

AFRICAN AMERICAN BREAST CANCER SURVIVORS NEEDED FOR WEIGHT LOSS STUDY

The Lifestyle Improvement with Food and Exercise (LIFE) Research Study will evaluate the possible health benefits of weight loss in overweight women who have had stage I, II or IIIA breast cancer. Your participation in this research study would be greatly appreciated.

THE LIFE STUDY

Women who participate in the LIFE Study will receive one of two diets. The selection of diets is done by computer and it is random. The study lasts 18 months. The two diets are:

- 1) Coupons for Weight Watchers™ groups combined with counseling by a registered dietitian. The counseling involves weekly phone calls at first that gradually become monthly.**
- 2) The same program with added spirituality counseling in months 6-18. This spiritual counseling is designed to help women incorporate the weight loss behaviors into their lives. It involves learning how to use meditation or prayer and spiritual readings for strength in sticking to your weight loss goals.**

Both programs are free of charge. Both weight loss diets are designed to achieve a weight loss that might be 10% of your current body weight.

At 0, 6, 12 and 18 months, questionnaires, food and exercise records will be required, and we will measure body weight, blood pressure and waist and hip circumference. You will receive \$20 for coming to these visits at 0, 6, 12 and 18 months.

WOMEN WHO MEET THE FOLLOWING ARE NEEDED:



- African American
- 18-70 years of age
- Have had stage I, II or IIIA breast cancer diagnosed within the past 5 yrs.
- Finished all chemo or radiation therapy at least 3 months ago
- About 60 to 100 pounds overweight
- Be willing to keep food and exercise records
- Be willing to exercise regularly.
- Be willing to follow a weight loss diet

HOW TO JOIN

Joining the study is easy. First see if you meet the eligibility criteria listed above. If so,

Call 1-800-KARMANOS

Our staff will be happy to tell you more about the LIFE study.