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**A comprehensive approach to rehabilitation interventions following breast cancer treatment - a systematic review of systematic reviews.**
[This SR of SRs show solid positive effects of exercise/PA and yoga for women following BC treatment, and provides extended knowledge of the effects of CAM, yoga, lymphoedema treatment and psychosocial interventions. It is evident that more than one intervention could have positive effects on a specific symptom and that the effects depend not only on intervention type but also on how and when the intervention is provided.]

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**Accuracy of Computer-Aided Diagnosis of Melanoma: A Meta-analysis.**
[Although the accuracy of computer-aided diagnosis for melanoma detection is comparable to that of experts, the real-world applicability of these systems is unknown and potentially limited owing to overfitting and the risk of bias of the studies at hand.]

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**Apalutamide for Metastatic, Castration-Sensitive Prostate Cancer.**
Chi KN. *New England Journal of Medicine* 2019;--.
[In this trial involving patients with metastatic, castration-sensitive prostate cancer, overall survival and radiographic progression-free survival were significantly longer with the addition of apalutamide to ADT than with placebo plus ADT, and the side-effect profile did not differ substantially between the two groups.]

**Biopsy versus resection for high-grade glioma.**
Hart MG. *Cochrane Database of Systematic Reviews* 2019;6:CD002034.
[People with a presumed high-grade glioma (HGG) identified by clinical evaluation and radiological investigation have two initial surgical options: biopsy or resection. In certain situations surgical resection is clinically indicated. Where surgical resection is not feasible, biopsy is the only reasonable option. Most people fall somewhere between these extremes, and in such circumstances it is uncertain which procedure is the best surgical option for the patient.]

**Cancer in pregnancy.**
[Receiving a diagnosis of cancer during pregnancy can be frightening, and a woman may worry for her future and the outcome of the pregnancy. It makes coping extremely difficult.]
There has been a long-standing lack of national data regarding cancer during pregnancy and post birth in the UK. This has led to the figures about antenatal and postnatal cancer diagnosis being obscured for some time, especially given the different systems that are used to record clinical information about patients.

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**Community interventions for prostate cancer.**
Mendes A. *British Journal of Community Nursing* 2019;24(7):352-353.
["The National Institute for Health and Care Excellence (2018) recommends that people with prostate cancer who are on androgen-deprivation therapy be encouraged to exercise at least twice a week for 12 weeks to reduce fatigue and improve quality of life (Robinson, 2019). Community nurses play an important role in offering essential information, lifestyle advice such as this and personalised interventions, such as the one described in this article."

**Early versus deferred standard androgen suppression therapy for advanced hormone-sensitive prostate cancer.**
Kunath F. *Cochrane Database of Systematic Reviews* 2019;6:CD003506.
[Standard androgen suppression therapy (AST) using surgical or medical castration is considered a mainstay of advanced hormone-sensitive prostate cancer treatment. AST can be initiated early when disease is asymptomatic or deferred when patients suffer symptoms of disseminated prostate cancer.]

**Effects of Exercise During or Postchemotherapy in Cancer Patients: A Systematic Review and Meta-Analysis.**
[Exercise seems to have a beneficial effect on physical fitness and depression, but not on quality of life, anxiety, weight, and BMI. More specific and detailed description of the implementation of exercise programs should be proposed in the future.]

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**Extended versus standard lymph node dissection for urothelial carcinoma of the bladder in patients undergoing radical cystectomy.**
Hwang EC. *Cochrane Database of Systematic Reviews* 2019;5:CD013336.
[In the treatment of urothelial carcinoma of the bladder, we are currently uncertain of the benefits and harms of standard pelvic lymph node dissection (PLND) compared to extended PLND.]

**Functional surgery versus amputation for in situ or minimally invasive nail melanoma: A meta-analysis.**
[Our meta-analysis revealed no difference in local recurrence between the 2 interventions. Considering the functional deficit after amputation, conservative surgery should be the treatment of choice for in situ or minimally invasive nail melanoma.]

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Interventions for smoking cessation in people diagnosed with lung cancer.
Zeng L. Cochrane Database of Systematic Reviews 2019;6:CD011751.
[Most people with lung cancer are still active smokers at diagnosis or frequently relapse after smoking cessation. Quitting smoking is the most effective way for smokers to reduce the risk of premature death and disability. People with lung cancer may benefit from stopping smoking. Whether smoking cessation interventions are effective for people with lung cancer and whether one method of quitting is more effective than any other has not been systematically reviewed.]

Lung cancer.

[MRI-TB is an attractive alternative diagnostic strategy to systematic biopsy. We evaluated the published literature, comparing two methods of diagnosing prostate cancer. We found that biopsies targeted to suspicious areas on magnetic resonance imaging were better at detecting prostate cancer that needs to be treated and avoiding the diagnosis of disease that does not need treatment than the traditional systematic biopsy.]
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Medical interventions for the prevention of platinum-induced hearing loss in children with cancer.
van As JW. Cochrane Database of Systematic Reviews 2019;5:CD009219.
[Platinum-based therapy, including cisplatin, carboplatin, oxaliplatin or a combination of these, is used to treat a variety of paediatric malignancies. One of the most significant adverse effects is the occurrence of hearing loss or ototoxicity. In an effort to prevent this ototoxicity, different otoprotective medical interventions have been studied. This review is the third update of a previously published Cochrane Review.]

Penile cancer.
[The signs and symptoms associated with penile cancer are discussed, as well as the methods used to make a diagnosis. Once a diagnosis is made, the staging and grading of the cancer can be undertaken and this will then determine treatment options that are available. A discussion regarding preventative measures is offered.]
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Perioperative nutrition for the treatment of bladder cancer by radical cystectomy.
Burden S. Cochrane Database of Systematic Reviews 2019;5:CD010127.
[Radical cystectomy (RC) is the primary surgical treatment for muscle-invasive urothelial carcinoma of the bladder. This major operation is typically associated with an extended hospital stay, a prolonged recovery period and potentially major complications. Nutritional interventions are beneficial in some people with other types of cancer and may be of value in this setting too.]
Single-dose intravesical chemotherapy after nephroureterectomy for upper tract urothelial carcinoma.
Hwang EC. *Cochrane Database of Systematic Reviews* 2019;5:CD013160.
[Single-dose, postoperative intravesical chemotherapy reduces the risk of bladder cancer recurrence after transurethral resection of bladder tumours. However, there is limited evidence whether single-dose intravesical chemotherapy is similarly effective at preventing bladder cancer recurrence after nephroureterectomy.]

Skin cancer.
[Skin cancer is a common type of cancer. The healthcare assistant and assistant practitioner (HCA and AP) are in an ideal position to recognise abnormal skin conditions and to report these. In order to do this, there is a need to have an understanding of the anatomy and physiology of the skin. This article provides an overview of the anatomy and physiology of the skin; for completeness, this article also includes the appendages (the glands, hair and nails).]

Systematic review and meta-analysis of maintenance of physical activity behaviour change in cancer survivors.
[Existing interventions are effective in achieving modest increases in physical activity at least 3 months post-intervention completion. Small improvements were also evident in control groups suggesting low-intensity interventions may be sufficient in promoting small changes in behaviour that last beyond intervention completion. However, study samples are not representative of typical cancer populations.]

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Tumour profiling tests to guide adjuvant chemotherapy decisions in early breast cancer: a systematic review and economic analysis.
Harnan S. *Health Technology Assessment* 2019;23(30):1-328.
[This study looked at five tests and, while there are limitations and uncertainty in the evidence, it suggests that all five can provide prognostic information although the estimates of cost/QALY varied widely.]

Vertebroplasty or kyphoplasty as palliative treatment for cancer-related vertebral compression fractures: a systematic review.
[This review showed clinically relevant improvements in pain, ODI, and KPS in patients with VCFs due to malignancy treated with either PVP or KP. Cement leakage is common, but rarely symptomatic. Percutaneous vertebroplasty and KP are safe and effective palliative procedures for painful VCFs in patients with malignant spinal lesions.]

Guidelines
The following new guidance has recently been published:

**Atezolizumab in combination for treating metastatic non-squamous non-small-cell lung cancer.**
National Institute for Health and Care Excellence (NICE); 2019.
[https://www.nice.org.uk/guidance/ta584](https://www.nice.org.uk/guidance/ta584)

[1 Recommendations 1.1 Atezolizumab plus bevacizumab, carboplatin and paclitaxel is recommended as an option for metastatic non-squamous non-small-cell lung cancer (NSCLC) in adults: who have not had treatment for their metastatic NSCLC before and whose PD-L1 tumour proportion score is between 0% and 49% or when targeted therapy for epidermal growth factor receptor (EGFR)-positive or anaplastic lymphoma kinase (ALK)-positive NSCLC has failed...]

*Freely available online*

**Lenalidomide plus dexamethasone for multiple myeloma after 1 treatment with bortezomib.**
National Institute for Health and Care Excellence (NICE); 2019.
[https://www.nice.org.uk/guidance/ta586](https://www.nice.org.uk/guidance/ta586)

[1 Recommendations 1.1 Lenalidomide plus dexamethasone is recommended as an option for treating multiple myeloma in adults only if: they have had only 1 previous therapy, which included bortezomib, and the company provides it according to the commercial arrangement. 1.2 This recommendation is not intended to affect treatment with lenalidomide that was started in the NHS before this guidance was published...]

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**Lenalidomide plus dexamethasone for previously untreated multiple myeloma.**
National Institute for Health and Care Excellence (NICE); 2019.
[https://www.nice.org.uk/guidance/ta587](https://www.nice.org.uk/guidance/ta587)

[1 Recommendations 1.1 Lenalidomide plus dexamethasone is recommended as an option for previously untreated multiple myeloma in adults who are not eligible for a stem cell transplant, only if: thalidomide is contraindicated (including for pre-existing conditions that it may aggravate) or the person cannot tolerate thalidomide, and the company provides lenalidomide according to the commercial arrangement...]

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**Reports**

The following report(s) may be of interest:

**Many women unaware of the link between alcohol and breast cancer.**
NHS Behind the Headlines; 2019.

[205 women attending breast clinics and mammography screening appointments were asked about their awareness of alcohol as a risk factor for developing breast cancer. The study found that only 1 in 5 women attending a breast cancer clinic or mammography]
screening were aware of the risks.

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