

Kim Dittus, MD, PhD
CURRICULUM VITAE

Position: Associate Professor
Department of Medicine

Address: Hematology/Oncology
College of Medicine
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EDUCATION:

1981- 1985	Colorado State University, Ft Collins, CO	B.S.	Animal Science
1985- 1986	University of Wyoming, Laramie WY	M.S.	Nutrition
1987- 1991	Washington State University, Pullman, WA	Ph.D. (Val Hillers, PhD)	Nutrition
1999- 2003	East Tennessee State University, Quillen College of Medicine, Johnson City, TN	MD	Medicine
2002- 2005	East Tennessee State University, Quillen College of Medicine, Johnson City, TN	Resident	Medicine
2005	East Tennessee State University, Quillen College of Medicine, Johnson City, TN	Chief Resident	Medicine
2005- 2008	University of Vermont, Burlington, VT	Fellow	Hematology/Oncology

LICENSES, CERTIFICATION:

2008-Present	Medical Licensure, Vermont
2005	American Board of Internal Medicine, Certified in Internal Medicine
2008	Dual Board Certification in Hematology and Oncology
2018	Board Certification Oncology

PRINCIPAL POSITIONS HELD:

Years	Institution	Department
2008-Present	University of Vermont, Burlington, VT	Associate Professor Medicine
2007-2008	University of Vermont, Burlington, VT	Instructor Medicine

1994-1999	Syracuse University, Syracuse, NY	Assistant Professor	Nutr & Food Science
1992-1994	Southern Illinois University, Carbondale, IL	Assistant Professor	Nutr & Food Science

HONORS AND AWARDS:

Year	Name of award
2021	The Robert Larnier MD College of Medicine at the University of Vermont, Department of Medicine, Distinguished Clinician Award, 6/11/2021 <ul style="list-style-type: none"> • Award given to an outstanding clinician and a “physician’s physician”
2019	Vermonters Taking Action Against Cancer (VTAAC) impact award
2017	University of Vermont Health Network Medical Group Junior Researcher of the Year <ul style="list-style-type: none"> • Award given to a early career researcher for research accomplishments
2013	Fletcher Allen Health Care Vision Award <ul style="list-style-type: none"> • Award to recognize and reward behaviors and accomplishments that support UVM Medical Center’s strategic vision and goals
2007	Amgen Hematology Oncology Fellowship Award <ul style="list-style-type: none"> • Awarded to oncology fellows to fund promising research
2004	Dr. Thomas G. Ronald Award for Excellence in the Care of the Cancer Patient <ul style="list-style-type: none"> • Awarded to a resident demonstrating compassionate care of cancer patients
2003	Alpha Omega Alpha, Honor Medical Society <ul style="list-style-type: none"> • Awarded to 5% of medical school class, based on academic achievement, research, and service contributions to the community and medical university
2003	American Medical Women’s Association; Janet M. Glasgow Memorial Achievement Citation <ul style="list-style-type: none"> • Recognizes female students who graduate in the top 10% of their class.
2002	Mayme Frazier Scholarship, East Tennessee State University, Quillen College of Medicine
1998	Outstanding Advisor, College of Human Development, Syracuse University <ul style="list-style-type: none"> • Awarded to a faculty member demonstrating excellence in advising and mentoring
1990	Summer Graduate Research Assistantship Award <ul style="list-style-type: none"> • Provides financial support for promising research in nutrition
1988	Irwin Dyer Award for Excellence in Nutrition Study Fellowship <ul style="list-style-type: none"> • Provides financial support for promising nutrition graduate students

KEYWORDS/AREAS OF INTEREST:

Cancer survivors, weight loss, exercise, physical activity, physical function, survivorship, impacts of cancer therapy, quality of life

PROFESSIONAL ACTIVITIES

As a tenure-track faculty with the Division of Hematology/Oncology, my responsibilities include clinical (75%), teaching/service (15%), and research (10%). I leveraged my background in Nutrition and my

research expertise in lifestyle interventions for cancer survivors to establish an oncology rehabilitation program that treats over 100 survivors/year and serves as a unique platform for research. I have successfully obtained extramural and intramural funding; current projects focus on weight loss interventions, cognitive change related to cancer therapy, and changes in muscle strength associated with cancer and cancer therapy. I have authored/co-authored 42 peer-reviewed papers, with 14 as senior author. I spearhead our program to provide survivor documents to cancer survivors. I have delivered invited talks at local and national professional and community events and serve on university and hospital committees. I am committed to the education and mentoring of undergraduates, medical students, residents and fellows, devoting ~100 contact-hours/year.

PROFESSIONAL ORGANIZATIONS

Memberships

Years	Society
2020-present	American College of Lifestyle Medicine
2005-present	American Society of Clinical Oncology
2008-present	Alliance for Clinical Trials in Oncology
2015-present	Society for Integrative Oncology
2012-2014	Multinational Association of Supportive Care in Cancer
2010-present	Northern New England Clinical Oncology Society
2010-2012	American Society for Preventive Oncology
2008-2010	International Society of Geriatric Oncology
2005-2010	American Society of Hematology

SERVICE TO PROFESSIONAL ORGANIZATIONS

2021 Medical Advisor, You First, Screening and support for heart disease, breast and cervical cancer.

2013-2014 Vermonters' Taking Action Against Cancer (VTAAC)
Co-Chair of Quality of Life Work Group

- 8 hours per year. Work group tasked with helping to establish distress screening and development of cancer survivor documents at Commission on Cancer accredited cancer centers in Vermont and coordination of cancer services throughout the state. VTAAC is also the author of the Vermont State Cancer Plan (http://www.healthvermont.gov/pubs/cancerpubs/state_cancer_plan.aspx).

SERVICE TO PROFESSIONAL PUBLICATIONS:

2018: Peer Review for AHA scientific statement entitled "Cardio-Oncology REhabilitation (CORE) to Manage Cardiovascular Outcomes in Cancer Patients and Survivors."

2019, Feb Invited commentary on AHA scientific statement entitled "Cardio-Oncology REhabilitation (CORE) to Manage Cardiovascular Outcomes in Cancer Patients and Survivors." Pub Date April 8, 2019 https://professional.heart.org/professional/ScienceNews/UCM_503836_Exercise-focused-Rehabilitation-for-Cancer-Survivors-Creating-a-CORE-Component.jsp

CME COURSES ATTENDED

2022	School of Breast Oncology
2021	Miami Breast Oncology
2019	School of Breast Oncology
2014	School of Breast Oncology
2012	School of Breast Oncology
2010	School of Breast Oncology

UNIVERSITY AND PUBLIC SERVICE

COLLEGE/MEDICAL CENTER

Departmental service

2021	TDT leader, Supportive Care	
2018-2022	Medical Director, Inpatient Heme/Onc Service	
2018	Chair, Oncology Search Committee; Committee member Hematology Search Committee	
2017-Present	Protocol Review and Monitoring Committee, UVM Cancer Center	Ad Hoc Member
	<ul style="list-style-type: none"> Review of protocols related to my area of expertise 	
2011-Present	Clinical Director, Oncology Rehab	
	<ul style="list-style-type: none"> (8-12 hours/month) Lead monthly meetings of onc rehab staff. Management of staffing and finances. Created protocols and procedures. Development of systems of referral for exercise based programs and expanding to include more one on one PT for debilitated cancer survivors. Developing health coaching options for rural cancer survivors. Fundraising to support programming. 	
2010-Present	Cancer Control Committee, University of Vermont Medical Center	Member
	<ul style="list-style-type: none"> 4x/year meetings, additional meetings during site visits; participation on subcommittees as needed based on topic 	
2010-2016	Protocol (Scientific) Review & Monitoring Committee, UVM Cancer Center	Member
	<ul style="list-style-type: none"> Review of scientific merit of non-cooperative group trials under consideration for activation at UVM. Assess each protocol's feasibility for enrollment and resource allocation. Review protocols open at UVM to assess whether accrual goals are met. 	
2009-2013	Highlights of ASCO Review, University of Vermont Cancer Center	Co-Chair
	<ul style="list-style-type: none"> Developed agendas, identify and coordinate speakers 	
2008-Present	Vermont Cancer Center, Breast Protocol Committee	Member
	<ul style="list-style-type: none"> Monthly meetings to discuss cooperative group, industry and independent investigator studies 	
2008-Present	Development of Cancer Survivor Programs, University of Vermont	Co-Chair

Medical Center

- (2-4 hours/month) Development of cancer survivor documents and systems to provide cancer survivor documents for different tumor types. Collaborative work with physicians and PRISM. Development of a virtual referral system for cancer survivors to obtain medical specialty consultations as needed. Currently working with PRISM to develop the referral system for UVM Cancer Center’s Oncology Supportive Services.

University

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| 2022 | Leadership Team, UVM Osher Center for Integrative Medicine | |
| 2014-2021 | Steering Committee, UVM Integrative Health | Member |
| 2015-2021 | Clinical Committee, UVM Integrative Health | Chair |
| 2014-2015 | Research Committee, UVM Integrative Health | Chair |
- (6-10 hours/month) I participate in formal and informal meetings to develop systems for initiating integrative medicine modalities at the UVM Medical Center, including grant writing, work with PRISM and administration.

2008-Present Fundraising efforts

Government and other professional service:

2020-Present Physical Activity and Nutrition in Cancer Survivor Project sponsored by American Cancer Society and in conjunction with Vermont Health Department

2014 to 2016 Lake Champlain Health Lifestyle Collaborative.

- (<1 hour/month) The collaborative’s goal is to coordination of services already available within the state to provide greater reach of lifestyle interventions (exercise and nutrition) that show promise for cancer prevention.

Public Service:

2011-present Dragonheart Vermont, paddling community which raises money to develop programs for cancer survivors.

2011-present Local News Segments, Across the Fence and Interviews for written media. In the last five years I have completed 8 TV or written media interviews.

2014-present Board member for Kids on Top, Ski Program for pediatric cancer patients and their siblings.

SUMMARY OF SERVICE ACTIVITIES:

My service activities are in accord with my long-term career plans; most notably, I developed and currently direct an exercise-based oncology rehabilitation program (onc-rehab) for cancer survivors since 2008— the first of its kind nationwide. I am responsible for overall direction including supervising staff, management of funds.

I serve as the physician liaison for the UVMMC cancer survivorship program. I was involved in some of the original research on how to disseminate documents that summarize the cancer care and recommended follow up for cancer survivors.

I am on the leadership team for the UVM Osher Center. In this capacity I work with administrators, integrative practitioners and clinicians to develop clinical programs providing integrative therapies. Locally I am a member of Vermonters Taking Action Against Cancer. I have done numerous televised public service segments regarding lifestyle and cancer survivors and I'm asked to speak at patient-oriented events several times a year.

TEACHING

FORMAL SCHEDULED CLASSES:

YEAR	COURSE TITLE	COURSE R	HOURS	NUMBER OF LEARNERS	LEARNER LEVEL
2021	Intern Academic Half Day		2	10-15	Resident
2009-2010	Attacks And Defenses	X	2	7-10	Med Student
2011	Psychology 380 Contemporary Topics: Clinical Studies On Physical Activity/Obesity And Cancer	X	1	15	Graduate
2011-Present	Exms 263 Fitness for Special Populations: Exercise Recommendations For Cancer Survivors	X	1.5	25	Undergraduate
2011-Present Undergraduate	Pt 348 Patient Mgt Medical/Surgical: Oncology Basics	X	1.5	25	Graduate
11/12; 12/16; 11/28/17	UVM COM Generations Course (Now HDRH Course	X	1	20	Med Student
2013	Cancer Biology Course: Cancer Survivorship	X	1	10	Graduate
11/09; 11/14	Chem 95 Mock Tumor Board	X	1	20	Undergraduate

R-REQUIRED; E-ELECTIVE; HOURS-APPROX. PER SEMESTER (INSTRUCTION AS PER THE COM TEACHING ACADEMY PORTFOLIO)

PREDOCTORAL STUDENTS SUPERVISED OR MENTORED:

Dates	Name	Program or School	Role	Current Position
2010-2011	Kellee Jackson	St Michaels undergrad	Research Mentor	
2012	Zachary Paul	UVM, pre med student	Research Mentor	Exercise Physiologist, MSKC
2014	Marie Rose Lemay*	UVM, med student	Research Mentor	UVM, med student
2014	Marissa A. Mendez	UVM, med student	Research Mentor	Surgery Residency
2016	Nicole Leonard*	UVM, med student	Research Mentor	UVM, med student
2016	Adam Schlauch	UVM, med student	Research Mentor	UVM, med student
2017	Anna Lidofsky*	UVM, med student	Research Mentor	UVM, med student
2017	Maeve Donnelly#	UVM, med student	Clinical Mentor	UVM, med student
2017	Kirsten Martin #	UVM, med student	Clinical Mentor	UVM, med student

*Received UVM COM Summer Research Fellowship to conduct a focused summer research project.
 #Received Schewitzer fellowships
 Seven have presented posters at the Women's Health and Cancer Conference.

SERVICE ON THESIS AND DISSERTATION COMMITTEES (University of Vermont)

Kristen Langdon 5/2013 PhD Chair of dissertation Dr. Zovelensky, Adviser – Department of Psychology
 Erica Curier 8/2015 MS, Chair of thesis committee Dr Cohen, Advisor – School of Nursing
 Tiffany Rounds, present – Chair of dissertation, Department of Nutrition and Food Science

POSTDOCTORAL FELLOWS AND RESIDENTS DIRECTLY SUPERVISED OR MENTORED

Dates	Name	Fellow	Faculty Role	Current Position
2018	Rebecca Oullette-Morton			Instructor, Rehab and Movement Science, UVM
2018-2019	Kitty Victoria	Hematology/Oncology Fellow	Research Supervision	Hematology/Oncology Fellow, UVM
2018-2019	Saryana Kodali, MD	Hematology/Oncology Fellow	Research Supervision	
2014-2015	Joanne Monterroso, MD	Hematology/Oncology Fellow	Research Supervision	Attending, Wilmar MN
2015-2016	Hibba Rehman, MD	Hematology/Oncology Fellow	Research Supervision	Attending, UVM
2015-2018	Bhargavi Pullari, MD	Hematology/Oncology Fellow	Research Supervision	Hematology/Oncology Fellow, UVM
2015-2018	Sarah Moses, MD	Gynecology resident	Research Supervision	Gynecology resident, UVM

INFORMAL TEACHING

3/24/22 Treatment of HER2+ Metastatic Breast Cancer

3/10/21 Intern Academic Half Day – Breast Cancer

2/27/20 Case Studies ER+ Breast Cancer. Heme/OncFellows

9/28/17 Breast Cancer Resident Teaching Session

2013, 2015 Lecture to Medical Students During Breast Cancer Month
 “Breast Cancer Panel Discussion”

05/22/12 Integrated Medicine Cases for Integrated Medicine Week, UVM College of Medicine, with Lorilee Schoenbeck

2010 -2012 Hematology/Oncology Fellow Lectures – “Documentation in the Medical Record” and “Breast Cancer Treatment” - 1 to 2 lectures yearly to 6 attendees

2010 – 2012 Medicine House Staff Education, University of Vermont - “Breast Cancer Diagnosis and Treatment” and “Oncology Emergencies” presentations given approximately 5x/year to 4-5 attendees

2009 - Present Undergraduate, medical student and resident shadowing in clinic

2006-2014 "Introduction of Oncology" lecture provided to 4-5 UVM Medical Center Cytology Students

INVITED COMMUNITY TEACHING

"Moving from Treating Cancer to Treating the Whole Person" Women's Health and Cancer Conference, UVM Cancer Center, Burlington VT 9/30/2022

"Let food be thy medicine" Women's Health Conference Webinar 7/24/20 and Stowe Weekend of Hope 5/1/2021

"Value of Exercise for Cancer Survivors" Men's Health Conference 2/21/20

"Training for Survivorship: The Importance of Exercise in Overcoming Cancer" Wake Robin 12/11/18

"Training for Survivorship: The Importance of Exercise in Overcoming Cancer" Women's Health and Cancer Conference, Burlington VT, October 5, 2018

"Benefits of Exercise for Improving Fitness and Function" Stowe Weekend of Hope Stowe VT May 5, 2018

"Value of Health Lifestyles for Cancer Survivors" Men's Health Conference, Burlington VT, Nov 2, 2017

"Training for Survivorship: The Importance of Exercise in Overcoming Cancer" Women's Health and Cancer Conference, Burlington VT, October 6, 2017

"Risk, Screening and Prevention: making sense of the options" Women's Health and Cancer Conference, Burlington VT, October 6, 2017

"Benefits of Exercise for Improving Fitness and Function" Stowe Weekend of Hope Stowe VT May 6, 2017

2012-Present Monthly Nutrition Lecture for participants in Oncology Rehabilitation

"Benefits of Exercise for Breast Cancer Survivors." Your Move! Conf for Breast Cancer Survivors, Lebanon New Hampshire, May 14th 2016

"Benefits of Exercise and Rehabilitation for Improving Fitness and Function." Expanding Cancer Care, Montpelier VT, April 2, 2016

"Breast Cancer Treatment." UVM Cancer Center Community Clerkship. Burlington VT, Nov 10, 2015

"Turning a loss into a gain: Impact of Excess Weight and the Potential Benefits of Weight Loss." Women's Health and Cancer Conference, Burlington VT, October 2, 2015

"Recipe for Prevention: Addressing Known and Modifiable Risk Factors." BRCA Conference, Burlington VT, Sept 18, 2015

Turning a loss into a gain: Impact of Excess Weight and the Potential Benefits of Weight Loss. Breast Cancer Conference, Burlington VT, October 10, 2014

The Continuum of Oncology Rehabilitation for Cancer Survivors. Breast Cancer Conference, Burlington VT, October 10, 2014

Exercise Challenge: Regular Exercise IS NOT Optional. Part of Cancer Survivor Bootcamp presented in Conjunction with Stowe Weekend of Hope. May 2, 2014

Turning a loss into a gain: Impact of Excess Weight and the Potential Benefits of Weight Loss. Breast Cancer Support Group, Plattsburgh NY Jan 7, 2014

Recipe for Prevention: Addressing Known and Modifiable Risk Factors. BRCAA Family Tree Conference, Burlington Vermont, October 18, 2013

Turning a Loss into a Gain: Impact of Excess Weight and the Potential Benefits of Weight Loss. Breast Cancer Conference, Burlington VT, Oct 4, 2013

Diet and Exercise: From Prevention to Survival. Mammography Registry Conference, Burlington VT, Sept 25, 2013.

Cancer and Exercise: Improving Physical Function and Cardiopulmonary Health During and After Treatment. (with Susan Lakoski) Community Medical School. May 14, 2013

Oncology Rehabilitation: A Model to Improve Cancer Survivor care and Develop Translational Research. College of Medicine Research Overview for Community Rounds Presentation, Nov 29 2012

Oncology Rehabilitation at FAHC. Breast Conference Oct 5, 2012

Breast Cancer Diagnosis and Management: Panel Discussion. Stowe Weekend of Hope Stove VT, May 1, 2012

Exercise... During and Beyond Diagnosis and Therapy. Keynote 14th Annual Breast Cancer and Women's Health Conference, Sheraton Conference Center, Burlington, Oct 7, 2011

Exercise for Cancer Survivors: Forays into Oncology Rehabilitation, Stowe Weekend of Hope Stove VT, April 30, 2011

Exercise... During and Beyond Diagnosis and Therapy. 13th Annual Breast Cancer and Women's Health Conference, Sheraton Conference Center, Burlington, Oct 15 ,2010

Exercise: The Other Adjuvant Therapy. Stowe Hematology/Oncology Fellows Conference, Stowe VT, Jan 31,2010

Exercise... During and Beyond. 12th Annual Breast Cancer and Women's Health Conference, Sheraton Conference Center, Burlington, Oct 24, 2009

Turning a loss into a gain: Importance of weight control after therapy for breast cancer. Northern Vermont Oncology Nursing Society, Oct 23, 2009

Exercise for Cancer Survivors: Exploring Benefits and Eliminating Barriers, Stowe Weekend of Hope Stowe VT, May 1, 2009

Benefits of Exercise for Individuals with Prostate Cancer; Prostate Support Group, St Albans VT, Feb 3, 2009

Cancer Fatigue and Exercise: Take a Walk or Take a Nap. 11th annual Breast Cancer and Women's Health Conference, Sheraton Conference Center, Burlington, Oct 31, 2008

Diet, Exercise and Weight: From Prevention to Survival. 10th annual Breast Cancer and Women's Health Conference, Sheraton Conference Center, Burlington, Nov 3, 2007

Benefits of Physical Activity for Cancer Survivors; 7th Annual Weekend of Hope, Stowe, VT, May 5, 2007

Breast Cancer Prevention Track: Risk Assessment; 9th annual Breast Cancer and Women's Health Conference, Sheraton Conference Center, Burlington, October 13, 2006

TEACHING AIDS:

- I developed the Hematology/Oncology service rotation guideline that is still used by the residents and medical students when doing their Hematology/Oncology ward rotations.

TEACHING AWARDS AND NOMINATIONS:

- 1998 Outstanding Advisor, College of Human Development, Syracuse University
- Awarded to a faculty member demonstrating excellence in advising and mentoring

SUMMARY OF TEACHING ACTIVITIES

Since joining UVM, I have mentored and advised 3 Hematology/Oncology fellows, one resident, 4 medical students and two undergraduate students. The medical students learn research skills and present posters at local conferences. Fellows improve research skills, develop abstracts and write research articles. I participate in teaching at all levels within the COM, including didactic lectures for Hematology/Oncology fellows twice a year and twice weekly didactic presentations for residents and medical students when on service. I also provide breast-cancer related presentations to housestaff. Additionally, I present a lecture in two different undergraduate courses yearly, within the Department of Rehabilitation and Movement Science. While I was an assistant professor at Syracuse University I received the undergraduate advising award for my college. Besides formal didactic lectures I am mentoring two fellows related to career choices and also work with residents while attending on the wards. Residents, medical students and pre-medical students attend my clinics to gain experience. Average Evaluation scores (1 out 5 scale):

- Fellow teaching evaluations: 4.79
- Resident evaluations: 4.01
- Medical student evaluations: 4.9 didactic teaching

I am frequently asked to present at cancer-related professional and community events, doing ~ 5 presentations yearly. I have been asked to present at the Northern New England Clinical Oncology Society twice. I have done grand rounds for four departments/divisions/center within UVM and grand rounds at 6 institutions outside of UVM.

Pilot/Bridging Award - VCC 1206 Dittus (Co-PI) Effort: NA
 #VCC/LCCRO 7/2012 – Present Budget: \$43,520
 “Predictors of Dyspnea/Fatigue Syndrome in Breast Cancer Survivors Before and After an Exercise Intervention”

The goal of this study is to identify biologic, physiologic and psychological factors that predict the fatigue and shortness of breath many breast cancer survivors experience after chemotherapy and to identify if an exercise intervention modulates these factors.

Role: Co PI with: Benjamin Suratt, David Kaminsky, Deborah Rubin

Completed Research Support:

*NIH/NCI 5U54CA163303-02 Dittus (Co-PI) 9/23/11-05/31/16
 Vermont PROSPR Research Center (VPRC)

Using data from the Vermont Breast Cancer Surveillance System, VPRC focuses on finding ways to know which DCIS cases are unlikely to progress to invasive cancer so that these women do not have to suffer needlessly from the side effects of aggressive treatment.

Role: Co-PI

#UMass/Dartmouth/Vermont Cancer Centers Collaborative Dittus (Co-PI) 9/2011-9/2012
 Research Program Grant

“An Internet-based Weight Loss and Exercise Intervention for Breast Cancer Survivors”

The goal of the internet based weight loss and exercise study is to evaluate the feasibility of multisite weight loss projects and to test the efficacy of the intervention.

Role: Co-PI with Mary Chamberlin, Judith Ockene, Kristin Schenider and Elizabeth Keating

#University of Vermont Combined Hematology/Oncology Dittus (PI) 5/2011-5/2012
 and COM Award

“Translational Studies of Muscle Atrophy/Dysfunction in Individuals with Cancer Cachexia”

The goal of this study is to identify skeletal, cardiac and respiratory muscle change in individuals with and without cancer cachexia before and after oncologic therapy.

Role: Co-PI with Marion Couch, Michael Toth, Steve Grunberg

*SIP 10-029 Centers for Disease Control and Prevention. Dittus (Co-PI) 9/30/10-12/29/11
 “Reducing disparities in health for vulnerable populations in New Hampshire and Vermont”

The goal of this project is to evaluate cancer survivor documents from the perspective of patient and primary care provider and to assess the systems requirements for providing cancer survivor documents in an oncology clinic.

Role: Co-PI with Berta Geller, Dorothy Dulko

#VCC/LCCRO Pilot/Bridging Award Dittus (Co-PI) 6/09-12/11 “Impact of
 resistance training added to a weight loss intervention for overweight breast cancer survivors”

The goal of this study is to determine the effectiveness of a weight loss intervention with and without the addition of resistance training for weight loss in breast cancer survivors.

Role: Co-PI with Jean Harvey and Janice Bunn

*1RC2 CA 148577-01 Dittus(Co-PI) 10/09-10/11
 “Comparative effectiveness of breast imaging strategies in community practice”

Foundation Funding:

Cancer Survivor Navigator and Health Coaching - Buffum Foundation 2017, 2018, 2019

Run, Sweat, Give UVM College of Medicine Marathon Team 2011-2016. “Expansion of Steps to Wellness: Oncology rehabilitation for Cancer Survivors” – PI - nearly \$200,000 since 2012

Victoria Buffum Endowed Fund, 2012

Victoria Buffum Endowed Fund, 2011. “Steps to Wellness: Bringing Oncology Rehabilitation to Cancer Survivors” - PI

Victoria Buffum Endowed Fund, 2007. “A pilot exercise intervention for patients receiving treatment for hematologic malignancy” - PI

SCHOLARSHIP:**PEER REVIEWED PUBLICATIONS**

1. Snoke DB, Bellefleur E, Rehman HT, Carson JA, Poynter ME, Dittus KL, Toth MJ. Skeletal muscle adaptations in patients with lung cancer: Longitudinal observations from the whole body to cellular level. *J Cachexia Sarcopenia Muscle*. 2023 Sep 19. doi: 10.1002/jcsm.13332. Epub ahead of print. PMID: 37727010.
2. Brendan L. McNeish, Kim Dittus, Jurdan Mossburg, Nicholas Krant, John A. Steinharter, Kendall Feb, Hunter Cote, Michael K. Hehir, Rebecca Reynolds, Mark S. Redfern, Caterina Rosano, James K. Richardson, Noah Kolb. Executive function is associated with balance and falls in older cancer survivors treated with chemotherapy: A cross-sectional study. *Journal of Geriatric Oncology*, Volume 14, Issue 8, 2023, <https://doi.org/10.1016/j.jgo.2023.101637>.
3. Gell N, Bae, M, Patel K, Schmitz K, Dittus K, Toth M.. "Physical function in older adults with and without a cancer history: Findings from the National Health and Aging Trends Study" (JAGS-0255-CI-Feb-23.R1) Accepted June 1, 2023
4. de Ruitter MB, Rachael L, Deardorff RL, Blommaert J, Chen BT, Dumas JA, Schagen1 SB, Sunaert S, Wang L, Cimprich B, **Dittus K**, Newhouse PA, Silverman DH, Schroyen G, Deprez S, Saykin AJ, McDonald BC. Brain gray matter reduction and premature brain aging after breast cancer chemotherapy: a longitudinal multicenter data pooling analysis. *Brain Imaging and Behavior* published on line 31 May 2023
5. Gell N, Bae Y, Herbert M, Hoffman E, Reynolds R, Bae M, **Dittus K**, Cafer J, Martin A, Bae M, Phylan E, Patel K. Exercise intensity among older adults participating from home in remotely delivered Enhance@Fitness. *Journal of Aging and Physical Activity*. Advance online publication. <https://doi.org/10.1123/japa.2023-0025>
6. Gell N, **Dittus K**, Cafer J, Martin A, Bae M, Patel K. Remotely delivered exercise to older rural cancer survivors: A randomized controlled pilot trial. Accepted *Journal of Cancer Survivorship*

11/2/2022

7. Ades S, Adrianzen Herrera D, Lahey T, Thomas AA, Jasra S, Barry M, Sprague J, **Dittus K**, Plante TB, Kelly J, Kaufman PA, Khan F, Hammond CJ, Gernander K, Parsons P, Holmes C. Cancer Care in the Wake of a Cyberattack: How to Prepare and What to Expect. *JCO Oncology Practice*. 2021.
8. Victoria, K, Lyon J, **Dittus, K**, Barry M, Naud S. Medical cannabis: attitudes and practices of providers and patients in Vermont. *Online Journal of Complementary and Alternative Medicine*. April 20, 2020
9. Dube SL , Sigmon S, Althoff RR, **Dittus K**, Gaalema DE, Ogden DE, Phillips J , Ades A & Potter AS (2020): Association of self-reported executive function and mood with executive function task performance across adult populations, *Applied Neuropsychology: Adult*, DOI: 10.1080/23279095.2020.1794869
10. **Dittus K**, Toth M, Priest J, O'Brien P, Kokinda N, Ades P. Effects of an Exercise-based Oncology Rehabilitation Program and Age on Strength and Physical Function in Cancer Survivors. *Accepted Supportive Care in Cancer*, October 2019
11. Gell, N, Grover, KW, Savard L, **Dittus K**. Outcomes of a text message, Fitbit, & health coach intervention on moderate-to-vigorous physical activity maintenance among cancer survivors: A randomized control pilot trial. *Journal of Cancer Survivorship*, 4(1):80-88; 2020
12. Gell NM, TGursi A, Grover KW, Dittus K. Female cancer survivor perspectives on remote intervention components to support physical activity maintenance. *Supportive Care Cancer*, 8/6/2019
13. **Dittus K**. Exercise-focused Rehabilitation for Cancer Survivors: Creating a CORE Component of Oncology Care. Commentary on Cardio-Oncology Rehabilitation to Manage Cardiovascular Outcomes in Cancer Patients and Survivors. Gilchrist S et al. *Professional Heart Daily Monday*, April 8, 2019
14. Guigni BA, Callahan DM, Tourville TW, Miller MS, Fiske B, Vogt T, Korwin-Mihavics B, Anathy V, **Dittus K**, Toth MJ. Skeletal muscle atrophy and dysfunction in breast cancer patients: role for chemotherapy derived oxidatnt stress. *American Journal of Physiology – Cell Physiology* 315(5):C744-C756, 2018 *Role: assisted with clinical interpretation and manuscript revision*
15. **Dittus KL**, Harvey JR, Bunn JY, Kokinda ND, Wilson KM, Priest, J, Pratley RE. Impact of a Behaviorally-based Weight Loss Intervention on Parameters of Insulin Resistance in Breast Cancer Survivors. *BMC Cancer* March 2018 *Role: research, manuscript preparation and revision*
16. Trentham-Dietz, A, Ali Ergun MA, Alagoz O, Stout NK, Gangnon RE, Hampton JM, **Dittus K**, James TA, Vacek PM, Herschorn SD, Burnside, ES, Tosteson ANA, Weaver DL and Sprague BL. Comparative Effectiveness of Incorporating a Hypothetical DCIS Prognostic Marker into Breast Cancer Screening. *Breast Cancer Research and Treatment* Feb 2018 *Role: assisted with clinical interpretation and manuscript revision*
17. Kolb NA, Smith AG, Singleton JR, Beck SL, Howard D, **Dittus K**, Karafiath S, Mooney K. Chemotherapy-related neuropathic symptom management: a randomized trial of an automated symptom-monitoring system paired with nurse practitioner follow-up. *Support Care Cancer*. 2017 Dec

5. [Epub ahead of print] *Role: assisted with clinical interpretation and manuscript revision*
18. Harvey JR, **Dittus KL**, Mensh E. eHealth and behavioural interventions for weight loss in female cancer survivors. Accepted to Women's Health 8/2/17 *Role: assisted with clinical interpretation and manuscript revision*
19. **Dittus KL**, Gramling RE, Ades PA. Exercise interventions for individuals with advanced cancer: A systematic review. *Prev Med* 2017 Jul 15 pii. S0091-7435(17)30262-1. PMID: 28716654 *Role: research, manuscript preparation and revision (IF 3.43)*
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21. Verschraegen CF, Rehman H, Pulluri B, DeKay J, Barry M, Folefac E, Dittus K, Holmes C, Sprague J, Ades S, Gibson PC. When Clinical Trial Participation Is not an Option in the Era of Personalized Medicine - Studies of one patient each. *Oncology* 2017;92(1):55-60. (DOI: 10.1159/000450712) PMID: 27820931 *Role: assisted with clinical interpretation and manuscript revision (IF 2.26)*
22. Savage PD , **Dittus KD**, Lakoski SG. Fitness during Breast Cancer Treatment and Recovery in an Athlete: A Case Study. Accepted to *Med Sci Sports Exercise* May 2016 PMID: 27187100 *Role: assisted with clinical interpretation and manuscript revision (IF 4.0)*
23. Shiyanbola OO, Sprague BL, Hampton JM, **Dittus KL**, James TA, Herschorn S, Gangnon RE, Weaver DL, Trentham-Dietz A. Emerging Trends in Surgical and Adjuvant Radiation Therapies among Women Diagnosed with Ductal Carcinoma in Situ. Accepted to *Cancer* March 2016; Published on line May 2016. PMID: 27244699 *Role: assisted with clinical interpretation and manuscript revision (IF 5.6)*
24. Toth MJ, Damien M. Callahan DM, Miller MS, Tourville TW, Hackett S, Couch ME, **Dittus K**. Skeletal Muscle Fiber Atrophy and Fiber Type Distribution in Human Cancer: Effects of Weight Loss and Relationship to Physical Function. *Clin Nutr*. 2016 Mar 8. pii: S0261-5614(16)00087-X. doi: 10.1016/j.clnu.2016.02.016. [Epub ahead of print] PMID: 27010836 *Role: assisted with experimental design, data gathering and manuscript revision (IF 4.5)*
25. **Dittus KL**, Bunn JY, Kokinda N, Wilson K, Howard A, Harvey J. Anthropometric Change in Breast Cancer Survivors Provided a Behaviorally-based Weight Loss Intervention. *Advances in obesity, weight management and control*, 2(3) 2015
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27. **Dittus K**, Lakoski S, Savage P, Kokinda N, Toth M, Stevens D, Woods K, O'Brien P and Ades P. Exercise-based Oncology Rehabilitation: Leveraging the Cardiac Rehabilitation Model. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 35(2):130-9, 2015 PMID: 25407596 *(IF 1.6)*

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30. Couch ME, **Dittus K**, Toth MJ, Willis MS, Guttridge DC, George JR, Barnes CA, Gourin CG, Der-Torossian H. Cancer cachexia update in head and neck cancer: Definitions and diagnostic features. *Head Neck*. 37(4):594-604, 2015 PMID: 24415363 *Role: assisted with clinical interpretation and manuscript revision (IF 3.1)*
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35. Dulko D, Pace CM, **Dittus, KL**, Sprague BL, Pollack LA, Hawkins NA, and Geller BM. Barriers and Facilitators to Implementing Cancer Survivorship Care Plans. *Oncology Nursing Forum*. 40(6):575-580, 2013 PMID: 24161636 *Role: assisted with research design, manuscript preparation and revision (IF 2.7)*
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40. Sprague BL, **Dittus KL**, Pace CM, Dulko D, Pollack LA, Hawkins NA and Geller BM Patient satisfaction with breast and colorectal cancer survivorship care plans. *Clinical Journal of Oncology Nursing*. 17(3):266-272, 2013 PMID: 23722604 *Role: assisted with research design, manuscript preparation and revision (IF 0.8)*
41. Kerlikowske K, Zhu W, Hubbard R, Geller B, **Dittus K**, Braithwaite D, Wernli K, Miglioretti, D and O'Meara E. Outcomes of screening mammography by frequency, breast density and postmenopausal hormone therapy. *JAMA Internal Medicine* 173(9):807-16, 2013 PMID: 23552817 *Role: assisted with clinical interpretation and manuscript revision (IF 14.0)*
42. Toth MJ, Miller MS, Callahan DM, Sweeny AP, Nunez I, Grunberg SM, Der-Torossian H, Couch ME, and **Dittus KL**. Molecular Mechanisms Underlying Skeletal Muscle Weakness in Human Cancer: Reduced Myosin-Actin Cross-Bridge Formation and Kinetics. *Journal of Applied Physiology* 114(7):858-868, 2013 PMID: 23412895 (*IF 3.0*)
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44. O'Meara ES, Zhu W, Hubbard RA, Braithwaite D, Kerlikowske K, **Dittus KL**, Geller B, Wernli KJ, Miglioretti DL. Mammographic screening interval in relation to tumor characteristics and false-positive risk by race/ethnicity and age. *Cancer* 119(22):3959-67, 2013 PMID: 24037812 *Role: assisted with clinical interpretation and manuscript revision (IF 5.6)*
45. **Dittus K**, Muss H. Management of the Frail Elderly with Breast Cancer. *Oncology*. 2007;21:1727-1734 PMID: 18247018 (*IF 2.2*)
46. Koseifi SG, **Dittus K**, Nassour DN, Shaikh MA, and Young MF. Actinomycosis esophagitis in a patient with persistent dysphagia. *South Med Journal* 98:662-664, 2005 PMID: 16004175 *Role: assisted with clinical interpretation, manuscript preparation and revision (IF 0.9)*
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57. Beerman K and **Dittus K**. Sources of errors associated with self-reports of food intake. *Nutrition Research* 13:765-769,1993 (*IF* 2.5)
58. White J, Massey L, Kynast-Gales S, **Dittus K** and Campbell K. Blood and urinary magnesium and calcium kinetics after oral magnesium supplements. *Clinical Therapeutics* 14:678-687,1992 *Role: assisted with data collection, manuscript preparation and revision* (*IF* 2.9)
59. **Dittus** (Cranwell) K, and Liebman M. Effect of soybean fiber and phytate on serum zinc response. *Nutrition Research* 9:127-132,1989 (*IF* 2.5)

SUBMITTED

McNeish BL, Dittus K, Mossburg J, Krant N, Steinharter JA, Feb K, Cote H, Hehir M, Reynolds R, Redfern MS, Rosano C, Richardson JK, Kolb N. Chemotherapy-induced peripheral neuropathy is associated with reduced executive function in chemotherapy treated cancer survivors. In review

McNeish BL, Dittus K, Mossburg J, Krant N, Steinharter JA, Feb K, Cote H, Hehir M, Reynolds R, Redfern MS, Rosano C, Richardson JK, Kolb N. Unipedal Stance time is associated with fall outcomes in older chemotherapy treated cancer survivors. In review

SUMMARY OF RESEARCH ACTIVITIES

My research focuses on lifestyle interventions and assessing the impact of cancer therapy on function and has received intramural and extramural grants support (two studies have been completed, and a third is currently recruiting). The first study tested the efficacy (weight loss, and biomarker change) of a state-of-the-art weight loss intervention in breast cancer survivors; one article is published, one is under peer-review. The current study assesses predictors of weight loss and exercise including unique cognitive and psychologic measures and novel fMRI imaging and is funded through a UVM COBRE grant.

Our oncology rehabilitation program serves as a research platform. We collect baseline and post-intervention physiologic and survey data (n= >700). We published the first paper describing cardiac rehabilitation as a model for providing exercise based oncology rehabilitation and were invited to present our model at the American Association of Cardiovascular and Pulmonary Rehabilitation. Two American Cancer Society Grants have been submitted using pilot data-- one proposing an exercise intervention for elderly cancer survivors the other a tailored rehabilitative intervention for individuals with advanced cancer. Both received excellent scores and the ACS has encouraged us to resubmit. The Onc-Rehab research platform fosters collaboration across campus. Collaborations include:

- With Drs. Suratt, Kaminsky and Rubin on a study assessing the impact of chemotherapy on fitness, strength and pulmonary function.
- With Dr Michael Toth on two NIH-funded studies focusing on muscle function.
- With Nancy Gell a study promoting continued physical activity after a supervised intervention using technology and health coaching.

ABSTRACTS:

1. McNeish BL, Dittus K, Mossburg J, Krant N, Steinharter JA, Feb K, Cote H, Hehir M, Reynolds R, Redfern MS4, Rosano C, Richardson JK*, Kolb N*. Sensorimotor inhibition is associated with Balance and Recurrent Falls in Cancer Survivors treated with chemotherapy. Presented at Annual Pepper Conference, Washington, DC. 2023, Apr.
2. Victoria, K, Barry M, Dittus, K - CBD Survey oral presentation SIO Dec 2018
3. Kodali S, Tipirneni E, **Dittus K**. Utility of the Breast Cancer Index (BCI) in Clinical Practice. Accepted as a poster at NECOS 11/2/2018
4. Bhavina B, Stannard M, Donovan A, Lyons K, **Dittus K** Donnelly C, Patel R and Chamberlin M. Exercise interventions for breast cancer (BC) patients in rural areas: The Northern New England (NNE) experience. Accepted as a poster at 2018 San Antonio Breast Cancer Symposium, December 4-8, 2018
5. Gell N, Grover K, Savard L, Ebenstein D, **Dittus K**. Outcomes of a technology-based intervention to support physical activity among cancer survivors: a pilot randomized trial. Society for Behavioral Medicine. New Orleans, LA April, 2018.
6. Guigni B, Tourville TW, **Dittus K**, Toth MJ. Breast cancer chemotherapy-induced muscle atrophy and mitotoxicity. Muscle Biology, University of Florida, March 2017
7. **Dittus K**, Kokinda, N, Stevens D, Lewis C and O'Brien P. Strength and Function of Elderly

- Cancer Survivors Participating in Oncology Rehabilitation. 13th International Conference of the Society for Integrative Oncology, November 2016.
8. O'Brien P, LeDuc J, Mulligan M, Stevens D, Lewis C, and **Dittus K**. Exercise-based Oncology Rehabilitation Based on the Cardiac Rehabilitation Model. 13th International Conference of the Society for Integrative Oncology, November 2016.
 9. **Dittus K**, Kokinda N, Rubin D, Kaminski D, and Suratt BT, Breast Cancer Therapy Is Associated with Respiratory Muscle Weakness, Presented at the American Thoracic Society International Conference, May, 2016, San Francisco, CA.
 10. Hibba tul Rehman H, **Dittus K**, Holmes CE, Watts J, Makarewicz J, Dumas J. "Differences in cerebral blood flow in early stage breast cancer survivors in comparison to healthy women." ASCO Annual Meeting, poster presentation, Chicago 6/2016
 11. **Dittus K**, Kokinda N, O'Brien P, Ades P. Fitness, Strength and Function of Elderly Cancer Survivors Participating in Oncology Rehabilitation. VCBH Conference, Burlington VT, Oct 1, 2015
 12. Monterroso J, Crocker A, Kokinda N, O'Brien P, **Dittus K**, Effects of Strength Training Intervention in Breast Cancer Survivors American Society of Clinical Oncology, Annual Meeting, May 29-June 2, 2015
 13. Gentchos G, Bralan C, Toth M, Der-Torossian H, Couch M, **Dittus K**. Evaluation of Cardiac Function in Cancer Patients by Wall Motion Kinetics using Cine Cardiac MRI: A Feasibility Study Accepted to ISMRM (International Society of Magnetic Resonance in Medicine)
 14. Dumas J, Makarewicz J, Scaubhut G, Newhouse P, **Dittus K**. Effects of Cancer Treatment on Brain Functioning and Subjective Reports of Cognition. Accepted to 2014 International Cognition and Cancer Task Force Conference—February 10, 2014
 15. **Dittus K**, Kokinda ND, Savage PD, O'Brien P, Stevens D, Woods K, Lakoski S, Ades P. Cardiac Rehabilitation as a Platform to Provide Oncology Rehabilitation. Accepted to the American Heart Association Annual Meetings November, 2013
 16. **Dittus K**, Lakoski S, Savage P. Integrating Cardiac Rehab Strategies into the Oncology Setting: A Novel Framework for Disease Prevention in Cancer Survivors. Accepted to American Association of Cardiovascular and Pulmonary Rehabilitation. October 3, 2013
 17. **Dittus K**, Bunn J, Paul Z, Harvey-Berino J. Anthropometric Change Among Breast Cancer Survivors Provided a Behaviorally Based Weight Loss Intervention. Survivorship 9591, J Clin Oncol 31, 2013 (suppl: abstr 9591)
 18. Burdette-Radoux S, Holmes CE, Khan FB, **Dittus KL**, Wilson KM, Wood ME. Low-Dose Metronomic Cyclophosphamide/Methotrexate (LDCM) and Aspirin for Patients who Fail to Achieve Pathologic Complete Response (pCR) after Neoadjuvant Treatment for Stage II-III Breast Cancer. J Clin Oncol 31, 2013 (suppl; abstr e 12000)
 19. Gardner G, **Dittus K**, Watts R, Nelson L, O'Brien P. Quantitative and Morphologic Change

Associated with Breast Cancer Related Lymphedema-Comparison of 3T MRI to External Measures. Poster session of the Vermont Cancer Center Clinical Translational Research Symposium: Exercise Nutritional, and Cancer, November 2012, Burlington VT

20. Mayer DK, **Dittus K**, Dulko D, Pace CM, Sprague B, Gerstel A, Davies JM, Geller B, Hawkins N. Primary Care Providers Evaluation of Survivorship Care Plans. Submitted to ASCO Quality Care Symposium San Diego, CA November, 2012
21. Toth MJ, Miller MS, Callahan DM, Sweeny AP, Ward K, Braddock J, Couch ME, Der-Torossian H, Grunberg S, **Dittus K**. Molecular Mechanisms Underlying Reduced Knee Extensor Function and Walking Endurance in Cancer Patients; Diminished Myosin-Actin Cross-Bridge Kinetics. Submitted to Cancer Cachexia: Molecular Mechanisms and Therapeutic Approaches. Boston, September 21, 2012
22. Pace CM, Geller B, Sprague B, **Dittus K**, Dulko D. Barriers and Facilitators to Implementing Cancer Survivorship Care Plans Presented at 2012 Biennial Cancer Survivorship Research Conference, Washington DC June 14, 2012
23. Theiler SK, Khan F, Thompson C, Sprague B, **Dittus K**, Sussman B, Wood M. Correlation of Serum Vitamin D Levels and Changes in Breast Density. American Association for Cancer Research, Chicago, IL June 2012
24. **Dittus K**, Sprague B, Pace C, Dulko D, Geller B. Primary Care Provider Evaluation of Cancer Survivorship Care Plans, Annual Meeting of the American Society of Preventive Oncology, March 3-5, 2012
25. Sprague BL, **Dittus KL**, Pace CM, Dulko D, Geller BM. Patient Satisfaction with Breast and Colorectal Cancer Survivorship Care Plans. Annual Meeting of the American Society of Preventive Oncology, March 3-5, 2012 Washington, DC
26. Albert K, Dumas J, Kelly B, **Dittus K**, Newhouse P. Breast Cancer Chemotherapy Alters Brain Activity During Working Memory. Society of Neuroscience Annual Conference, November 13-17, 2010
27. Khan F, Kingsley F, **Dittus K**, Sussman B, Wood M. Breast Density and Calculated Breast Cancer Risk. J Clin Oncol 28 (15s (Meeting Abstracts)): Abstract #1556. Presented at 2010 ASCO Annual Meeting, Chicago
28. **Dittus K**, O'Brien P. Primary Care Provider Attitudes Regarding Screening and Treatment of Late and Long Term Effects of Cancer Therapy. Presented at American Society of Preventive Oncology, March 21, 2010
29. **Dittus KD**, Burdette-Radoux S. Preoperative Chemotherapy Prior to Resection of Pulmonary Metastasis from Soft Tissue Sarcoma. Abstract accepted to Northern New England Clinical Oncology Society. October 12, 2007

INVITED PRESENTATIONS

NATIONAL

- 2018 Stephanie Spielman Comprehensive Breast Center, Ohio State University 3/13/17 Columbus OH
“Impacts of Cancer Treatment on Fitness and Benefits of Exercise for Breast Cancer Survivors”
- 2017 MD Anderson Cancer Center. Cancer Prevention Rounds 4/11/17 Houston TX
“Strength and Function in Cancer Survivors: Impacts of Treatment and Benefits of Exercise”
- 2017 New York University Medical Center; Laura and Isaac Perlmutter Cancer Center –
Hematology/Medical Oncology Grand Rounds 1/17/17 New York City, NY
“Impacts of Cancer Treatment on Fitness & Benefits of Exercise for Cancer Survivors”
- 2016 University of New Mexico Cancer Center Grand Rounds 11/1/16 Albuquerque, NM
“Impacts of Cancer Treatment on Fitness & Benefits of Exercise”
- 2016 Vermont Center on Behavior and Health 4th Annual Conference: Behavior Change, Health &
Health Disparities, 10/6/16 Burlington, VT
“Role of Obesity and Weight Loss in Cancer Outcomes”
- 2015 Washington Hospital Center Oncology Grand Rounds Washington, DC
“Exercise and Rehabilitation for Cancer Survivors: Changing the Standard of Care”

REGIONAL

- 2019 Northern New England Oncology Society Meeting Maine
“Value of Exercise-based Oncology Rehabilitation for Cancer Survivors”
- 2016 Northern New England Oncology Society Meeting Concord, NH
“Steps to Wellness: A Model for Providing Exercise Based Oncology Rehabilitation”
- 215 UVMHC Primary Care Sports Medicine Conference Burlington, VT
“Exercise for Cancer Survivors”
- 2015 UVMHC Northeastern Genitourinary Oncology Symposium Burlington, VT
“Rehabilitation of the Genitourinary Cancer Patient”
- 2013 Northern New England Clinical Oncology Society Burlington, VT
“Muscle Atrophy and Weakness in the Setting of Cancer and Cancer Therapy”
- 2013 Central Vermont Medical Center Grand Rounds Berlin, VT
“Cancer and Cancer Treatment Related Cognitive Change”
- 2012 Vermont Cancer Center Clinical & Translational Research Symposium Burlington, VT
“Oncology Rehabilitation as Standard of Care: Feasibility & Opportunities for Clinical Research”
- 2010 Norris Cotton Cancer Center Grand Rounds Lebanon, NH
“Symptom Control & Disease Outcomes: Should Exercise be Standard of Care for Cancer Survivors?”

2010 Northeast Hematology/Oncology Fellows Conference
 “Exercise: The Other Adjuvant Therapy” Stowe, VT

LOCAL

2019 UVMVC Vermont Cancer Center Grand Rounds
 “Supportive Care Needs of Individuals with Cancer and How we Provide Them” Burlington, VT

2018 UVMVC Vermont Cancer Center Grand Rounds
 “Re-Imagining Cancer Care: Benefits of Integrative Therapies” Burlington, VT

2018 COBRE Project
 “Predictors of Weight Loss and Exercise Success in Overweight Breast Cancer Survivors” Burlington VT

2017 Cancer Control in a Rural Environment Seminar
 “Delivering Lifestyle Interventions in the Rural Northeast” Burlington VT

2015 UVMVC Palliative Care Rounds
 “Rehabilitation Options for Oncology Patients Receiving Palliative Care” Burlington VT

2015 UVMVC Internal Medicine Grand Rounds
 “Steps to Wellness: A Model for Providing Oncology Rehabilitation” Burlington, VT

2014 UVMVC Clinical and Translational Science Conference
 “Oncology Rehabilitation: Changing the Standard of Care” Burlington, VT

2014 UVMVC Vermont Cancer Center Grand Rounds
 “Oncology Rehabilitation: Changing the Standard of Care” Burlington, VT

2013 Presentation to FAHC CEO Meeting
 “Steps to Wellness at FAHC/UVM: A Model for Providing Oncology Rehabilitation” Burlington, VT

2013 FAHC Highlights of ASCO
 “Breast Cancer Update” Burlington, VT

2012 FAHC Vermont Cancer Center Fall Clinical and Translational
 Research Symposium Burlington, VT
 “Oncology Rehabilitation as Standard of Care: Feasibility and Opportunities for Clinical Research”

2012 FAHC-LCCRO Presentation
 “Oncology Rehabilitation: Laboratory for Translational Research” Burlington, VT

2012 University of Vermont, Family Practice Grand Rounds
 “Steps to Wellness: Our Experience with Oncology Rehabilitation” Burlington, VT

2012 Vermont Cancer Center Basic Science Research Symposium
 “Pathway Implications of Lifestyle Interventions in Cancer” Burlington, VT

2012 Commission on Cancer Review
“Steps to Wellness: Oncology Rehabilitaiton”

Burlington, VT