We are excited to announce that our Beyond CRC Walk Team has been created for the Jimmy Fund Walk 2020. This year, the Walk Team is dedicated to raising awareness and support for colorectal cancer. The Walk will be held on December 10th to promote colorectal cancer screening. We hope you can join us for this important event.

Many of our young patients have participated in this important study, the Trial of Exercise and Nutrition for Young Patients (TEN-PY). The study aims to determine the impact of exercise and nutrition on the quality of life of young colorectal cancer patients. The study is being conducted in collaboration with Dana-Farber and the Zakim Center for Integrative Therapies and Healthy Living.

We started this study at the end of 2017 and are over halfway through our data collection. Participants in the study undergo a Baseline and Follow-Up visit at the start and end of their treatment. In the Intervention/Exercise Group, participants follow exercise resources recommended by Nancy: Personal Trainers, Wellness Warriors dragon boating, Cancer to 5K, and Livestrong at YMCA. In the Control Group, participants maintain their usual activity level. The study has been a wonderful opportunity to work with patients and see the impact of exercise and nutrition on their lives.

Research has proven that, in patients with breast and endometrial cancer, increased protein consumption is associated with fewer chemotherapy toxicities and improved survival. Many of our young patients have participated in this important study, so here's to coming up with scientifically proven recommendations that will improve treatment outcomes.

In conclusion, we encourage you to join us for the Jimmy Fund Walk and support the Beyond CRC Walk Team. Together, we can make a difference in the fight against colorectal cancer.

Thank you for your support and stay safe.

Kimmie Ng, MD, MPH

P.S. To continue receiving our emails, add us to your address book.

We are happy to help connect you to additional supportive resources available through Dana-Farber and beyond. We can provide support around things like parenting during cancer, fertility, coping with anxiety or depression, and more. Please visit our website for more information.

Happy New Year!

With gratitude,

Kimmie Ng, MD, MPH