

Dr Christine M. Friedenreich

Biography of proposed Guidelines Development Group

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Biography

Dr Friedenreich completed a PhD in Epidemiology at the University of Toronto and postdoctoral training at the WHO's International Agency for Research on Cancer and the University of Calgary. She is the Scientific Director, Department of Cancer Epidemiology and Prevention Research of Alberta Health Services and the Division Head, Preventive Oncology, Cumming School of Medicine, University of Calgary. Since the early 1990s, she has conducted over 40 observational epidemiologic research studies and randomized controlled trials on the role of physical activity in cancer control. Her research has focused on determining the optimal type and dose (i.e., frequency, intensity and duration) of physical activity as well as timing in life that is most associated with a reduction in cancer risk and an improvement in survival after cancer. For this research, she developed and tested two questionnaires to measure lifetime and past year total physical activity. In her trials, she has examined the underlying biologic mechanisms involved in the association between physical activity and cancer. She has received several career awards, prizes and has held an endowed chair in breast cancer research. Dr Friedenreich participated in the cancer advisory sub-committee for the 2018 Physical Activity Guidelines for Americans.