



# PLWC Bulletin

Oncologist-approved cancer information from the American Society of Clinical Oncology & The ASCO Foundation

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September 2007

 FORWARD TO A FRIEND >>

## Importance of Physical Activity

In addition to the *JCO Cancer Advances* about breast cancer outlined in this issue, PLWC offers several other resources about the importance of physical activity and exercise related to a range of cancer types.

These include the recently added patient adaptation of ASCO's *Cancer Prevention Curriculum*, which includes sections on physical activity and weight control, found at [www.plwc.org/prevention](http://www.plwc.org/prevention), as well as the PLWC Feature on Physical Activity and Cancer.

Regular physical activity can help rebuild strength and energy level. Talk with your doctor about an appropriate exercise plan based on your needs, physical abilities, and fitness level.

## New on PLWC

- **Cancer Advances : 2007 Breast Cancer Symposium.** Read important research news for patients from this multidisciplinary educational meeting, held last week in San Francisco.
- **PLWC Podcast: 2007 Breast Cancer Symposium.** In addition, listen to this audio file of meeting highlights, hosted by Symposium Program Committee Co-Chair Eric Winer, MD.
- **JCO Cancer Advances on Exercise/Yoga and Breast Cancer.** Learn more about two studies reporting that exercise and yoga can help maintain and in some cases improve quality of life in women with early-stage breast cancer, both published in the *Journal of Clinical Oncology*.
- **Latest Updates to PLWC Guides to Cancer.** Several of the website's *Cancer Types* have been recently updated, including the sections on childhood astrocytoma, childhood pleuropulmonary blastoma, penile cancer, thyroid cancer, and uterine cancer.

## This Week on PLWC

## Did You Know?

Through its *Slide Deck Series*, PLWC offers reliable information on 10 common cancers in turnkey PowerPoint presentations! These presentations are designed for oncologists, oncology nurses, social workers, and other health-care professionals who give patient or community group presentations.

Information in each slide deck is updated each time its corresponding PLWC Guide to Cancer undergoes a medical review. Recently revised slide decks include bladder cancer, breast cancer, and melanoma.

To access the available slide decks, which can be downloaded free of charge, visit PLWC's *ASCO Resources* section. Use the blue navigation bar below to visit this and other sections of the website.

## Two ASCO Expert Corner Articles on Breast Cancer

In conjunction with the 2007 Breast Cancer Symposium, PLWC offers two new ASCO Expert Corner articles:

- **ASCO Expert Corner: 2007 Breast Cancer Symposium** . First, ASCO President Nancy Davidson, MD, discusses this inaugural meeting with PLWC, answering such questions as what are the most important take-away messages for people with breast cancer.
- **ASCO Expert Corner: Race and Breast Cancer** . In this article, Lisa Newman, MD, MPH, FACS, explores the complex relationship between race, ethnicity, and breast cancer, outlining what is known and what has yet to be discovered.

## Patients' Toolbox

Each month, PLWC offers original **Feature Articles**, which address common challenges for people living with cancer and offer practical, how-to information. In addition to the two *ASCO Expert Corner* articles described above, the latest Features include:

- **The Importance of Taking Your Medication Correctly** offers practical tips to help patients taking cancer drugs at home stay on their medication schedule, including questions to ask a doctor for each prescribed medication and advice on avoiding potential drug interactions.
- **Frequently Asked Questions about Radiation Therapy** answers patients' commonly asked questions about the use of this treatment and its potential side effects.
- *Don't forget that you can also check out 140+ other **Feature Articles** on PLWC!*

[Learning About Cancer](#) ▶

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For more information about ASCO's patient information resources, visit [www.plwc.org](http://www.plwc.org) or call 888-651-3038.

## In the News

Here are some of this month's cancer-related news headlines:

- September 11, 2007: Study shows vitamin c's cancer-fighting properties (Reuters Health)
- September 6, 2007: Study confirms breast cancer worse in US blacks (Reuters Health)
- September 5, 2007: Teen cancer survivors show mood, behavior problems (Reuters Health)
- September 4, 2007: Asian men more likely to survive prostate cancer (Reuters Health)
- September 4, 2007: More vitamin D could mean fewer cancers: study (Reuters Health)
- *For more headlines, visit PLWC's News Articles section.*

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The American Society of Clinical Oncology (ASCO) is the world's leading professional organization representing physicians of all oncology subspecialties who care for people with cancer. ASCO's nearly 25,000 members from the United States and abroad set the standard for patient care worldwide and lead the fight for more effective cancer treatments, increased funding for clinical and translational research, and, ultimately, cures for the many different types of cancer that strike an estimated 10 million people worldwide each year. In addition to producing the award-winning patient information website *People Living With Cancer* ( [www.plwc.org](http://www.plwc.org)), ASCO publishes the *Journal of Clinical Oncology* (JCO), the preeminent, peer-reviewed medical journal on clinical cancer research, and the *Journal of Oncology Practice* (JOP), the authoritative resource for practicing oncologists making day-to-day decisions regarding clinical and administrative management.

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