

Frequently Asked Questions

Will participating in the study benefit me?

You could benefit from participation in this study by learning how to exercise in a safe and effective way. You may also benefit by increasing your fitness level.

If you take part in the study, you will be helping thousands of women who get ovarian cancer in the future by actively contributing to a common goal of identifying lifestyle behaviors that may improve quality of life and may decrease the risk of recurrent ovarian cancer.

What would I need to do if I participated in the study?

If you choose to participate in this study, you will be asked to:

1) Come for two clinic visits (at study start and 6 months) at the Fred Hutchinson Cancer Research Center (FHCRC) Prevention Center clinic in Seattle. These clinic visits will include:

- **A brief physical exam**
- **A review of current medications**
- **A blood sample** of 30ml (approximately 5 teaspoons)

2) Complete a series of questionnaires at home (study start, 3 months, and 6 months)

3) Provide saliva samples (study start and 6 months). Saliva collection kits and instructions will be mailed to your home prior to the clinic visit, and you will bring your collected samples with you to your scheduled visit. The saliva samples will be used to assess cortisol levels, a hormone associated with stress.

4) Provide a 24-hour urine sample (study start and 6 months). 24-hour urine collection kits and instructions will be mailed to your home prior to the clinic visit, and you will bring your collected sample with you to your scheduled visit. The urine samples will be used to assess norepinephrine levels, a hormone associated with stress.

5) Wear a physical activity monitor (study start and 6 months). For one week, at the beginning and end of the study, you will wear a physical activity monitor (like a Fitbit). The monitor should be worn throughout the day and at night for one week, except when showering/bathing or swimming.

If you are randomized to the exercise program, you will also:

- 1) Meet with the exercise trainer for one hour to learn how to safely exercise
- 2) Exercise at home, with an ultimate goal of 150 minutes of exercise per week
- 2) Have weekly telephone calls with the exercise trainer
- 3) Keep a log of physical activity
- 4) Wear a physical activity monitor for one week at additional time points (2, 3, and 4 months)

If you are randomized to the waitlist group:

- 1) You will continue your usual activities. At the end of 6 months, you will be offered the exercise program, including the meeting with the exercise trainer and weekly telephone call support.

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I have neuropathy, weakness, and other side effects from my cancer treatment. Can I still participate?

Yes! Our exercise trainer is experienced in working with women with cancer, and will help personalize an exercise program for you based on your abilities. We also have a screening process in place to make sure that starting an exercise program is safe for you.

What kind of exercise would I be doing? How hard is it?

Our exercise trainer will work with you to individualize your exercise program based on the types of activities that you like to do and your abilities. Some common activities include fast walking or cycling, but there are many more options!

The ultimate goal will be to perform 150 minutes per week of moderate-intensity aerobic exercise, that causes your heart rate to increase and may cause you to sweat or have quicker breathing (but not be out of breath). The exercise trainer will have you increase your exercise amount and intensity gradually each week until you meet that goal. He will also give you advice if you are having difficulty performing the exercises or having trouble feeling motivated.

Is there an age limit to participate?

No – we enroll women of all ages!

I don't live near Seattle. Can I still participate?

If you are willing to travel to Seattle for two visits (one at the start of the study, and one 6 months later), then yes! Everything else is done over the phone and mail. (We are not able to pay for your travel to/from Seattle).

I am already enrolled in a different clinical trial. Can I still participate?

As long as the clinical trial you are already enrolled in is not a behavioral intervention trial (such as another exercise intervention trial or diet intervention trial), you may still be eligible to participate in our clinical trial.

My last dose of carboplatin and paclitaxel was two months ago, but I am still receiving maintenance therapy. Can I still participate?

Yes, women on maintenance chemotherapy (such as bevacizumab, the PARP inhibitor olaparib, or hormonal therapy) are eligible. As long as your last cytotoxic chemotherapy (usually carboplatin with another drug such as paclitaxel) was given within the last 6 months, you would fit within our eligibility timeframe.

What does it mean to be randomized?

If you agree to participate in the study, a computer will randomly assign you to be in the exercise intervention right away or to the waitlist group, where you will participate in the exercise intervention after 6 months. You will have an equal chance of each treatment. Studies like this, called randomized trials, are done when we need the highest quality evidence to help inform patients.

What if I have more questions?

For more information about this study, please contact our study manager:
(206) 221-8247 | ocexercise@uw.edu*

*We cannot guarantee the confidentiality of communication sent via email.