



Soutien clinique / Clinical Support

1) Directives cliniques et recommandations publiées/ Published clinical guideline and recommendations

Lignes directrices cliniques et recommandations sur la santé des os dans le cancer du sein, la santé des os en oncologie, la survie au cancer du sein, l'ostéoporose et l'exercice en oncologie.

Clinical guidelines and recommendations on bone health in breast cancer, bone health in oncology, breast cancer survivorship, osteoporosis, and exercise in oncology.

Associations d'oncologie / Oncology Associations

- National Comprehensive Cancer Network

Gralow JR, Biermann JS, Farooki A, Fornier MN, Gagel RF, Kumar R, Litsas G, McKay R, Podoloff DA, Srinivas S, Van Poznak CH. NCCN Task Force Report: Bone Health In Cancer Care. J Natl Compr Canc Netw. 2013 Aug;11 Suppl 3:S1-50; quiz S51. Review. PubMed PMID: 23997241.

- American Society of Clinical Oncology

Hillner BE, Ingle JN, Chlebowski RT, Gralow J, Yee GC, Janjan NA, Cauley JA, Blumenstein BA, Albain KS, Lipton A, Brown S; American Society of Clinical Oncology. American Society of Clinical Oncology 2003 update on the role of bisphosphonates and bone health issues in women with breast cancer. J Clin Oncol. 2003 Nov 1;21(21):4042-57. Epub 2003 Sep 8. Erratum in: J Clin Oncol. 2004 Apr 1;22(7):1351. Dosage error in article text. PubMed PMID: 12963702.

- American Cancer Society/American Society of Clinical Oncology

Runowicz CD, Leach CR, Henry NL, Henry KS, Mackey HT, Cowens-Alvarado RL, Cannady RS, Pratt-Chapman ML, Edge SB, Jacobs LA, Hurria A, Marks LB, LaMonte SJ, Warner E, Lyman GH, Ganz PA. American Cancer Society/American Society of Clinical Oncology Breast Cancer Survivorship Care Guideline. CA Cancer J Clin. 2016 Jan-Feb;66(1):43-73. doi: 10.3322/caac.21319. Review. PubMed PMID: 26641959.

- UK Expert Group

Reid DM, Doughty J, Eastell R, Heys SD, Howell A, McCloskey EV, Powles T, Selby P, Coleman RE. Guidance for the management of breast cancer treatment-induced bone loss: a consensus position statement from a UK Expert Group. Cancer Treat Rev. 2008;34 Suppl 1:S3-18. doi: 10.1016/j.ctrv.2008.03.007. Epub 2008 Jun 2. PubMed PMID: 18515009.

- European Society for Medical Oncology

Coleman R, Body JJ, Aapro M, Hadji P, Herrstedt J; ESMO Guidelines Working Group. Bone health in cancer patients: ESMO Clinical Practice Guidelines. *Ann Oncol*. 2014 Sep;25 Suppl 3:iii124-37. doi: 10.1093/annonc/mdu103. Epub 2014 Apr 29. PubMed PMID: 24782453.

- Health Canada Steering Committee

Grunfeld E, Dhesy-Thind S, Levine M; Steering Committee on Clinical Practice Guidelines for the Care and Treatment of Breast Cancer. Clinical practice guidelines for the care and treatment of breast cancer: follow-up after treatment for breast cancer (summary of the 2005 update). *CMAJ*. 2005 May 10;172(10):1319-20. PubMed PMID: 15883407; PubMed Central PMCID: PMC557103.

- American Cancer Society

Rock CL, Doyle C, Demark-Wahnefried W, Meyerhardt J, Courneya KS, Schwartz AL, Bandera EV, Hamilton KK, Grant B, McCullough M, Byers T, Gansler T. Nutrition and physical activity guidelines for cancer survivors. *CA Cancer J Clin*. 2012 Jul-Aug;62(4):243-74. doi: 10.3322/caac.21142. Epub 2012 Apr 26. Review. Erratum in: *CA Cancer J Clin*. 2013 May;63(3):215. PubMed PMID: 22539238.

Osteoporosis Associations / Associations d'ostéoporose

- Osteoporosis Canada

Papaioannou A, Morin S, Cheung AM, Atkinson S, Brown JP, Feldman S, Hanley DA, Hodsdman A, Jamal SA, Kaiser SM, Kvern B, Siminoski K, Leslie WD; Scientific Advisory Council of Osteoporosis Canada. 2010 clinical practice guidelines for the diagnosis and management of osteoporosis in Canada: summary. *CMAJ*. 2010 Nov 23;182(17):1864-73. doi: 10.1503/cmaj.100771. Epub 2010 Oct 12. PubMed PMID: 20940232; PubMed Central PMCID: PMC2988535.

- National Osteoporosis Foundation

Cosman F, de Beur SJ, LeBoff MS, Lewiecki EM, Tanner B, Randall S, Lindsay R. Clinician's Guide to Prevention and Treatment of Osteoporosis. *Osteoporos Int*. 2014 Oct;25(10):2359-81. doi: 10.1007/s00198-014-2794-2. Epub 2014 Aug 15. PubMed PMID: 25182228; PubMed Central PMCID: PMC4176573.

- Belgian Bone Club

Body JJ, Bergmann P, Boonen S, Boutsen Y, Devogelaer JP, Goemaere S, Reginster JY, Rozenberg S, Kaufman JM. Management of cancer treatment-induced bone loss in early breast and prostate cancer -- a consensus paper of the Belgian Bone Club. *Osteoporos Int*. 2007 Nov;18(11):1439-50. Epub 2007 Aug 10. Review. PubMed PMID:17690930.

- ESCEO

Rizzoli R, Body JJ, DeCensi A, Reginster JY, Piscitelli P, Brandi ML; European Society for Clinical and Economical aspects of Osteoporosis and Osteoarthritis (ESCEO). Guidance for the prevention of bone loss and fractures in postmenopausal women treated with aromatase inhibitors for breast cancer: an ESCEO position paper. *Osteoporos Int*. 2012 Nov;23(11):2567-76. doi: 10.1007/s00198-011-1870-0. Epub 2012 Jan 20. Erratum in: *Osteoporos Int*. 2012 Nov;23(11):2577. De Censi, A [corrected to DeCensi, A]. PubMed PMID: 22270857.

- IOF: International Osteoporosis Foundation Committee of Scientific Advisors Working Group on Cancer-Induced Bone Disease

Rizzoli, R., Body, J. J., Brandi, M. L., Cannata-Andia, J., Chappard, D., El Maghraoui, A., . . . El Hajj Fuleihan, G. (2013). Cancer-associated bone disease. *Osteoporos Int*, 24(12), 2929-2953. doi: 10.1007/s00198-013-2530-3

Associations d'exercices / Exercise Associations

- American College of Sports Medicine

Schmitz KH, Courneya KS, Matthews C, Demark-Wahnefried W, Galvão DA, Pinto BM, Irwin ML, Wolin KY, Segal RJ, Lucia A, Schneider CM, von Gruenigen VE, Schwartz AL; American College of Sports Medicine. American College of Sports Medicine roundtable on exercise guidelines for cancer survivors. *Med Sci Sports Exerc*. 2010 Jul;42(7):1409-26. doi: 10.1249/MSS.0b013e3181e0c112. Erratum in: *Med Sci Sports Exerc*. 2011 Jan;43(1):195. PubMed PMID: 20559064.

2) Opportunités de formation continue / Select Continuing Education Opportunities

Il existe de nombreuses possibilités de formation continue sur le sujet de la santé des os en oncologie. La plupart des possibilités énumérées ci-dessous sont accessibles par internet.

There are many continuing education opportunities on the topic of bone health in oncology. Many of the opportunities listed below are accessible by internet.

Medscape – www.medscape.org (English only)

Continuing education modules are free and available for physicians and nurses. Continuing education credit is available for a limited time for each course. After the time limit, courses are available for review without credit issued.

Example courses

- Preserving Bone Health in Patients with Cancer
- NCCN Task Force Report: Bone Health in Cancer Care
- Removing Barriers to Bone Health in Patients With Cancer
- Maintaining Bone Health in Patients With Breast Cancer, Prostate Cancer, and Multiple Myeloma
- Can Exercise Benefit Cancer Patients Receiving Treatment?
- Physician Gaps in Explaining Risks vs Benefits to Patients
- ASCO Issues Guidelines for Chronic Pain in Cancer Survivors
- Talking to Patients About Health Risk Behaviors

National Comprehensive Cancer Network - <https://education.nccn.org/homepage> (English only)

Recorded presentations, webinars, and live courses provided by the NCCN. Courses are available for a limited time and cannot be accessed after expiration. Courses are free and available for physicians, nurses, pharmacists, and other health care professionals

Example presentations in the past:

- Breast Cancer – Supportive Care: Fertility preservation & use of bone modifying agents in patient with breast cancer (2016 recorded presentation)
- Women’s Health – Evolving practices in bone health for women’s cancer (2012 recorded presentation)

Bonefit – www.bonefit.ca (English only)

Launched by Osteoporosis Canada in 2010, Bonefit is an exercise workshop for health professionals. It covers safe and effective methods to prescribe and progress exercises for patients at risk for fracture or with osteoporosis. This is a paid workshop.

Medbridge – www.medbridgeeducation.com (English only)

Continuing education platform for physiotherapists and other clinicians. Paid membership required to access the courses. Relevant courses include:

- Working with Osteoporosis and Osteopenia
- Breast Cancer Survivorship
- Cancer Rehabilitation
- Cancer in the Older Adult: Exercise and Nutrition

Others

Osteoporosis - A Practical Clinical Approach (<https://machealth.ca/programs/>)

Health literacy - <http://nchealthliteracy.org/toolkit/toollist.pdf>

Mistral – OIIQ –L’ostéoporose : Prévenir les fractures: <https://mistral.oiiq.org/repertoire-formation/osteoporose-prevenir-les-fractures-l>

Rapports et recommandations du Québec / Quebec reports and recommendations

Institut national de santé publique (2015) Portrait des fractures ostéoporotiques chez les adultes québécois âgés de 50 ans et plus pour la période 1997-1998 à 2011-2012

<https://www.inspq.qc.ca/publications/1978>