MUSCLE MATTERS: SOME CONSEQUENCES OF LOW MUSCLE MASS IN PERSONS WITH CANCER

Dr. Ciaran Fairman is an Assistant Professor of Exercise Science at UofSC. His primary research focus is examining the impact of exercise, nutrition and supplementation interventions during and after cancer treatments. Low muscle mass and loss of muscle mass during cancer is associated with increases in treatment toxicities, poor prognosis, and reduced quality of life. The factors contributing to low muscle mass in cancer are wide ranging, and differ across stages, tumours and treatments. In this talk, Ciaran will discuss the mechanisms, variability, and implications of low muscle mass, along the latest research in developing lifestyle interventions aimed at targeting this condition.