



Diet and Behavior Shared Resource (DBSR)

DBSR is a part of:



UNIVERSITY OF ILLINOIS
Hospital & Health Sciences System
Cancer Center



Quarterly Newsletter

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For More Information Contact DBSR

www.chicagomedicine.uic.edu/cancercenter

click on:

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or (312) 413-5147

DBSR is located at:
Westside Research Office Building
1747 W. Roosevelt, Suite 412

DBSR Expert Faculty Spotlight: Carol Braunschweig, RD, PhD

Dr. Carol Braunschweig is a Professor in the UIC Departments of Kinesiology and Nutrition and Epidemiology and Biostatistics.

Dr. Braunschweig has extensive research experience that combines the foundations from basic nutritional science with clinical epidemiology. With a focus on populations at high risk for developing nutrition-related chronic diseases, her research seeks to answer questions regarding how obesity, body composition, insulin resistance and inflammation influence disease risk and health outcomes.

As the senior leader of the DBSR Dietary Team, Dr. Braunschweig is lending her expertise to several research projects led by prominent University of Illinois



Carol Braunschweig, RD, PhD,
DBSR, Expert Faculty
Nutrition and Dietary Assessment

Hospital & Health Sciences System Cancer Center investigators. She is currently serving as the dietary expert for Dr. Rick Kittles' NCI R01 examining the influence of diet, exercise, genetics and Vitamin D3 on risk for prostate cancer. She is also the dietary expert on Dr. Vincent

Freeman's NCI R01 seeking to clarify the mechanistic basis for the association between excessive adiposity and risk factors for prostate cancer-specific morbidity and mortality in men with clinically localized prostate cancer.

Dr. Braunschweig, with assistance from Dr. Lisa Tussing-Humphreys, can provide UI Health Cancer Center members: consultation on integrating dietary or nutrition assessment into their research; access to a team of trained research assistants to collect and process dietary intake data either on campus or in the community; or train the member's own research staff to collect and manage dietary data.

To consult with the DBSR Dietary Team contact Sarah Olender at: solend2@uic.edu OR 413-5147.

DBSR Upcoming Event — December 5, 2013, DBSR Stress Symposium



Barbara L. Andersen, PhD,
Department of Psychology,
Ohio State University Comprehensive Cancer Center

SAVE THE DATE!

On December 5, 2013 the DBSR will host its third semi-annual 101 Training Symposium focused on examining psychological stress in cancer research.

To lead off this exciting DBSR 101 Training, the UI Health Cancer Center Population Health and Behavioral Outcomes (PHBO) program is sponsoring a distinguished keynote lecture by renowned stress and cancer expert, Dr. Barbara Andersen from the Ohio State University Com-

prehensive Cancer Center.

Dr. Andersen studies biobehavioral aspects of cancer and their implications for disease progression. Her current work focuses on the development of interventions for persons at high risk for psychological or behavioral morbidities or premature cancer death. Her prominent Stress and Immunity Cancer projects seek to understand the interactions of psychological, behavioral, and biological factors in cancer recurrence.

Following Dr. Andersen's presentation, the DBSR's own Expert Faculty, Dr. Lisa Sharp, will present on self-report measures for assessing stress in cancer research. Also, invited speaker, Dr. Giamila Fantuzzi, will discuss examining the connection between psychological stress and physiologic outcomes.

Keep a look out for email announcements for this event. For more information please contact DBSR coordinator, Sarah Olender at solend2@uic.edu or 413-5147.

DBSR In Action: Lisa Sanchez-Johnsen, PhD

Dr. Lisa Sánchez-Johnsen is a Visiting Associate Professor and Director of the Multicultural and Latino Health Research Program in the Department of Psychiatry at UIC. She is also a member of the UI Health Cancer Center PHBO program.

Dr. Sánchez-Johnsen has a 17-year history of conducting culture-based health research with Latinos and other minority populations. She recently completed a NCI-funded K01 research study aimed at developing a culture-based diet, exercise, and body image interven-

“Their (DBSR) expertise in the assessment of diet and training in this area helped to greatly strengthen my NIH grant applications.

The DBSR is a clear asset to the UI Health Cancer Center.”

-Lisa Sánchez-Johnsen, PhD

tion for Latinas. Her current research is funded by two NCI R21 grants to examine culture and obesity in Mexican and Puerto Rican women and men.

Dr. Sánchez-Johnsen is a recent DBSR user for two separate NCI R01 grants. For her grants titled “Community Based Mexican and Puerto Rican Obesity Intervention” and “Obesity Initiative for Latino Men”, Dr. Sánchez-Johnsen consulted with DBSR Expert Faculty member, Dr. Marian Fitzgibbon regarding behavioral intervention design, and with Dr. Carol Braunschweig regarding selection of the appropriate dietary assessment method based on her primary outcomes and budget. If funded, both Drs. Fitzgibbon and Braunschweig will serve as Co-Investigators on the grants, and the DBSR Training and Data Collection Services will train Dr. Sánchez-Johnsen’s staff to col-

lect and manage 24 hour dietary recall data using the Nutrition Data System for Research (NDSR) software, as well as provide quality assurance for the dietary recalls collected and access to the NDSR program for use through-



DBSR User:
Lisa Sánchez-Johnsen, PhD, Department of Psychiatry

out her research.

By utilizing the DBSR, Dr. Sanchez-Johnsen has access to a centralized core of behavioral experts and is able to access resources, including costly dietary analysis software, at a tremendous cost savings that would have otherwise significantly impacted her overall grant budget.

The purpose of a Cancer Center Shared Resource is to provide Cancer Center members access to centralized services and expert scientific consultation that enhance interaction and productivity as well as provide a cost savings for services that would be too difficult or expensive for individual investigators to develop or maintain.

DBSR Services

- Behavioral Measurement and Methodology Consultation
- Behavioral Intervention Design and Implementation
- Data Collection and Management
 - Dietary
 - Physical Activity
- Training
 - Dietary Assessment
 - Physical Activity Assessment
 - Anthropometrics
 - Behavioral Survey Administration
 - DBSR 101 Training Symposia

DBSR Physical Activity and Fitness Symposium Synopsis

On May 2, 2013 the DBSR held its second, semi-annual 101 Training Symposium focused on physical activity and fitness assessment for cancer research. The UI Health Cancer Center PHBO program sponsored the keynote lecture “Physical Activity in Cancer Survivors : Implications for Recurrence and Survival” presented by world renowned cancer and physical activity researcher Dr. Kerry



From left to right:
Kerry Courneya, PhD ; Tracy Baynard, PhD; David Marquez, PhD

Courneya, Professor and Canada Research Chair in Physical Activity and Cancer at the University of Alberta.

Dr. Courneya spoke in detail about some of his own research, including his accrual for his Amber Cohort study examining physical activity and health-related fitness outcomes in breast cancer survivors. He also discussed outcomes from his multi-center Supervised Trial of Aerobic versus Resistance Training (START) conducted in breast cancer patients being treated with chemotherapy. The exercise groups in START completed significantly more of the recommended chemotherapy and had greater disease free survival at 8 follow-up compared to the control group. Dr. Courneya explained that physical activity (PA) during chemotherapy may promote PA after treatment, which could improve survivorship.

Dr. Courneya emphasized that research in this field is preliminary. Physical activity should not be promoted as a way to treat cancer or reduce cancer recurrence, but rather as a quality of life intervention during and after treatment for most cancers.

Dr. Courneya also emphasized the need for more epidemiological research examining PA in larger cancer survivor cohorts. Future clinical research in this field should include credible biomarkers and focus on clinical cancer endpoints.

For the training portion of the symposium DBSR Expert Faculty members David Marquez, PhD and Tracy Baynard, PhD from the UIC Department of Kinesiology and Nutrition presented on measures for assessing physical activity and aerobic fitness. Dr. Marquez recommended use of objective measurements for PA

to improve the accuracy of data and discussed the advantages and limitations of a variety of subjective and objective PA measures. Dr. Marquez urged researchers to consider cost as well as the specific needs of the study when choosing a measure, and advised researchers to choose a measure which has been validated for their specific study population.



“Great group of speakers! Very informative and well organized!”

-Symposium Attendee

Dr. Baynard focused on objective measures of aerobic fitness and discussed testing methods like VO_{2max} , VO_{2peak} , and stress tests. She emphasized the importance of well-trained personnel, calibration, and standardized timing of tests for accuracy.