

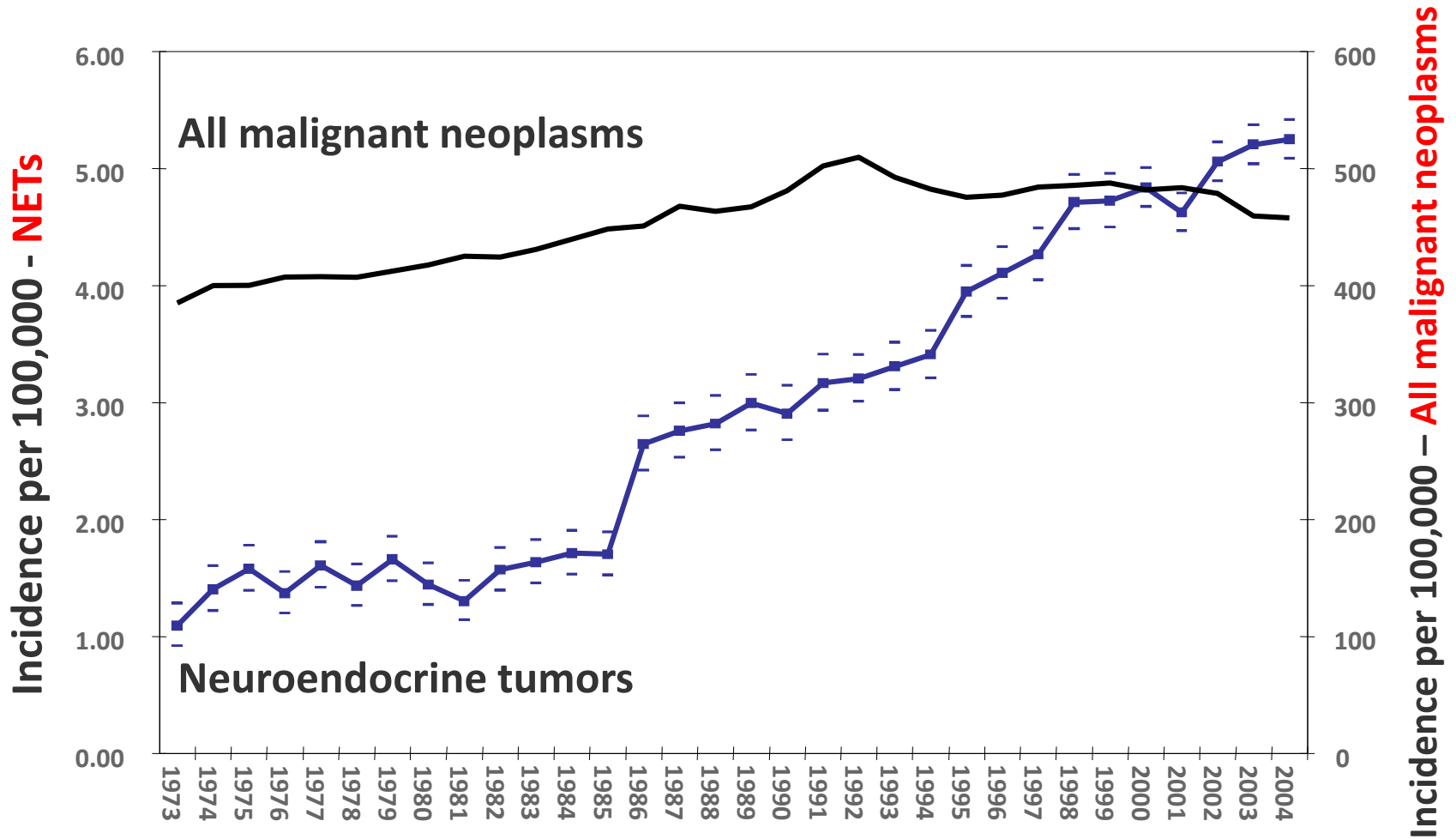
Agenda

9:45am - 10:45am	Dr. Phillip Boudreaux
10:45am - 11:00am	Break
11:00am - 11:45am	Leigh Ann Burns
11:45am - 12:15pm	Lunch
12:15pm - 1:15pm	Dr. Janette Durham
1:15pm - 2:00pm	Dr. Christopher Lieu
2:00pm - 2:15pm	Drawing and Break
2:15pm - 3:15pm	Dr. Rodney Pommier
3:15pm - 4:00pm	Q&A

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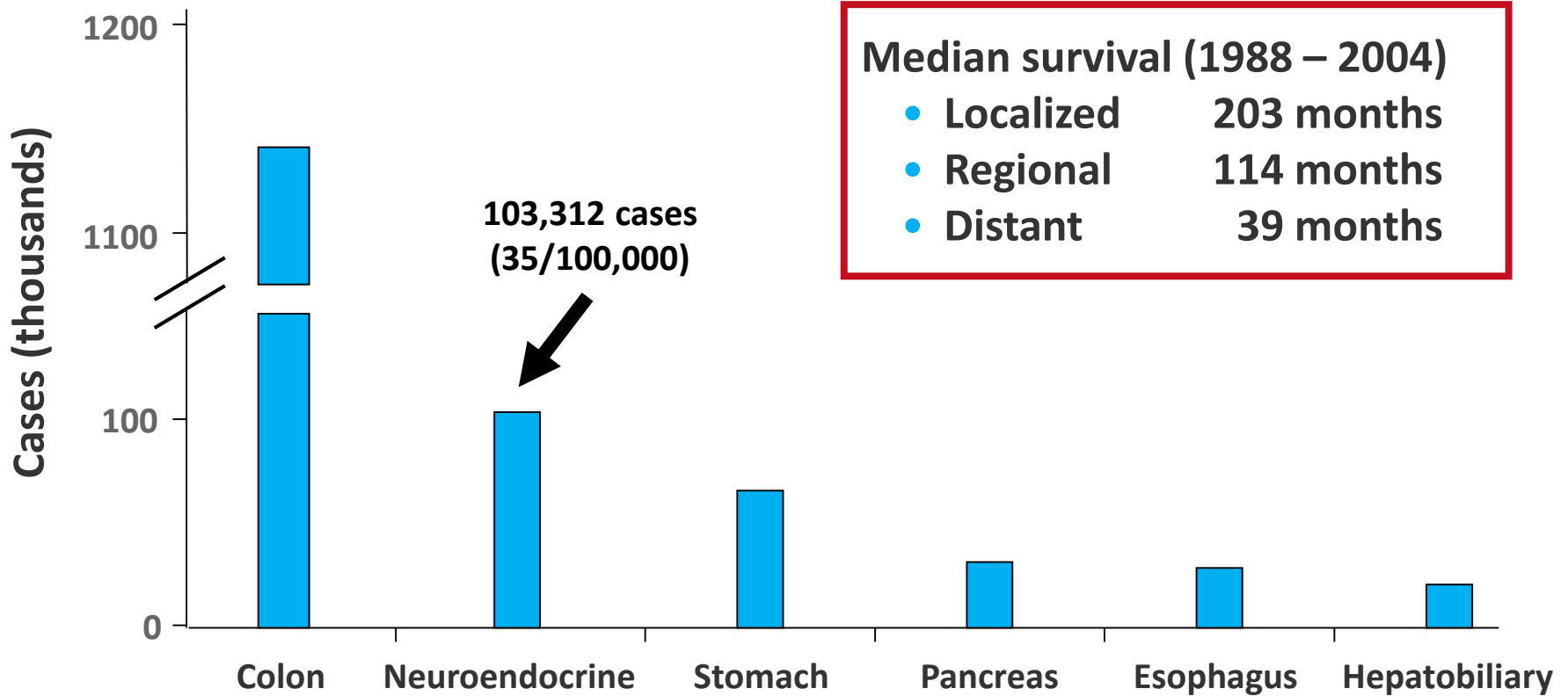


Incidence of NETs Increasing



NETs Are Second Most Prevalent Gastrointestinal Tumor

NET Prevalence in the US, 2004



29-year limited duration prevalence analysis based on SEER.
Yao JC et al. *J Clin Oncol*. 2008;26:3063-3072.
SEER = Surveillance, Epidemiology, and End Results



Lessons learned.....

- No one physician can effectively manage neuroendocrine tumors by themselves
 - **THE TEAM, THE TEAM, THE TEAM !!!!**
- Patient Navigation essential
- Pathology review is critical
- Center volume matters
- Patients who are “fit” have better outcomes



Balancing **Lifestyle** and **Genomics** **Research** for Disease Prevention

Big Four:

- Smoking

- Diet

- Exercise

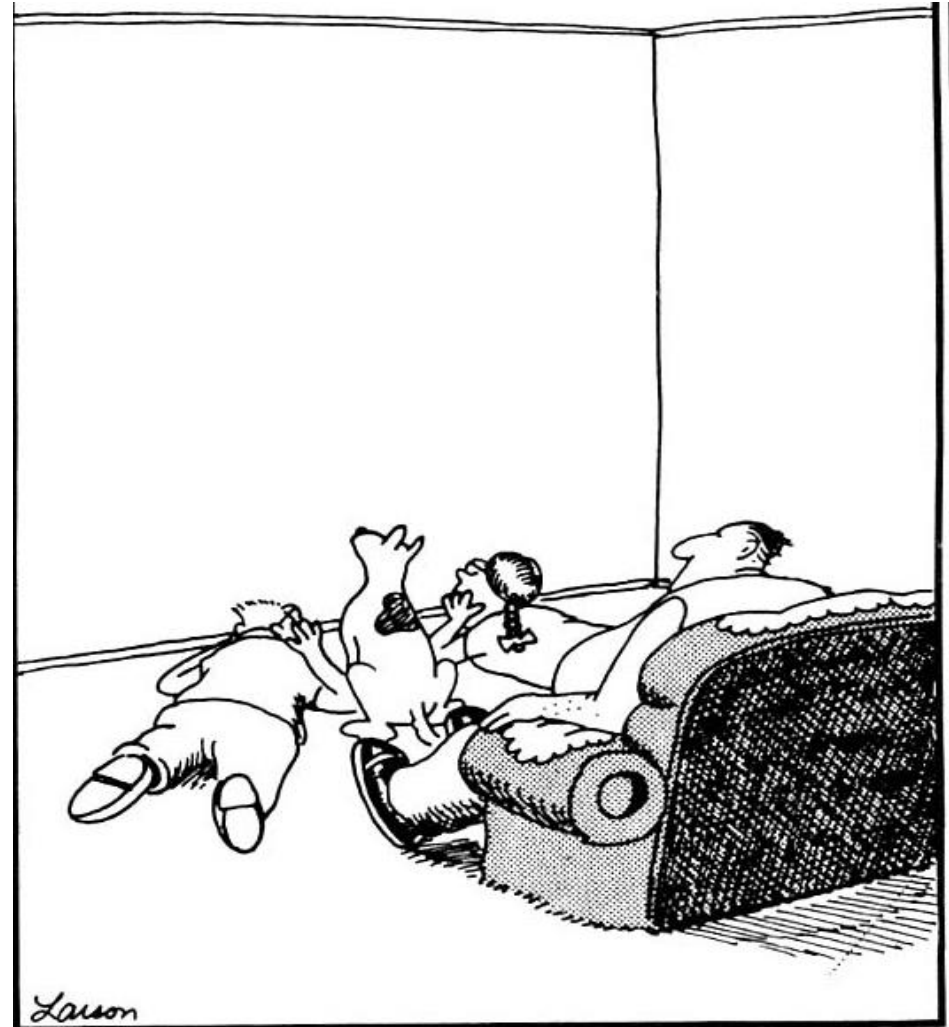
- Obesity

“...we have identified modifiable risk factors, including specific aspects of diet, weight, inactivity, and smoking, that account for over 70% of cancer risk, over 80% of coronary heart disease, and over 90% of adult-onset diabetes.”

[Willett, WC. *Science*, 2002:296, 695-697]

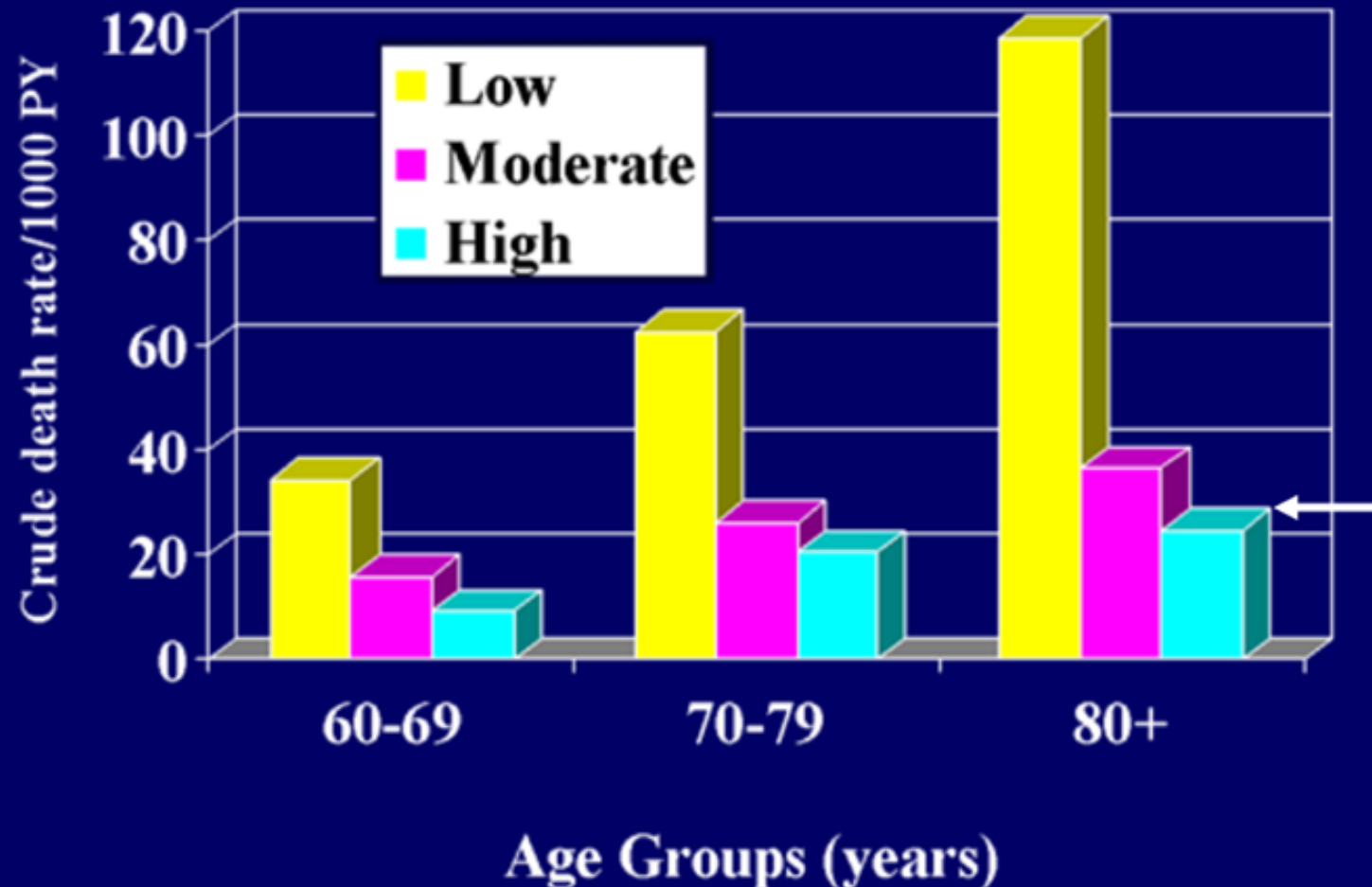
Who exercises?

- Only **25% of adults** meet the recommended requirements
- 58% adults are sedentary
- 43 million have used a treadmill
- 48 million have used free weights



In the days before television

Death Rates/1000 by Fitness Level; 2135 Men Aged Grouped Men



Do Oncology Providers recommend exercise?

- Less than 50% of oncology patients surveyed at Mayo Clinic have discussed exercise with their oncologists
- No patient reported receiving more than general encouragement to "stay active."
- Patients perception of exercise often cited usual daily activities as their source of "exercise."



Exercise as Cancer Treatment



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GENERAL PRINCIPLES OF PHYSICAL ACTIVITY

- All survivors should be encouraged to avoid inactivity or a sedentary lifestyle and return to daily activities as soon as possible
- Patients who are able should be encouraged to engage in physical activity^a daily.
- Physical activity and exercise recommendations should be tailored to individual survivor's abilities and preferences
- General recommendations for cancer survivors:^b
 - ▶ Overall volume of weekly activity should be at least 150 minutes of moderate-intensity^c activity or 75 minutes of vigorous-intensity^c activity or equivalent combination
 - ▶ Two to three sessions per week of strength training that include major muscle groups
 - ▶ Stretch major muscle groups on days exercises are performed



Save the Date

February 6th, 2016

Jeanne Lambert Midwinter Neuroendocrine Conference

“The Lambert Conference”



Oncology Service Line

University of Colorado Health