



ColoCare
Consortium

Heidelberg University Hospital

DIETARY SUPPLEMENT USE AND QUALITY OF LIFE IN COLORECTAL CANCER PATIENTS -

THE COLOCARE STUDY

BILJANA GIGIĆ - MARCH 2017



SUPPORTED BY **LebensBlicke**
Stiftung Früherkennung Darmkrebs

THE COLOCARE STUDY

(CLINICALTRIALS.GOV IDENTIFIER: NCT02328677)

International cohort study (PIs: Ulrich & colleagues)

- Heidelberg (Germany), Salt Lake City, Tampa, Seattle, St. Louis, Los Angeles and Memphis (USA)

Inclusion criteria

- Women and men from the age of 18
- Newly diagnosed colorectal cancer of all stages (0/I-IV)

ColoCare Goals

- Evidence-based guidelines for physicians and patients (Related to diet & dietary supplements, physical activity, NSAIDs, hormones)
- Patient education (How to improve well-being and prognosis)
- Personalized therapies influenced by physician & patient (Individual lifestyle guidelines, prognostic biomarkers)





Medizinische Fakultät Heidelberg

DOCTORAL THESIS

Lifestyle factors and their impact on quality of life and disease progression in colorectal cancer patients

Supervisor: Prof. Dr. Cornelia M. Ulrich, Co-supervisor: Prof. Dr. med. Alexis Ulrich

- Prospective longitudinal assessment of quality of life for colorectal cancer patients post-surgery (in preparation)
- Association between dietary patterns and longitudinal quality of life in colorectal cancer patients (submitted to Nutrition and Cancer: An international journal)
- **Dietary supplement use and quality of life in colorectal cancer patients - the ColoCare study** (in preparation, will be finalized at the Huntsman Cancer Institute, Salt Lake City, Utah, USA)

Further investigation within the TRANSCAN project „FOCUS“:

- Folate status (folate-related one-carbon metabolism biomarkers and diet/supplements) in patients treated with 5-FU modifies treatment toxicity

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Background

- Decreased mortality rates → strong need to satisfy and support patients' quality of life (QoL).
- Dietary supplement (DS) intake seems to increase → patients' self-initiative to prevent therapy-induced side effects and to improve QoL.
- Recommendations regarding DS use in cancer patients and during treatment are still unclear → strong need of evidence of benefits or harms of DS.

Project aims

- Longitudinal DS use changes between time before diagnosis and 12 months after.
- QoL changes between time before surgery and six and twelve month post-surgery.
- Associations between DS use and QoL at each study time point.
- Associations between DS intake and selected QoL changes in CRC patients over time.



SUPPORT BY AND BENEFIT FOR THE *LebensBlicke*

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Support

- Travel Award (€2,000.00): Travel to the Huntsman Cancer Institute, Salt Lake City, Utah, USA for publication finalization on „Dietary supplement use and quality of life in colorectal cancer patients - the ColoCare study“

Benefit

- Support of tertiary prevention in colorectal cancer
- International publication of results on „Dietary supplement use and quality of life in colorectal cancer patients - the ColoCare study“
- Support to generate new hypotheses on associations between lifestyle factors and quality of life
- Preliminary data for further investigations within larger cohorts (e.g. FOCUS consortium)



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WE REALLY APPRECIATE THE SUPPORT BY *LebensBlicke*
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