



ROBERT WOOD JOHNSON
MEDICAL SCHOOL

University of Medicine & Dentistry of New Jersey



Contact: Michele Fisher
Media Relations Specialist
732/235-9872
fisherm2@umdnj.edu

CINJ Expert in Cancer Control and Prevention Featured in *Physician's Weekly*
*Dr. Elliot J. Coups Outlines Study on Potential Benefits of Physical Activity
for Those Treated for Early-Stage Lung Cancer*

New Brunswick, N.J., August 17, 2009 – A study conducted by Elliot J. Coups, PhD, who recently joined The Cancer Institute of New Jersey's (CINJ) Division of Public Health Science, is featured in the current edition of *Physician's Weekly* (Volume 26, Number 31). The article includes commentary by Coups in which he outlines research that he and a group of colleagues conducted on the association between increased physical activity and greater quality of life in lung cancer patients. Dr. Coups is an associate professor of medicine at UMDNJ-Robert Wood Johnson Medical School and most recently served as an associate member in the Cancer Prevention and Control Program at Fox Chase Cancer Center in Philadelphia. CINJ is a Center of Excellence of UMDNJ-Robert Wood Johnson Medical School.

The research, which was funded by the National Cancer Institute, was conducted with 175 participants who were treated surgically for early-stage lung cancer from one to six years previously. Individuals who were more physically active reported an overall better mood, more vigor, fewer problems with shortness of breath, and greater physical functioning than less active individuals. As a result of the findings, Coups recommends clinicians speak with survivors treated for early-stage lung cancer about the potential benefits of increased physical activity.

Coups' primary area of research focuses on understanding and promoting health-related behaviors among cancer survivors. This includes documenting the prevalence of health behaviors among survivors of varying cancers, testing the feasibility of an Internet-based weight loss intervention for colorectal cancer survivors, and identifying the extent to which cancer survivors receive smoking cessation advice and use cessation treatments.

His work also includes identifying the prevalence and correlates of behavioral risk factors for cancer. Coups notes he is looking forward to advancing his research at CINJ. "Because CINJ is viewed as a leader in New Jersey in the area of cancer control and prevention, it will be my privilege to work with the team in an effort to develop innovative health behavior interventions that enhance the quality of life of cancer survivors and those at risk for cancer," he said.

Coups' current research is funded by grants from the National Cancer Institute and the Lance Armstrong Foundation.

About The Cancer Institute of New Jersey

The Cancer Institute of New Jersey (www.cinj.org) is the state's first and only National Cancer Institute-designated Comprehensive Cancer Center, and is dedicated to improving the prevention, detection, treatment and care of patients with cancer. CINJ's physician-scientists engage in translational research, transforming their laboratory discoveries into clinical practice, quite literally bringing research to life. The Cancer Institute of New Jersey is a center of excellence of UMDNJ-Robert Wood Johnson Medical School. To support CINJ, please call the Cancer Institute of New Jersey Foundation at 1-888-333-CINJ.

The Cancer Institute of New Jersey Network is comprised of hospitals throughout the state and provides a mechanism to rapidly disseminate important discoveries into the community. Flagship Hospital: Robert Wood Johnson University Hospital. Major Clinical Research Affiliate Hospitals: Carol G. Simon Cancer Center at Morristown Memorial Hospital, Carol G. Simon Cancer Center at Overlook Hospital, and Jersey Shore University Medical Center. Affiliate Hospitals: Bayshore Community Hospital, CentraState Healthcare System, Cooper University Hospital*, JFK Medical Center, Mountainside Hospital, Raritan Bay Medical Center, Robert Wood Johnson University Hospital at Hamilton (CINJ at Hamilton), Saint Peter's University Hospital, Somerset Medical Center, Southern Ocean County Hospital, The University Hospital/UMDNJ-New Jersey Medical School*, and University Medical Center at Princeton. *Academic Affiliate

###