

# ASCOT NEWSLETTER 2019

Advancing Survivorship after Cancer: Outcomes Trial



CANCER  
RESEARCH  
UK



# UCL



Since our last newsletter we have recruited an extra 197 participants, taking the total ASCOT (Advancing Survivorship after Cancer: Outcomes Trial) group up to 1,349. The boost to our numbers will help us to draw strong conclusions about the effect of our health behaviour programme.

There are currently 10 members of the ASCOT research team. Some of them are pictured here, after completing the UCL step challenge.

## Some preliminary findings from the Health and Lifestyle Questionnaire

We have analysed data from 5,385 people living with and beyond cancer who completed this survey.

Some of our first findings show that a small proportion of people receive advice about healthy lifestyle behaviours after their diagnosis, and few people are meeting recommendations about these behaviours. The majority of people would like more guidance about these behaviours, and importantly those who are not meeting these recommendations are more likely to want advice

We look forward to sharing more interesting findings soon!



## ASCOT's new patient representative



"My name is Susan Restorick-Banks and I was diagnosed with breast cancer in 2018. I am currently cancer free. ASCOT is a research project which is close to my heart. I want to live a long and successful life and for that I need to improve my health behaviours. As a patient representative on the steering group I can ensure patient views are represented. Also, I have my own personal experience of being a patient and what information about my lifestyle I was given when I was discharged from my hospital. I believe research is important as it will help patients in the future."

## We love hearing your feedback. Here are some of the things that people have to say about taking part in ASCOT...

*'I felt like I was doing some good perhaps for other people, and also doing myself some good at the same time. It's like a win-win, to me it's a no-brainer'*

*'I'm really proud that you guys asked me to help, and the fact that I could do it for you and that we are still going, it's wonderful.'*

*'I'm very pleased that I can be part of ASCOT... Not only is it helping me, I'm putting something back into the system.'*

# ASCOT welcomes two new team members



"Hi, My name is Aman Malhi and I am a new member of the ASCOT team. I work as a statistician at the University College London Clinical Trials Centre. My role with ASCOT involves helping with the statistical aspects and analysis of the information from the trial. This includes working with the team in preparing the data for analysis and helping convey the outcomes and conclusions of the trial. Being involved on the ASCOT trial is very exciting and motivating and together I hope we can achieve something great!"



"Hi my name is Claire Stevens. I joined the ASCOT team back in January 2019, working part-time while finishing my PhD at UCL. I am now working full time on the trial. My research interests include health behaviour change and cancer prevention, and my PhD research explored cancer screening as an opportunity to provide healthy lifestyle advice. I will be helping the trial manager (Dr Pippa Lally) with the day-to-day running of the trial, as well as helping to prepare the data for analysis."

## ASCOT on tour

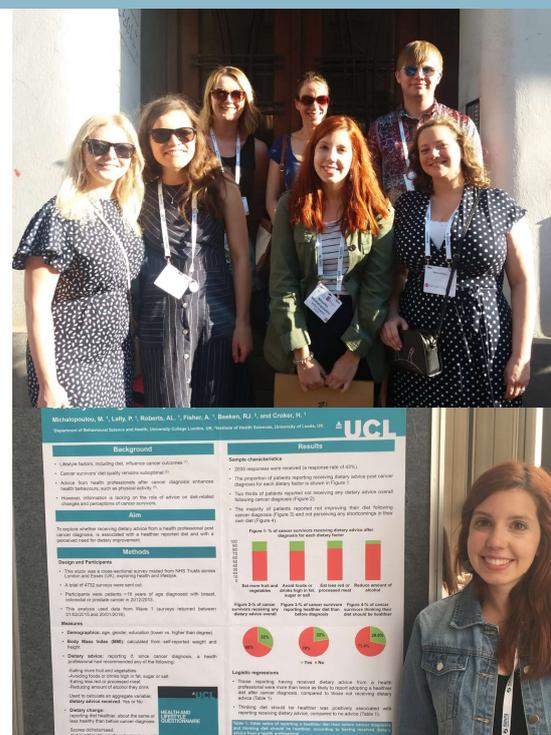
In June, members of the ASCOT team visited Prague to present their research at the International Society of Behavioural Nutrition and Physical Activity annual conference.

Dr Rebecca Beeken was invited to present our work on 'Seeking the views of healthcare professionals to inform the development of a lifestyle intervention for cancer survivors; 'Healthy Habits for Life''

Dr Anna Roberts presented some of her PhD research, where she interviewed cancer Clinical Nurse Specialists about their thoughts on providing advice about physical activity to people affected by breast, prostate or bowel cancer.

Members of the ASCOT team also attended the Nutrition Society Winter Conference in London in early December.

Sara Esser presented work on adapting a food frequency questionnaire to assess dietary intake in people living with and beyond cancer.



## More information

If you are interested in how we process your personal information please read our **Privacy Notice** on our website.

We have lots of really valuable information from the ASCOT survey that will advance the field of cancer research, so we'd like to say a huge thank you for your involvement. We will update our website with results as we analyse the data and publish the findings.

<https://www.ucl.ac.uk/ascot-trial>

## Where do the pedometers go?

Over the years we have heard so many hilarious stories about where our pedometers have disappeared to! Here are some of our favourites...

- Run over by the lawnmower
- In the washing machine
- Down the toilet
- Left on the bus
- Dropped while walking the dog on Hampstead Heath