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Press Release

European Cancer Patients launch Nutrition and Physical Activity Awareness Materials

On 1 June 2018, the European Cancer Patient Coalition (ECPC) is launching the '[Living Well During Cancer Treatment](#)' Patient nutrition Booklet. ECPC has always played an active role in advocating for the well-being of people with cancer, and it is promoting awareness on the importance of nutrition and physical activity for people with cancer.

For immediate release

The management of nutrition and physical activity is important for all, but even more so for people with cancer, as survival and quality of life are increasing.

The European Cancer Patient Coalition, in collaboration with Sapienza University of Rome and Healthcare International, conducted a European survey of 907 people with cancer about the importance of nutrition and physical activity. The results from the survey demonstrated a substantial gap in the information and practical management of cancer-related nutritional and physical activity issues. These data were developed into a scientific manuscript titled “Perception of nutritional and metabolic derangements in patients with cancer and cancer survivors: Results from a European Cancer Patient Coalition 2016 survey” which has been submitted to a peer-reviewed journal for publication.

Francesco De Lorenzo, President of the European Cancer Patient Coalition, stated that “Nutrition and physical activity are vitally important for people with cancer, as well as for the outcome of their treatment. However, our research indicates that the majority of cancer patients report that their doctors are not checking their weight or discussing nutrition and physical activity.”

Nutrition and physical activity are crucial components of cancer treatment and rehabilitation, as they help patients better cope with the illness. However, given the focus on the cancer and its cure, nutrition and physical activity are often neglected, leaving patients and their families with doubts, questions and the need for practical guidance on how to ensure adequate nutrition on a daily basis, especially during therapy.

Following the successful [event on 7 November 2017](#) at the European Parliament, championed by **MEP Daciana Octavia Sârbu**, the [March awareness campaign on the importance of nutrition and physical activity](#) for people with cancer, which had a social reach of more than 203,046 people, and the launch of the [‘Living Well During Cancer Treatment’ booklet](#), the European Cancer Patient Coalition is looking forward to address common questions patients might have about diet, nutrition and physical activity during cancer treatment, and provide essential patient information regarding nutrition and cancer

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Notes to editors:

About the European Cancer Patient Coalition

The European Cancer Patient Coalition is the largest European cancer patients' umbrella organization.

The European Cancer Patient Coalition is the voice of cancer patients in Europe. With over 400 members, ECPC is Europe's largest umbrella cancer patients' association, covering all 28 EU member states and many other European and non-European countries. The European Cancer Patient Coalition represents patients affected by all types of cancers, from the rarest to the most common.

About ECPC's Nutrition and Physical Activity Activities

The European Cancer Patient Coalition is committed to increasing awareness on the importance of nutrition and physical activity for people with cancer. The European Cancer Patient Coalition gratefully acknowledges the support of Baxter, Celgene, Eli Lilly & Co, and Helsinn. The scope and the content remain the sole responsibility of the European Cancer Patient Coalition.

NOTES TO EDITORS

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About the European Cancer Patient Coalition

The European Cancer Patient Coalition is an umbrella organisation of over 400 cancer patient organisations in 46 countries. The Coalition works for a Europe of equality, where all European cancer patients have timely and affordable access to the best treatment and care available, throughout their life. The European Cancer Patient Coalition believes that cancer patients are the most important partners in the fight against cancer and against all the cancer-related issues affecting our society. Policy makers, researchers, doctors and industry should recognise cancer patients as co-creators of their own health.