

## RESEARCH OPPORTUNITY FOR BREAST CANCER SURVIVORS

### Help us understand the Effect of Exercise Training on Cancer Related Weakness



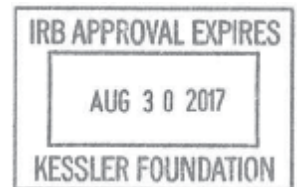
Cancer treatments are effective in treating and preventing recurrence of breast cancer. However, patients sometimes experience physical weakness related to cancer or cancer treatment. In collaboration with Dr. Wong at the Rutgers Cancer Institute of New Jersey and Dr. Stubblefield at the Kessler Institute for Rehabilitation, researchers at the Kessler Foundation are currently studying the effect of exercise training on cancer related symptoms of weakness and fatigue. They are investigating how the intervention can improve hand grip strength as well as fatigue, and looking at changes inside the brain using brain imaging.

#### What will you do?

- You will first come for an enrollment visit. You will then be assigned by chance to either (1) one of two 6-week exercise trainings (2) or no training to serve as study control
- You will come for 2 testing visits the same week if you are in the control group and 6 testing visits over 3 months if you are in the exercise training group. For the testing visits, you will have MRI brain scans and EEG recordings while performing various hand tasks, to study your brain activity.
- Additionally, you also will receive 30 training sessions (5 training sessions per week for 6 weeks) if you are in the exercise training group (but not in the control group).

#### To be eligible, you must

- Be a woman, right-handed between the age of 50 to 75 years old
  - Have had breast cancer diagnosis and treatment in the past 10 years
- Have a stable physical/health condition for the past 3 months
- Have been feeling physically fatigued due to the cancer or cancer treatment
- Not have been involved in regular strength exercise
- Be available every day for 6 weeks for a 1 hour exercise training



You will receive \$300 for the testing visits

You will receive \$1200 if you are chosen to be in the exercise training group

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