

Progetto **CANOA**

CARCINOMA MAMMARIO:

QUALI NOVITA' PER IL 2024?

"Saper leggere" uno studio clinico per migliorare la pratica clinica

SESSIONE PARALLELA

dedicata alle Associazioni Pazienti e alle Pazienti
(No ECM)

Coordinatori scientifici:
Stefania Gori
Giovanni L. Pappagallo

Verona, 23 Marzo 2024
Hotel Leon d'Oro

MetaDINAMICHE PERcorsi di benESSERE

Claudia Maggiore, MD - Cristina Rossi, PhD

Komen Italia Center for Integrative Oncology
Onconauti Etruria

META DINAMICHE

P E R c o r s i d i b e n E S S E R E



ABC GLOBAL CHARTER

1 **HELP PATIENTS WITH ABC LIVE LONGER BY DOUBLING ABC MEDIAN OVERALL SURVIVAL BY 2025**

2 **ENHANCE OUR UNDERSTANDING ABOUT ABC BY INCREASING THE COLLECTION OF HIGH QUALITY DATA**

3 **IMPROVE THE QUALITY OF LIFE (QOL) OF PATIENTS WITH ABC**

4 **ENSURE THAT ALL PATIENTS WITH ABC RECEIVE THE BEST POSSIBLE TREATMENT AND CARE BY INCREASING AVAILABILITY OF AND ACCESS TO CARE FROM A MULTIDISCIPLINARY TEAM**

5 **IMPROVE COMMUNICATION BETWEEN HEALTHCARE PROFESSIONALS (HCP) AND PATIENTS WITH ABC THROUGH THE PROVISION OF COMMUNICATION SKILLS TRAINING FOR HCPS**

6 **MEET THE INFORMATIONAL NEEDS OF PATIENTS WITH ABC BY USING EASY TO UNDERSTAND, ACCURATE AND UP-TO-DATE INFORMATION MATERIALS AND RESOURCES**

7 **ENSURE THAT PATIENTS WITH ABC ARE MADE AWARE OF AND ARE REFERRED TO NON-CLINICAL SUPPORT SERVICES**

8 **COUNTERACT THE STIGMA AND ISOLATION ASSOCIATED WITH LIVING WITH ABC BY INCREASING PUBLIC UNDERSTANDING OF THE CONDITION**

9 **ENSURE THAT PATIENTS WITH ABC HAVE ACCESS TO TREATMENT REGARDLESS OF THEIR ABILITY TO PAY**

10 **HELP PATIENTS WITH ABC CONTINUE TO WORK BY IMPLEMENTING LEGISLATION THAT PROTECTS THEIR RIGHT TO WORK AND ENSURES FLEXIBLE AND ACCOMMODATING WORKPLACE ENVIRONMENTS**

SPECIAL ARTICLE

5th ESO-ESMO international consensus guidelines for advanced breast cancer (ABC 5)★

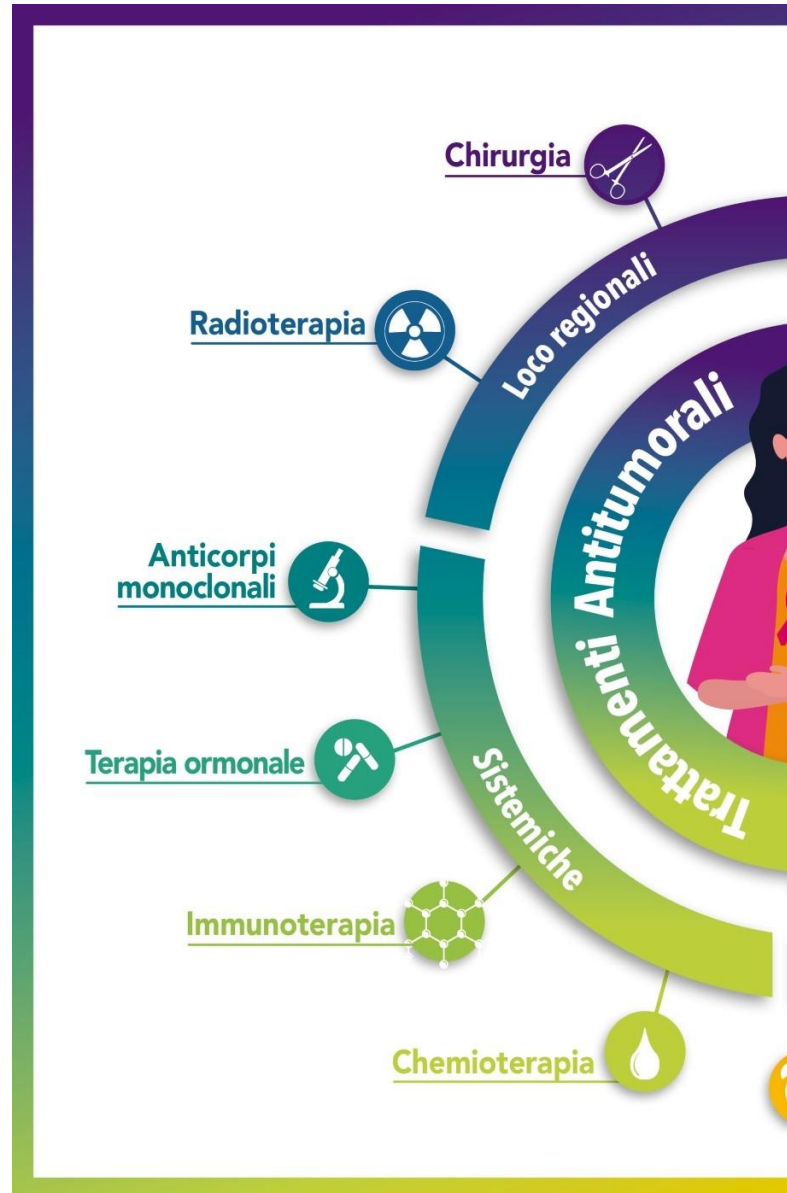
Annals of Oncology

Evidence suggests <u>beneficial effects</u> of the following methods, which can therefore be used:	I/B	100%
<ul style="list-style-type: none"> Physical exercise/sport (equivalent to 3-5 hours of moderate walking per week) improves QoL, cardiorespiratory fitness, physical performance and fatigue, and it may also improve DFS and OS. MBSR programmes, hypnosis and yoga may improve QoL and fatigue, and help reduce anxiety, distress and some side-effects of anticancer therapies. Acupuncture may help against ChT-induced nausea and vomiting, fatigue and hot flushes. 		

Section I. Continued		
Guideline statement	LoE/GoR	Consensus
frequent injections over a long period of time, risk of inadequate estrogen level suppression and cost.		
Maintenance therapy: in the context of ABC guidelines, maintenance therapy refers to the continuation of anti-HER2 therapy and/or ET after discontinuation of ChT.	Expert opinion/n/a	100%
Integrative medicine: complementary and integrative medicine (CIM) represents the use of complementary treatments side by side with conventional approaches in a proper therapeutic environment.	Expert opinion/n/a	100%



CENTRO KOMEN ITALIA
PER I TRATTAMENTI INTEGRATI
IN ONCOLOGIA





IL Progetto

Terapie Integrate

Convivere con la malattia avanzata

META



Il nome

META: nel senso di obiettivo, traguardo;
ma anche l'etimologia greca che indica
mutamento, trasposizione

META

DINAMICHE

AMICHE: le persone care per motivi diversi

DINAMICHE: quello che succede
in un gruppo; ma anche una parola
che evoca movimento

CHE: interrogativo,
nel senso di perchè

META DINAMICHE

PERCORSI di benESSERE



Cammino del Salento

8-13 Ottobre 2023

IL GRUPPO - Otto donne con tumore
al seno metastatico, otto operatori, due
filmmaker



IL Percorso *Cammino del Salento - la via del mare*



50 km

Cinque giorni

Le Tappe:

Otranto - S Cesarea Terme - Castro

Marina Serra- S Maria di Leuca

De Finibus Terrae, incrocio tra i due mari



IL GRUPPO

Le donne – Oltre il Nastro Rosa, Acto Piemonte

Gli operatori – Onconauti Etruria/FPG, Ferrara, Alcamo

I filmmaker – Il terzo occhio



Le therapie Integrate



IL DOCUfilm

E allora cosa potrebbe riprendere questa fotocamera?

Quali **immagini** dovrebbe salvare?

Quale **storia** dovrebbe raccontare?

