

Curriculum Vitae for Nancy Litterman Howe, PhD(c), MS, CES.
Founder, Strong Cancer Recovery
501(c)3 non-profit organization
www.StrongCancerRecovery.org

Nancy.Howe@ASU.edu

Employment

2017 - 2020 Research Technician and Program Coordinator
ASU, Edson College of Nursing and Health Innovation

NIH R01 Grant: *Sustainability via Active Garden Education*, Dr. Rebecca Lee.

NIH R01 Grant: *Recovery and Rejuvenation for Breast Cancer Survivors*, Dr. Linda Larkey.

Responsible for participant recruitment, site recruitment, quality control and data management, report writing, and project liaison for all community sites and media outlet for the study. Employment terminated in May 2020 as a consequence of the COVID-19 pandemic.

Research Areas

1. For 20 years, exercise promotion has focused on changing healthcare practices and workflows to integrate exercise into standard of care for oncology. My research is a paradigm shift toward survivor empowerment. My dissertation survey study evaluates a free, online decision-support tool that delivers to survivors expert exercise guidance, independent of healthcare providers and without the need, cost, and inconvenience of an exercise referral.
2. I serve as a Department of Defense, Congressionally Directed Medical Research Programs' grant reviewer to promote research and programs that integrate exercise as standard of care for oncology (2000-2023).

Education / Certifications

Arizona State University, Edson College of Nursing & Health Innovation.

PhD(c) Doctoral Candidate. Dissertation research approved by ASU IRB August 2023.

Proposed PhD graduation: Spring 2024.

Program Director, FitSTEPS for Life™. 2013-2014.

Cancer Foundation for Life, FitSTEPS for Life™ Dr. Gary Kimmel. Tyler TX.

Barbara K. Haas, PhD, RN and Gary Kimmel, M.D. Incorporating Exercise into the Cancer Treatment Paradigm, *Clinical Journal of Oncology Nursing*, Dec 2016.

doi:10.1188/16.CJON.S2.17-24.

Education / Certifications (continued)

C.E.S. University of Northern Colorado. 2012

Cancer Exercise Specialist. Rocky Mountain Cancer Rehabilitation Institute.

M.S. Arizona State University. 2005 Exercise and Wellness.

B.A. University of California, Berkeley. Economics.

Honors and Awards

- 2023 (Nov 13-19) Selected to serve as faculty for Academy of Oncology Nurse & Patient Navigators 14th annual conference, San Antonio.
- 2023 (Nov 1) Selected to co-present dissertation research at American Congress of Rehabilitation Medicine 100th annual conference, Atlanta.
- 2023: Consumer/Survivor Reviewer for the Congressionally Directed Medical Research Programs (CDMRP), Peer Reviewed Cancer Research Program: Head and Neck Cancer Panel. 10/13/2023.
- 2023: 3rd Place Award (\$800). ASU Institute for Social Science Research. Graduate Student Poster Conference. 4/24/2023.
- 2023: Poster presentation. Cancer Prevention and Control Translational Research, 4/19/2023.
- 2022: Consumer/Survivor Reviewer for the Congressionally Directed Medical Research Programs (CDMRP), Peer Reviewed Cancer Research Program (PRCRP): Metastatic Cancer Panel.
- 2022: Keynote Speaker at ASU/Mayo Clinic Health Futures Center, 3/17/2022 Collaboration Conference: Advocacy in Research.
- 2022: Board Member of the American Cancer Society, Arizona region.
- 2021: Featured in **WebMD.com** comprehensive reporting on the field of exercise oncology and the benefits of physical activity for cancer survivors. <https://www.webmd.com/fitness-exercise/news/20211210/exercise-treatment-for-cancer>
- 2021: National Coalition for Cancer Survivorship. Three-minute advocacy video on NCCS webpage for cancer rehabilitation. <https://canceradvocacy.org/resources/survivorship-checklist/cancer-rehabilitation/>

Honors and Awards (continued)

- 2021: Consumer/Survivor Reviewer for the YY2021 Rare Cancers Research Program Cycles Idea Development Award & Resource Community Resource Development (RCRP) Head and Neck Cancer panel. (Dec 2021)
- 2021: Arizona Medical Association (ArMA). Authored launch of ArMA Cancer Survivorship Initiative:
<https://www.azmed.org/news/568209/ArMAs-Cancer-Survivorship-Initiative.htm>
- 2021: Consumer/Survivor Reviewer for the Congressionally Directed Medical Research Programs (CDMRP), Peer Reviewed Cancer Research Program: Head and Neck Cancer Panel.
- 2021: Recipient of the Calvin C. Lorenz ASU Edson College Scholarship for 2021-2022 academic year (\$995).
- 2020: Cancer Support Community AZ, Professional Advisory Board Member (CSCAZ.org).
- 2020: Editorial Board Member of *Conquer Magazine*, the official patient magazine of the Academy of Oncology Nurse & Patient Navigators (Conquer-Magazine.com).
- 2020 National Coalition for Cancer Survivorship “Elevate Ambassador”
<https://canceradvocacy.org/get-involved/elevating-survivorship/>).
- 2019: Recipient of the 2019 Innovation Leadership Fund Award (\$995 scholarship). Awarded by Edson College of Nursing and Health Innovation from 4,000 eligible students.
- 2017: Cast Member, 2017 performance of STARS (Survivors Tell A Real Story) by A 2nd Act. View performance at Mesa Arts Center:
<https://a2ndact.org/team/nancy/>
- 2017 to 2019: Arizona Research Associate, Mayo Clinic AZ
 Sponsoring Mentor: Dr. Donald Northfelt, Hematology/Oncology
- 2016: **Ms. Senior Arizona**, second place runner-up.
 Talent: Advocacy talk about personal experience with cancer.
- 2007: **Grant Recipient:** St. Luke’s Health Initiatives, \$18,000 in support of the non-profit Cancer Workout Center’s “Train the Trainer” program in partnership with Mountainside Fitness, Phoenix.

Academic Publications

1. Jo. S., Han. S., & **Howe, N.** (2023). Examining the factors associated with handwashing behaviors during the COVID-19 pandemic in Korea. *SAGE Open Nursing*. <https://journals.sagepub.com/doi/full/10.1177/23779608231172364>
2. Jo. S., Pituch, K., & **Howe, N.** (2022). The Relationships Between Social Media and Human Papillomavirus Awareness and Knowledge: A Cross-Sectional Study. *JMIR Public Health and Surveillance* 2022; 8(9): e37274
URL: <https://publichealth.jmir.org/2022/9/e37274>
DOI: 10.2196/37274
3. Wood, K.C., Pergolotti, M., Marshall, T., Leach, H., Sharp, J., Campbell, G., Williams, G., Fu, J., Kendig, T., **Howe, N.**, & Bundy, A. (2022). Usability, acceptability, and implementation strategies for the Exercise in Cancer Evaluation and Decision Support (EXCEEDS) algorithm: a Delphi study. *Supportive Care in Cancer*. <https://doi.org/10.1007/s00520-022-07164-6>
4. Covington, K., Marshall, T., Campbell, G., Williams, G., Fu, J., Kendig, T., **Howe, N.**, Alfano, C., & Pergolotti, M. (2021). Development of the Exercise in Cancer Evaluation and Decision Support (EXCEEDS) algorithm. *Supportive Cancer Care* 29, 6469-6480. <https://doi.org/10.1007/s00520-021-06208-7>.
5. Gomez-Morales, A., **Howe, N.**, Poledna, M., & Pipe, T. (August, 2020). Nursing and healthcare innovation PhD students' reflective autobiographical narratives. *Teaching and Learning in Nursing*. <http://doi.org/10.1016/j.teln.2020.06.001>.
6. Ginossar, T., Larkey, L., **Howe, N.**, & Goel, N. (2015). Coping with women's cancer and perceived providers' support: Does type of cancer make a difference? *Online Journal of Communication and Media Technologies*, 5(1) 41- 56.
7. **Howe, N.**, Swan, P. (2003). Training obese clients: Examining our assumptions. *American College of Sports Medicine Health and Fitness Journal*. Nov/Dec 2003.

General Interest, National Publications

1. Howe, N., June 2023. Benefits of Exercise During and After Treatment. *Conquer Magazine*. <https://conquer-magazine.com/issues/2023/vol-9-no-3-june-2023/2039-benefits-of-exercise-during-and-after-cancer-treatment>
2. Howe, N., August 2022. The Benefits of Moving Through Cancer: Why Exercise is So Important for Survival. *Conquer Magazine*, 8(4) <https://conquer-magazine.com/issues/2022/vol-8-no-4-august-2022/1891-the-benefits-of-moving-through-cancer-why-exercise-is-so-important-for-survival>
3. Howe, N., Dec 2020. Cancer Rehabilitation: Creating Your Parallel Universe of Healing. *Conquer Magazine*, 6(6). <https://conquer-magazine.com/issues/2020/vol-6-no-6-december-2020/1445-cancer-rehabilitation-creating-your-parallel-universe-of-healing>
4. Howe, N., Aug 2020. My Cancer Survivor Story and the Power of Your Unique Voice. *Conquer Magazine*, 6(4). <https://conquer-magazine.com/issues/2020/vol-6-no-4-august-2020/1308-my-cancer-survivor-story-and-the-power-of-your-unique-voice>
5. Howe, N., Oct 2019. Is Cancer Rehabilitation a Good Option for You? It's Never Too Late to Ask for a Referral. *Conquer Magazine*, 5(5). <https://conquer-magazine.com/issues/2019/vol-5-no-5-october-2019/1052-is-cancer-rehabilitation-a-good-option-for-you-it-s-never-too-late-to-ask-for-a-referral>
6. Howe, N., Dec 2017. Managing Lymphedema Associated with Breast Cancer. *Conquer Magazine*. 3(6). <https://conquer-magazine.com/component/mams/?view=article&artid=536:managing-lymphedema-associated-with-breast-cancer&catid=13&Itemid=0>
7. Howe, N., April 2016. Sex and Intimacy for Breast Cancer Survivors: During Treatment and Beyond. *Conquer Magazine*. 3(2). <https://conquer-magazine.com/issues/2017/vol-3-no-2-april-2017/472-sex-and-intimacy-for-breast-cancer-survivors-during-treatment-and-beyond>
8. Howe, N., Dec 2016. Confusion May Be the Biggest Obstacle to Exercise. *Conquer Magazine*. 2(6). <https://conquermagazine.com/issues/2016/vol-2-no-6-december-2016/26-confusion-about-exercise-may-be-the-biggest-obstacle-to-our-health>

General Interest, National Publications (continued)

9. Howe, N., Northfelt, D. May/June 2015. A Prescription for Exercise. *Coping With Cancer Magazine*. [Click Here: Coping With Cancer Magazine May June 2015.](#)
10. **Howe N.**, Nov/Dec 2000. I Built a Better Body After Cancer. *Coping With Cancer Magazine*.
11. **Howe N.**, May/June 2000. Exercise and Cancer Rehabilitation. *Oncology Issues*.
12. **Howe N.**, July 2000. *Canswer*, 2nd Edition. Varian Medical Systems. Palo Alto CA. Dec 1999. *Canswer*, 1st Edition. Wellness Community of Central Arizona. (A 25-page book describing my journey with cancer, treatment, and recovery.)
13. **Howe N.**, June 1999. Secret to My Success: Fighting Cancer in the Gym. *Prevention Magazine*.
14. **Howe N.**, June 1990. Run Nancy Run. *Runner's World Magazine*.

Cancer Education Presentations (2022 and earlier; For 2023 presentations see "Honors and Awards")

2022 Oct 1: Speaker at the 2022 Cancer and Blood Specialist of Arizona Survivorship Event, 10/01/2022 "Exercise and Wellness from a Survivor's Experience."

2022 Mar 15: Mayo Clinic AZ, NeuroOncology Support Group. "It's Never Too Late to Start Feeling Better: Is Cancer Rehabilitation a Good Option for You?"

2022 Feb 22: Mayo Clinic AZ, Pancreatic Cancer Support Group. "It's Never Too Late to Start Feeling Better: Is Cancer Rehabilitation a Good Option for You?"

2022 Feb 2: P.E.O. Cave Creek AZ "Mayo Clinic Commitment to Exercise Oncology"

2021 June 9: Mayo Clinic AZ, Breast Cancer Support Group. "It's Never Too Late to Start Feeling Better: Is Cancer Rehabilitation a Good Option for You?"

2021 March 4: Mayo Clinic AZ, Head & Neck Cancer Support Group. "It's Never Too Late to Start Feeling Better: Is Cancer Rehabilitation a Good Option for You?"

2020 December 2: Cancer Support Community, Arizona. "It's Never Too Late to Start Feeling Better: Is Cancer Rehabilitation a Good Option for You?"

Cancer Education Presentations (continued)

2020 September 3: ReVital Cancer Rehabilitation Grand Rounds with Dr. Michael Stubblefield and Shelley Fuld Nasso, CEO, National Coalition for Cancer Survivorship. “2020 State of Cancer Survivorship Survey.”

2020 July 30: Cancer Support Community, Arizona “It’s Never Too Late to Start Feeling Better: Is Cancer Rehabilitation a Good Option for You?”

2020 January 22: Mayo Clinic AZ, Breast Cancer Support Group. Facilitator: Brenda L. Allen MSW LMSW OSW-C, Mayo Clinic AZ. “What is Cancer Rehabilitation and How You Can Get a Referral.”

2019 January 23: Mayo Clinic AZ, 10th Annual Living with Cancer: A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones. “Exercise to Enhance Recovery.”

2018 January 31: Mayo Clinic AZ, *Participant/Leader*, Facilitator: Judith Pearson, A 2nd Act Writing Workshop for Cancer Survivors.

2017 January 27: Mayo Clinic AZ, *Faculty*. Clinical and Multidisciplinary Hematology and Oncology 2017. “Exercise as a Treatment for Breast Cancer.”

2017 January 21: Mayo Clinic AZ, 8th Annual Living with Cancer: A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones. “Exercise to Enhance Recovery.”

2016 November 12: Mayo Clinic AZ, *Faculty*. Clinical and Multidisciplinary Breast Diseases 2016. “Exercise as a Treatment for Breast Cancer.”

2016 November 10: Non-Hodgkin’s Lymphoma Support Group, Ironwood Cancer Center, Scottsdale AZ. “Overcoming Obstacles to Exercise.”

2016 October 26: Mayo Clinic AZ, Breast Cancer Support Group. Facilitator: Brenda L. Allen MSW LMSW OSW-C, Mayo Clinic AZ.

2016 October 21: Scottsdale Leadership. HonorHealth, Scottsdale AZ “Your Chair is Killing You: The Risks of Sedentary Behavior.”

2016 June 2: Mayo Clinic AZ, Phoenix Hospital Grand Rounds: “Cancer Awareness.”

2016 April 6: Valley of the Sun Jewish Community Center, Scottsdale AZ. “Mind, Body, and Spirit in Action, Moving into Health & Happiness.”

Cancer Education Presentations (continued)

2016 February 6: Cancer Support Community. Phoenix AZ
“Strengthening Your Recovery.”

2016 January 17: Mayo Clinic AZ, 7th Annual Living with Cancer:
A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones.
“Exercise to Enhance Recovery.”

2016 January 16: Mayo Clinic AZ, 7th Annual Living with Cancer:
A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones.
Featured Speaker, Breast Cancer Break-out Session.

2016 January 9: Scottsdale Leadership. HonorHealth, Scottsdale AZ.
“Advances in Cancer Research.”

2015 October 31: National Colon Cancer Alliance Annual Meeting. Phoenix, AZ
“Exercise for an Enhanced Recovery.”

2015 September 26: Coalition of Blacks Against Breast Cancer. Phoenix AZ
“Annual Celebration.”

2015 September 19: Susan G. Komen Central and Northern Arizona Chapter.
Phoenix AZ “Empowerment Symposium.”

2015 May 21: American Cancer Society, Cancer Support Community, and Mayo Clinic
AZ. “American Cancer Society Mayo Clinic AZ Hope Lodge Series.”

2015 March 21: Arizona Myeloma Network. 9th Annual Living with Myeloma
Conference. Scottsdale AZ. “Exercise for a Strong Recovery.”

2015 February 6: Phoenix Surgical Society 43rd Annual Phoenix Surgical Symposium.
Scottsdale AZ. “Benefits of Exercise for Breast Cancer Survivors.”

2015 January 24: Mayo Clinic AZ, Faculty. Clinical and Multidisciplinary Hematology
and Oncology 2017. “Benefits of Exercise for Breast Cancer Survivors.”

2015 January 11: Mayo Clinic AZ. 6th Annual Living with Cancer:
A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones.
“Exercise for a Strong Recovery.”

2015 January 10: Mayo Clinic AZ. 6th Annual Living with Cancer: A Mayo Clinic
Symposium for Cancer Patients and Their Loved Ones.
Featured Speaker, Breast Cancer Break-out Session.

Cancer Education Presentations (continued)

2009 September: The Wellness Community of Central Arizona and St. Joseph's Hospital, Phoenix AZ. "Exercise Benefits for Cancer Survivors."

2006 June: The Wellness Community of Central Arizona. Phoenix AZ. National Cancer Survivor Day. Keynote Speaker. "Hope and Recovery."

2003 April: Virginia G. Piper Cancer Center, Scottsdale Healthcare. Scottsdale AZ. Serenity in the Desert Retreat. "Muscle Strengthening for Cancer Survivors."

2002 March: Scottsdale HealthCare Hospital Librarian Series, Scottsdale AZ. "Exercise and Cancer Survivorship."

2001 August: National Cancer Survivor's Speaker's Bureau Event, co-sponsored by Phoenix Country Club and Xavier Highschool Mother/Daughter Association. "Building Strength, Building Character."

Television Appearances

2001 January: Televised interview with Lin Sue Cooney, "12 News," Channel 12 News, Phoenix, AZ. Discussed the success and reprinting *Canswer* authored by N. Howe.

2000 October: Televised interview with Marty Velasco Hames, "Good Morning Arizona," Channel 3 News, Phoenix, AZ. Announced publication of *Canswer*, authored by N. Howe.

Athletic Achievements

NGA 2000 Pro Universe Natural Bodybuilding Championship, NYC. October 2000. *6th Place Woman Overall* (International Competition).

NGA 2000 Western American Natural Bodybuilding Professional Qualifier, April 2000 *1st Place Woman Overall. 1st Place Woman Heavyweight. 1st Place Woman Master.*

Multiple running awards in CA and AZ. 10K and Half-Marathon road races. 1982-1991. *1st Overall Female. Modesto CA Half-Marathon, 1989.*