

Exercise Study for Ovarian Cancer Survivors



Questions?

For more information about this study, please contact our study representative:

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Why are researchers studying exercise?

Ovarian cancer causes more deaths than any other cancer of the female reproductive system, and most women with ovarian cancer are diagnosed at an advanced stage. While patients often achieve a remission after initial treatment, the cancer may come back. Women with ovarian cancer often experience high levels of distress and multiple side effects such as fatigue, weakness, anxiety, and other symptoms that decrease their quality of life. These symptoms often persist even after treatment is finished. Studies have shown that distress and chronic stress can make cancers grow and spread. We need to develop and study interventions that can both improve quality of life in ovarian cancer survivors, and lengthen survival time.

What are the benefits of participating in this study?

You will 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, improving your diet, and losing some weight. You will be actively contributing towards a common goal of identifying lifestyle behaviors that may decrease the risk of recurrent ovarian cancer.

How can I be part of this study?

You can be part of this study if you have been completed initial treatment for ovarian cancer (surgery and chemotherapy) within the last six months.

If you decide to participate, you will be asked to complete surveys about your health, provide saliva/urine/blood samples, wear an exercise monitor, track your physical activity, and visit the Fred Hutchinson Cancer Research Center Prevention Center in Seattle.

You will receive a total of \$50 for completing activities related to the study. You will receive \$10 for completing the baseline questionnaire and clinic visit. You will receive \$10 for completing the 3-month survey. You will receive \$30 for completing the 6-month questionnaire and clinic visit.