

Cancer and Exercise Study Seeking Volunteers



L to R: Dr. Cooper and Danielle Smith

The Adams State University Human Performance and Physical Education Department, SLV Health Oncology Clinic, and the Alamosa Family Recreational Center are collaborating on a cancer and exercise study. Dr. M. "Penny" Cooper, oncologist, and Danielle Smith, Adams State HPPE graduate student, are looking for cancer survivor volunteers for their study, "Investigating the Effects of a Supervised, Progressive, Ten-Week Physical Activity Program on Cancer Survivors' Health, Fitness and Quality of Life."

A cancer survivor is defined as "someone diagnosed with cancer from day one." (M. "Penny" Cooper, Oncologist, personal communication, November 2016). "Not everyone requires treatment immediately, a watch-and-wait plan of treatment is utilized for some low-grade cancers." (M. "Penny" Cooper, Oncologist, personal communication, November 2016). Anyone that is a survivor can be part of the study, with their doctor's approval; including anyone that has started treatment, is going through treatment, has completed treatment, or that is in remission.

Interested participants are asked to attend a meeting held at 5:30 p.m., Thursday, August 23, 2018 at the SLV Health Education & Conference Center (formerly the Alamosa Grizzly Inn) in the Mount Blanca Room. Consent forms and questionnaires will be completed at this time. The Conference Center is located at 1921 Main Street in Alamosa.

The study is a continuation of Smith's master's thesis. "We are looking to recruit 30 cancer survivor volunteers." The study will begin September 4, 2018 and will consist of a week of pre- and post-testing for all participants using FitnessAge Testing and a Six-Minute-Walk-Test and a Ten-Week Exercise Intervention, for a total of twelve weeks. Participants will be randomly selected into a control group and an exercise group. The

control group will continue with their usual care and will not participate in the exercise intervention. The exercise group will complete an eight-week exercise intervention. The control group will be offered the exercise intervention, if interested, after the 12-week study.

The exercise intervention consists of three days a week of supervised exercise for eight weeks; and will include one day of aerobic exercise on Mondays, one day of resistance circuit training on Wednesdays, and one day of a group sport activity or individual balancing exercises on Fridays. Exercise times are scheduled, one in the morning and one in the afternoon/evening with details of those times to be explained at the meeting.

Heart rate monitors will be worn during the exercise interventions. All volunteers must have their physician's approval. At the end of the study, all results will be calculated and the two groups will be compared for changes in their health.

For more information, or for anyone that is interested but can't make the August meeting, please contact Smith at 719-480-1355.



You are Invited



San Luis Valley Health has partnered with Adams State University to study the impact of exercise on cancer patients.



Patients allocated to the intervention group will receive:

- ♦ Low impact sports and fitness activities with a graduate student from Adams State University
- ♦ Free monthly membership to the Alamosa Recreation Center, courtesy of SLV Health
- ♦ Fitness testing before and after the program

Please join us to find out more about the program and how you can get involved.

Cancer and Exercise Study Information Session

When: August 23, 2018 at 5:30 p.m.

Where: San Luis Valley Health

Education and Conference Center

1921 Main Street Alamosa CO 81101

Please call Danielle Smith at 719-480-1355 to RSVP

