report); body image; fear of cancer recurrence; fatigue (FACIT) blood markers associated with cancer recurrence/cardiometabolic risk; and a health economic evaluation. The co-design phase began in June 2018 and the internal pilot is due to open in February 2020 and complete in October 2020 with data available December 2020.

Dr Katie Pickering; Sheffield Hallam University

Research Round Up

Here are some recently published articles we have found interesting at the SCPN :



<https://doi.org/10.1093/jnci/djz226>

This paper by Teras and colleagues compared with women with stable weight (\pm 2kg), women with sustained weight loss had a lower risk of breast cancer. This risk reduction was linear and specific to women not using postmenopausal hormones, suggesting sustained weight loss is associated with lower breast cancer risk for women aged ≥ 50 years.



<https://www.ncbi.nlm.nih.gov/pubmed/31877085>

A new study of 750,000 adults has found that physical activity engagement in recommended amounts of activity (7.5-15 MET hours/week) was associated with a statistically significant lower risk of 7 of the 15 cancer types studied, including colon

(8%-14% lower risk in men), breast (6%-10% lower risk), endometrial (10%-18% lower risk), kidney (11%-17% lower risk), myeloma (14%-19% lower risk), liver (18%-27% lower risk), and non-Hodgkin lymphoma (11%-18% lower risk in women). The study concluded that health care providers, fitness professionals, and public health practitioners should encourage adults to adopt and maintain physical activity at recommended levels to lower risks of multiple cancers.



<https://doi.org/10.1007/s13187-018-1379-8>

This paper conducted an online study in which 782 recruited participants were consecutively assigned to nine-person groups on a social media platform. Participants were shown a unique random set of 20 tailored messages per day over five days. Findings suggest that most study participants had substantial knowledge, awareness, and engagement in positive behaviors related to cervical cancer prevention at the start of the study. Nevertheless, the study found that HPV awareness can be increased through brief participation in an online social media platform and receipt of tailored health messages.

Can you help?

Living with and beyond cancer– supporting weight management

Background Current guidelines on cancer survivorship highlight weight management (through diet and physical activity) as a priority but little is known about how much support is available for overweight and obese people living with and beyond a cancer diagnosis. Changes in body weight, diet and physical activity offer significant opportunities to reduce the impact (and development) of co-morbidities (e.g. diabetes), ameliorate treatment side effects, improve quality of life, enhance self-esteem and stack the odds against cancer recurrence and second primary tumours. Addressing weight management (WM) enables both diet (food and drink) quality and quantity **and** physical activity approaches to be combined in a manner which focuses on body composition (building muscle, reducing fat). Prof Anderson (co-director at SCPN) is looking for people who have had a cancer diagnosis and may have gained weight (or were already overweight) so we can understand more about how to support weight management. We are interested in the patient experiences and are holding a series of focus groups throughout Scotland. For more info ... please contact Meena Bhagat (MBhagat001@dundee.ac.uk) or Prof Annie S. Anderson (a.s.anderson@dundee.ac.uk)

SCPN News



Have you seen our NEW Giving Card??

["6 Alternative Scottish gifts to say thank you"](#)

Scotland has many things to offer other than Scotch Whisky and tablet and here at the SCPN we are focusing our giving on **#tippingthebalance** and favouring no calorie/ no booze options for special occasions.

♥Don't forget with Valentine's Day just around the corner we also have our [Valentines Giving Card](#) ♥

See our whole series of cards [here](#)

[#RecipeForAFuture](#)



January 2020 has turned our focus to planet health and individual well-being including cancer prevention. Building on the [Eat Lancet commission report](#) which sets out guidance on what is a healthy, sustainable diet we want to think how we can get there – what does eating well mean in terms of everyday changes in food habits. Thinking global health, means we need to think wider than our plate and consider how we produce, transport, consume and waste food and drink. This means staying away from ultra-processed choices, saturated fats and refined grains and added sugar, and planning meals where plants are the new main course, wholegrains are core and a huge variety of fruits and vegetables are provided along with a small amount of meat, dairy and seafood.

Follow [#RecipeForAFuture](#) to find out more and have a read of our blog to understand the importance of our campaign

SCPN Blog

Here are a selection of our recent popular blogs:



[The power of prevention](#)

[– stacking the odds in](#)

[favour of a longer](#)

[disease-free life](#) ~ Guest

blog from Dr Kate Allen,

Executive Director of

Science and Public

Affairs at WCRF



[#RecipeForAFuture](#) ~ Our

blog going hand in hand

with our social media

campaign.



[Papers of the Year 2019:](#)
[A Review](#) ~ Our summary
blog from December 2019
with all nominated papers
of 2019.

[Click to have our latest blogs straight to your inbox](#)

Events

Obesity and Breast Cancer Risk

Professor Annie S. Anderson
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 [@anniescotta](#) [@thescpn](#)

 

 **University
of Dundee**

The SCPN is delighted to be hosting a webinar discussing Obesity and Breast Cancer Risk. Join Professor Annie Anderson, SCPN CO-Director and Professor of Public Health Nutrition, for this afternoon webinar on the 25th of February from 3pm.

[Click here to join](#)



We are excited to hold another of our popular Live Twitter Q&A sessions with Professor Bob Steele to discuss cervical Cancer Screening. Join us from 1pm on the 24th of March and follow the chat using **#cancerscreeningmyths**

All our upcoming events can be found on our [website](#).

Office Cake Culture



Researcher Lou Walker has published a new infographic about office cake culture and snacking, find out more about her research [here](#)

Interested in our work?

More information on all the work we do at SCPN can be found on our website or follow us on social media

 [Website](#)

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 [Instagram](#)

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