

**Kim Dittus, MD, PhD**  
**CURRICULUM VITAE**

**Position:** Assistant 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.	Nutrition
		(Val Hillers, PhD)	
1999-2003	East Tennessee State University, Quillen College of Medicine, Johnson City, TN	Intern	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

**PRINCIPAL POSITIONS HELD:**

<b>Years</b>	<b>Institution</b>	<b>Department</b>
2008-Present	University of Vermont, Burlington, VT	Assistant 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:**

<b>Year</b>	<b>Name of award</b>
2013	Fletcher Allen Health Care Vision Award <ul style="list-style-type: none"> <li>• Award to recognize and reward behaviors and accomplishments that support UVM Medical Center's strategic vision and goals</li> </ul>
2007	Amgen Hematology Oncology Fellowship Award <ul style="list-style-type: none"> <li>• Awarded to oncology fellows to fund promising research</li> </ul>
2004	Dr. Thomas G. Ronald Award for Excellence in the Care of the Cancer Patient <ul style="list-style-type: none"> <li>• Awarded to a resident demonstrating compassionate care of cancer patients</li> </ul>
2003	Alpha Omega Alpha, Honor Medical Society <ul style="list-style-type: none"> <li>• Awarded to 5% of medical school class, based on academic achievement, research, and service contributions to the community and medical university</li> </ul>
2003	American Medical Women's Association; Janet M. Glasgow Memorial Achievement Citation <ul style="list-style-type: none"> <li>• Recognizes female students who graduate in the top 10% of their class.</li> </ul>
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"> <li>• Awarded to a faculty member demonstrating excellence in advising and mentoring</li> </ul>
1990	Summer Graduate Research Assistantship Award <ul style="list-style-type: none"> <li>• Provides financial support for promising research in nutrition</li> </ul>
1988	Irwin Dyer Award for Excellence in Nutrition Study Fellowship <ul style="list-style-type: none"> <li>• Provides financial support for promising nutrition graduate students</li> </ul>

**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 (35%), research (55%), service (5%), and teaching/mentoring (5%). 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 38 peer-reviewed papers, with 13 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 in the education and mentoring of undergraduates, medical students, residents and fellows, devoting ~100 contact-hours/year.

## PROFESSIONAL ORGANIZATIONS

### Memberships

<b>Years</b>	<b>Society</b>
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

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](http://www.healthvermont.gov/pubs/cancerpubs/state_cancer_plan.aspx)).

## SERVICE TO PROFESSIONAL PUBLICATIONS:

Ad hoc reviewer for Journal of Cancer Research and American Journal of Clinical Oncology.

## CME COURSES ATTENDED

2014	School of Breast Oncology
2012	School of Breast Oncology
2010	School of Breast Oncology

## UNIVERSITY AND PUBLIC SERVICE

### COLLEGE/MEDICAL CENTER

#### Departmental service

2011-Present	Clinical Director , Oncology Rehab	
	<ul style="list-style-type: none"> <li>• (4-6 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.</li> </ul>	
2010-Present	Cancer Control Committee, University of Vermont Medical Center	Member

- 4x/year meetings, additional meetings during site visits; participation on subcommittees as needed based on topic

- 2010-Present Protocol (Scientific) Review & Monitoring Committee, UVM Cancer Center Member
- (2 hours/month) 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
- Developed agendas, identify and coordinate speakers
- 2008-Present Vermont Cancer Center, Breast Protocol Committee Member
- Monthly meetings to discuss cooperative group, industry and independent investigator studies
- 2008-Present Development of Cancer Survivor Programs, University of Vermont Medical Center Co-Chair
- (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

- 2014-Present Steering Committee, UVM Integrative Health Member
- 2015-Present Clinical Committee, UVM Integrative Health Chair
- 2014-2015 Research Committee, UVM Integrative Health Chair
- (2-4 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.

### Government and other professional service:

- 2014 to present 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 7 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 and PRISM development. Onc-rehab currently employs 14 individuals—and is expanding to include more individualized Physical Therapy, and a Long-Distance Health Coaching Program to help cancer survivors from less-served areas of Vermont. I received a 2013 FAHC Vision Award for this program and have been approached by Porter and Dartmouth to help develop a similar program.

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 chair the clinical committee and am a member of the steering committee for the UVM Integrative Health which seeks to bring integrative therapies to patients at UVMMC. I'm a member of the UVMCC Cancer Committee, and serve on the Protocol Review and Monitoring Committee. Locally I am a member and leader of the Champlain Valley Healthy Living Collaborative and have been involved in Vermonters Taking Action Against Cancer. Nationally I am a member of the Alliance for Clinical Trials in Oncology, Symptom Control Committee. 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:**

<b>YEAR</b>	<b>COURSE TITLE</b>	<b>COURSE R</b>	<b>HOURS</b>	<b>NUMBER OF LEARNERS</b>	<b>LEARNER LEVEL</b>
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; 11/15	Uvm Com Generations Course	X	1	10	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
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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	
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

\*Received UVM COM Summer Research Fellowship to conduct a focused summer research project. Five 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 – MS thesis committee member, Department of Nutrition and Food Science

### **POSTDOCTORAL FELLOWS AND RESIDENTS DIRECTLY SUPERVISED OR MENTORED**

Dates	Name	Fellow	Faculty Role	Current Position
2014-2015	Joanne Monterroso, MD	Hematology/Oncology Fellow	Research Supervision	Attending, Wilmar MN
2015-2016	Hibba Rehman, MD	Hematology/Oncology Fellow	Research Supervision	Hematology/Oncology Fellow, UVM
2015-2016	Bhargavi Pullari, MD	Hematology/Oncology Fellow	Research Supervision	Hematology/Oncology Fellow, UVM
2015-present	Sarah Moses, MD	Gynecology resident	Research Supervision	Gynecology resident, UVM

### **INFORMAL TEACHING**

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

2010 – Present 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**

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 14<sup>th</sup> 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 14<sup>th</sup> 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. 13<sup>th</sup> 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. 12<sup>th</sup> 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 Stove 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. 11<sup>th</sup> annual Breast Cancer and Women's Health Conference, Sheraton Conference Center, Burlington, Oct 31, 2008

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

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

Breast Cancer Prevention Track: Risk Assessment; 9<sup>th</sup> 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 3 institutions outside of UVM (two additional grand rounds are scheduled in the next 6 months at NYU Medical Center and University of New Mexico).

## RESEARCH AND CREATIVE ACTIVITIES:

### RESEARCH AWARDS AND GRANTS

Key: \*Competitively peer reviewed by national peer review panel convened by NIH or foundation as indicated.

# Competitively peer reviewed by College of Medicine or UVM Cancer Center

#### Ongoing Research Support:

R01 AR065826                      Toth (PI)    Effort: 5%  
\*NIH/NIAMS    4/1/2016 – 3/28/2021    Budget: \$271,701

“Skeletal muscle atrophy and dysfunction in human cancer”

Major goal is to define the role of skeletal muscle disuse in muscle atrophy and dysfunction in human cancer, the influence of tumor-derived and chemotherapeutic effects on skeletal muscle cells and the utility of exercise to counter these effects tumor- and chemotherapy effects on muscle cells.

Role: Co-Investigator

R01 CA191532    Toth (PI)    Effort: 5%  
\*NIH/NCI    4/1/2016 – 3/28/2018    Budget: \$130,500

“Alternative exercise modalities to improve skeletal muscle function in cancer survivors”

Major goal is to define the effect of neuromuscular electrical stimulation (NMES) on skeletal muscle size and function in breast cancer patients. Use of NMES is focused on the early, post-diagnosis/surgery period to prevent deleterious declines

Role: Co-Investigator

Freaons Cancer Research Fund Award    Dittus (PI)    Effort: NA

#VCC/LCCRO 11/6/13-present Budget: \$49,903  
 “Impact of a Behaviorally Based Weight loss and Exercise Intervention on Brain Function of Breast Cancer Survivors.”  
 Funding provides support to obtain additional fMRI imaging on women in a weight loss and exercise intervention.  
 Role: PI

\*Vermont Center on Behavior and Health National Institute of General Medical Sciences (NIGMS)  
 Junior Investigator Project: Dittus (PI) Effort: 50%  
 9/15/13-7/31/18 Budget: \$197,456

“Predictors of Weight Loss Success in Overweight Breast Cancer Survivors”  
 The goal of this project is to understand the personal and cancer related predictors of successful weight loss among individuals with breast cancer.  
 Role: PI

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”

The goal of this study is to conduct comparative effectiveness research on breast cancer imaging modalities and strategies to inform evidence gaps on how to optimize breast cancer screening strategies in the community

Role: Co-PI with Diana Buist, Berta Geller, Karla Kerlikowske, Jeanne Mandelblatt, and Diana Miglioiretti

#Breast Cancer Research Foundation – BCRF9 Dittus (Co-PI) 3/09-6/10

“The Effect of Adjuvant Chemotherapy for Early Breast Cancer on Brain Imaging and Cognitive Function”

The goal of this study is to assess cognitive change as measured by fMRI and cognitive testing before and after chemotherapy.

Role: Co-PI with Paul Newhouse

Amgen Hematology Oncology Fellowship Award, 2007.

“Changes in physical function and body composition during and after treatment for hematologic malignancy”

Role: PI

### **Selected Unfunded Grant Submissions**

Palliative Care Grant # PEP PCSM - 130046 Dittus (PI) Submitted 4/16

American Cancer Society

“Early Rehabilitation and Exercise Intervention for Advanced Cancer”

Score: **Excellent** - Scoring ranges: Outstanding, Excellent, Good, Fair and Non-Competitive

Status: Resubmitting October 2016

American Cancer Society # RSG PCSM – 129379 Dittus (PI) Submitted 11/15

“Value of Exercise for Elderly Cancer Survivors Receiving Chemotherapy”

Score: **Excellent** (Scoring ranges: Outstanding, Excellent, Good, Fair and Non-Competitive)

Status” Resubmitting Spring 2017

American Institute for Cancer Research Dittus (PI) Submitted 2010

“Mechanisms explaining energy balance change during therapy for breast cancer”

AHRQ Mentored Clinical Scientists Comparative Effectiveness Development Award

Training grant submitted with Ben Littenberg, MD

Submitted 2010

“Effect of a Behavioral Weight Loss Intervention on Body Composition Change and Insulin Sensitivity in Breast Cancer Survivors”

National Cancer Institute R21 Resubmission Dittus (PI) Submitted 2010 Priority score 30  
 “Weight loss and adipose tissue related biomarkers in breast cancer survivors”

National Cancer Institute R21 Dittus (PI) Submitted 2009 Priority score 30  
 “Weight Change and insulin sensitivity in breast cancer survivors”

Department of Defense Dittus (PI) Submitted 2009  
 “Impact of oncologic therapy and weight loss on energy balance and insulin sensitivity”

Robert Wood Johnson Foundation Dittus (PI) Submitted 2009  
 “Outcomes of Oncology Therapy in the Elderly: Risk Factors for Functional Decline”

### **Foundation Funding:**

Run, Sweat, Give UVM College of Medicine Marathon Team 2011-present. “Expansion of Steps to Wellness: Oncology rehabilitation for Cancer Survivors” – PI - \$166,00 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. 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)*
2. Shiyabola 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)*
3. 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)*

4. **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
5. Berkman AM, Amy Trentham-Dietz A, **Dittus K**, Hart V, Vatovec, CM, King, JG, James TA, Lakoski SG, Sprague BL. Health Behavior Change Following a DCIS Diagnosis: An Opportunity to Improve Health Outcomes. *Preventive Medicine*, 2015 Epub ahead of print PMID: 25858806 *Role: assisted with clinical interpretation and manuscript revision (IF 2.9)*
6. **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)*
7. Couch ME, **Dittus K**, Toth MJ, Willis MS, Guttridge DC, George JR, Chang EY, Gourin CG, Der-Torossian H. Cancer Cachexia Update in Head and Neck Cancer: Pathophysiology and Treatment. *Head Neck*. 37(7):1057-1072, 2015 PMID: 24634283 *Role: assisted with clinical interpretation and manuscript revision (IF 3.1)*
8. Khadanga S, Solomon B, **Dittus K**. Hemophagocytic Lymphohistiocytosis (HLH) Associated with T-Cell Lymphomas: Broadening our Differential for Fever of Unknown Origin. *N Am J Med Sci*. 2014 Sep;6(9):484-6. PMID: 25317396 *Role: assisted with clinical interpretation, manuscript preparation and revision*
9. 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)*
10. **Dittus K**, Sprague B, Pace C, Dulko D, Pollack L, Hawkins N, and Geller B. Primary Care Provider Evaluation of Cancer Survivorship Care plans Developed for Mutual Patients. *Journal of General Practice* 2:163, 2014 PMID: 26451385
11. Gardner GC, Nickerson JP, Watts R, Nelson L, **Dittus K**, and O'Brien PJ. Quantitative and morphologic change associated with breast cancer related lymphedema – Comparison of 3.0T MRI to external measures. *Lymphatic Research and Biology*. 12(2):95-102, 2014 PMID: 24654879 *Role: assisted with clinical interpretation and manuscript revision (IF 1.8)*
12. Peel A, Thomas S, **Dittus K**, Jones L and Lakoski S. Cardiorespiratory fitness in breast cancer patients: a call for normative values. *Journal of the American Heart Assoc*. January 2014;3(1):e000432 doi: 10.1161/JAHA.113.000432 PMID: 24419734 *Role: assisted with clinical interpretation and manuscript revision (IF 5.1)*
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26. Iskander, S, Merrick D, **Dittus K**. Uncommon cause of a common disease. *South Med Journal* 96:828-831, 2003 PMID: 14515931 *Role: assisted with clinical interpretation, manuscript preparation and revision (IF 0.9)*
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36. Beerman K and **Dittus K**. Sources of errors associated with self-reports of food intake. *Nutrition Research* 13:765-769,1993 (*IF* 2.5)
37. 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)*

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## SUBMITTED

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. Submitted to *Oncology* Sept 2016

**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. Submitted to *BMC Cancer* July 2016

Gell N, Grover KW, Humble M, Sexton, M, **Dittus K**. Efficacy, Feasibility, and Acceptability of a Novel Technology-Based Intervention to Support Physical Activity in Cancer Survivors. Submitted to *Supportive Care in Cancer* July 2016

## 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 psychological 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. Current 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. 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
2. **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



3. 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
4. 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)
5. 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
6. **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
7. **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
8. **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)
9. 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)
10. 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
11. 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
12. 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
13. 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

14. 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
15. **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
16. 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
17. 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
18. 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
19. **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
20. **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

- |      |   |                   |
|------|---|-------------------|
| 2017 | New York University Medical Center; Laura and Isaac Perlmutter Cancer Center – Hematology/Medical Oncology Grand Rounds                       | New York City, NY |
| 2016 | University of New Mexico Cancer Center Grand Rounds,  | Albuquerque, NM   |
| 2016 | Vermont Center on Behavior and Health 4 <sup>th</sup> Annual Conference: Behavior Change, Health & Health Disparities, October 5.6, 2016      |                   |
| 2015 | Washington Hospital Center Oncology Grand Rounds<br>“Exercise and Rehabilitation for Cancer Survivors: Changing the Standard of Care”         | Washington, DC    |
| 2015 | Georgetown University Hematology Oncology Fellows Conference<br>“Creating an Academic Career When Your Research Interests Don’t Fit the Mold” | Washington, DC    |
| 2013 | American Academy of Cardiovascular and Pulmonary Rehabilitation<br>“Oncology Rehabilitation: Concept to Practice”                             | Nashville, TN     |

**REGIONAL**

- 2016 Northern New England Oncology Society Meeting Concord, NH  
 “Steps to Wellness: A Model for Providing Exercise Based Oncology Rehabilitation”
- 2015 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 Stowe, VT  
 “Exercise: The Other Adjuvant Therapy”

**LOCAL**

- 2015 UVMHC Palliative Care Rounds Burlington VT  
 “Rehabilitation Options for Oncology Patients Receiving Palliative Care”
- 2015 UVMHC Internal Medicine Grand Rounds Burlington, VT  
 “Steps to Wellness: A Model for Providing Oncology Rehabilitation”
- 2014 UVMHC Clinical and Translational Science Conference Burlington, VT  
 “Oncology Rehabilitation: Changing the Standard of Care”
- 2014 UVMHC Vermont Cancer Center Grand Rounds Burlington, VT  
 “Oncology Rehabilitation: Changing the Standard of Care”
- 2013 Presentation to FAHC CEO Meeting Burlington, VT  
 “Steps to Wellness at FAHC/UVM: A Model for Providing Oncology Rehabilitation”
- 2013 FAHC Highlights of ASCO Burlington, VT  
 “Breast Cancer Update”
- 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”

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|------|---|----------------|
| 2012 | FAHC-LCCRO Presentation<br>“Oncology Rehabilitation: Laboratory for Translational Research”                             | Burlington, VT |
| 2012 | University of Vermont, Family Practice Grand Rounds<br>“Steps to Wellness: Our Experience with Oncology Rehabilitation” | Burlington, VT |
| 2012 | Vermont Cancer Center Basic Science Research Symposium<br>“Pathway Implications of Lifestyle Interventions in Cancer”   | Burlington, VT |
| 2012 | Commission on Cancer Review<br>“Steps to Wellness: Oncology Rehabilitaiton”   | Burlington, VT |