Patient:
1. Diagnosed of nasopharyngeal, oropharyngeal or hypopharyngeal cancer,
2. Will be receiving radiation therapy,
3. Lives in Calgary area, is over 18 yrs, able to walk, able to speak and write English.

Direct Physician Referral with PA Clearance

Patient contacted and interest in study participation is determined

Patient interested in Lifestyle Intervention Study

Initial Assessment:
Consent
Demographic Information
Leisure Score Index
FACT-An / FHNSI-22
CES-D
Smoking Status
Employment Status
Physical and Fitness Assessment
DXA Scan
3-day Food Record
Inflammatory Markers

Patient Randomized

Delayed Lifestyle Intervention (DLI)
Immediate Lifestyle Intervention (ILI)

Treatment Start (Radiation or Radiation + Chemotherapy)

Control
12 Weeks

Lifestyle Intervention (*)
24 Weeks

2nd Assessment

24 Weeks
12 Week Maintenance (*)

3rd Assessment

No Maintenance
36 Weeks

4th Assessment

42 Weeks
12 Week Maintenance (*)

Final Assessment

Study Completed

Measures While on Intervention/Maintenance (*):
Bi-weekly ESAS
Weekly PA Journal
Weekly PG-SGA
3-day Food Record at 4 and 8 weeks

Assessment:
Leisure Score Index
FACT-An / FHNSI-22
CES-D
Smoking Status
Employment Status
Physical and Fitness Assessment
DXA Scan
3-day Food Record
Inflammatory Markers