Cancer survivors face many challenges in their road to recovery. Cancer attacks the physical, the mental, and emotional states of every individual it encounters. In our previous newsletter, we focused on how to handle the emotional tolls of cancer. Another aspect others have focused on is the physical toll. Survivors are equipping themselves with the necessary information to preserve their health and their quality of life. Patients have questions regarding what should they eat or how much they should exercise following surgery. A conscious effort needs to be made in order to improve and maintain your health. *A common theme with cancer survivors is that they feel there is an insufficient amount of information regarding health management during cancer treatments. Seeking information regarding diet and exercise will help individuals find a routine that works for them.

Three aspects need to be considered when mapping out your health plan. Those three aspects are weight, diet, and physical activity. When considering one’s weight, we can look at body mass index (BMI). Using a BMI calculator, you want to aim to fall in a range between 18 and 25. In terms of diet, you want to find ways to eat smarter. You will want to balance your calories in order to manage your weight. Patients should try to increase their intake of fruits, vegetables and legumes. These types of foods contain the necessary vitamins, minerals, and fibers to help reduce risk of disease. Also, increasing whole grain consumption is helpful. Whole grains are rich in fiber that help...
promote good health and can potentially have a positive effect on biological activity. Lastly, physical activity is essential to health and nutrition. After surgery, it is recommended that you engage in activities such as brisk walking for at least 150 minutes per week in order to receive optimal benefits. *Exercise has been identified as a key role in preventing sarcopenic obesity. Cancer-free survival has been proven to improve in patients who have adopted both weight and exercise interventions than those who solely modify dietary practices. All three aspects of your health depend on each other. You will want to focus on all three to experience optimal benefits.


For more information, the Moores Cancer Center provides resources for those seeking guidance. The Healthy Eating Program has an abundance of information that can assist in mapping out your health plan.

You can also connect with other patients through the Patient Ambassador Program to learn more about their experiences regarding health and nutrition. Many times, it is helpful and encouraging to speak to someone who has been through the same experiences. Our ambassadors are here to help.

To get connected, please contact:
Shirley Tejidor, Program Manager at Stejidor@ucsd.edu.

PMP/Appendix Cancer Symposium: Advances in Treatment and Research
The Recap

The University of California, San Diego and the PMP (Pseudomyxoma Peritonei) Research Foundation joined efforts to sponsor a CME-accredited symposium a couple weeks ago on September 12, 2015. The available information on PMP and appendix cancer treatment has been sparse due to the rarity of the disease. Fortunately, this symposium served as platform for some of the leading experts in the field to share their information with medical professionals and patients in the San Diego area and its neighboring communities. Our educational efforts aim to help clinicians recognize this disease so that patients receive the appropriate therapy. The symposium focused on the dissemination of information regarding PMP and appendix cancer. Topics that were discussed included significant advances to help better understand appendix cancer pathology, genetics, surgical management, and personalized treatments.

Overall, there was an abundance of positive feedback regarding our staff’s presentations, expo participants, and event organization. Our attendees continually seek updates on treatment and research involving PMP and appendix cancer, and this event served as a great resource to collect the information they needed. We hope this event will be one of many as we move forward in our efforts to cure this disease. The information at the symposium was so well received, a number of attendees have made donations to help fund our research efforts. We are sincerely grateful for all the support. If you are interested in donating, please visit the site below.

Donations:
Giveto.ucsd.edu
Under “Explore more giving options”, type 4197 to directly support Peritoneal Metastasis Research.

For your reference, a video link to all the presentations made at the symposium is available in the body of the email.