



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. Serena Wong at Memorial Sloan Kettering Cancer Center and Dr. Michael Stubblefield at Kessler Institute for Rehabilitation, researchers at Kessler Foundation are currently studying the effect of handgrip exercise on cancer related symptoms of weakness and fatigue.

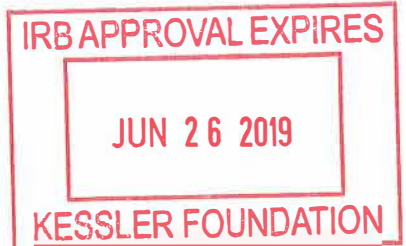
They are investigating how the intervention can improve hand grip strength and fatigue, as well as looking at changes inside the brain using brain imaging.

What will you do?

- You will first come for an enrollment visit.
- You will 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 also come in for 5 testing visits over 3 months, where you will receive MRI brain scans and EEG recordings to study brain activity while performing various hand tasks.
- Additionally, you also will receive 30 training sessions (5 training sessions per week for 6 weeks) if you are selected for one of the handgrip exercise group.

To be eligible, you must

- Be a right-handed woman, between the ages of 40 to 75 years old.
- Have a breast cancer diagnosis and received treatment in the past 10 years.
- Have a stable physical/health condition for the past 3 months.
- Not been involved in regular strength exercise.
- Must be available for a 1 hour exercise training, 5 days a week for 6 weeks.



You will receive \$300 for the testing visits

If you are selected for one of the exercise training groups, you will receive an additional \$900.

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