Beyond the Clinical Setting:
The Role of Technology in Managing Cancer Side Effects Through Exercise, Nutrition, and Mindfulness

Cathy Skinner, MA
Research on Digital Health Platforms for Cancer Patients

• Systematic review and meta-analyses of 15 studies

• Digital behavior change interventions (DBCIs) have the potential to reach large numbers of cancer survivors.

• Showed significance for reduced fatigue and no significant change in cancer-specific measures of quality of life (QoL).

• Narrative synthesis revealed mixed evidence for effects on diet, generic QoL measures and self-efficacy and no evidence of an effect on mental health.

• Two studies suggested improved sleep quality.

• DBCIs may improve PA and BMI among cancer survivors, and there is mixed evidence for diet.

• Digital technologies offer a promising approach to encourage health behavior change among cancer survivors.
Examples of Digital Health Cancer Services

https://www.patientpower.info

https://canceraid.com

https://www.thrivors.com *

http://savorhealth.com

http://www.noona.com/

* disclosure of conflict of interest
Fulfilling the Promise of Personalized Medicine
Multiple Options
Exercise

Customized exercise protocol based on a patient’s pain and energy
Nutrition

We have worked with cancer-specific nutritionists to bring you the best recipes to help you on your journey. Click on a recipe to learn how to make it step-by-step and key information for you.

- **Chicken Posole**
  - Key Nutrients: Protein, antioxidants, fiber
  - Recipe

- **Rosemary Chicken with Wild Rice Pilaf**
  - Key Nutrients: Fiber, antioxidants, protein, B vitamins
  - Recipe

- **Lentil Stew**
  - Key Nutrients: Protein, fiber, vitamin A
  - Recipe

- **Herbed Tilapia**
  - Herbed Tilapia with Light White Wine Sauce Over Brown Rice and Buttery Steamed Carrots
  - Key Nutrients: healthy fats, fiber
  - Recipe

Curated recipes
Tracking

“How are you feeling?”

Express your emotion

Tell us about your symptoms:

- Fever
- Appetite
- Breathing
- Fatigue
- Constipation
- Nausea
- Pain
Addressing Side Effects Together

Coaching

Connecting ↔ Thrivors
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