

## Four Breast Cancer-Related Studies Seeking Participants

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**U** C San Diego Moores Cancer Center researchers examine role of diet and exercise

An active lifestyle and a healthy diet can help you feel more energetic, control your weight, help you sleep better, and reduce your risk of many diseases. Researchers at UC San Diego Moores Cancer Center are interested in discovering the effects of innovative diet and exercise programs on breast cancer survivors, as well as women who are 'at risk' for breast cancer.

"It's like anything else in life; you have to really want it (weight loss)," said participant Lorri Maida, who is enrolled in the Healthy Eating & Living Program (HELP) Study. "Portion control, phone counseling and some kind of daily exercise are really working for me."

### **STUDY DETAILS for BREAST CANCER SURVIVORS**

**The ENERGY Study** – Exercise and Nutrition to Enhance Recovery and Good Health for You – explores the role of diet and exercise in female breast cancer survivors who are at risk for recurrence.

- → 4-year study
- → 21 years of age or older
- → Overweight
- → Diagnosed with Stage I-III breast cancer within the previous 5 years and have completed their initial treatment
- → Willing and able to attend group meetings and maintain contact with investigators for two years
- → Able to be physically active
- → NOT currently enrolled in another nutrition or weight loss study

For more Information on ENERGY, please contact 858-822-2779 or [hbarkai@ucsd.edu](mailto:hbarkai@ucsd.edu)

**The REACH FOR HEALTH Study** is testing how the treatments of lifestyle intervention and the drug called metformin, which is used to treat diabetes, affect breast cancer survival.

- → 6-month study
- → Overweight
- → Diagnosed with Stage I-III A
- → Not scheduled for or currently undergoing chemotherapy
- → Able to communicate dietary and physical activity data via telephone
- → If taking statins, tamoxifen, or aromatase inhibitors; able and willing to remain on treatment for 6-month study period

For more detailed information on participating in REACH FOR HEALTH, call 858-822-6799 or contact Jessica Oratowski Coleman at [joratowski@ucsd.edu](mailto:joratowski@ucsd.edu).

### **STUDY DETAILS for THOSE 'AT RISK' (never had breast cancer)**

**The HELP Study** – Health Eating & Living Program for Weight Control – aims to reduce breast cancer risk in postmenopausal women through lifestyle change, using Internet-enhanced telephone counseling intervention.

- → 2-year study
- → Women between the ages of 45 to 70
- → Overweight
- → Want to increase their physical activity and improve their diet
- → Must have high-speed Internet access

For more information on participating in the HELP Study, contact 858-822-2895, [healthyeating@ucsd.edu](mailto:healthyeating@ucsd.edu) or visit [healthyeatingucsd.org](http://healthyeatingucsd.org) [↗](#)

**The MENU Study** – Metabolism, Exercise and Nutrition – examining the difference between three diets of differing composition on weight loss and cancer biomarkers.

- → 1-year study
- → Healthy, overweight women
- → Over 21 years of age
- → BMI (body mass index) higher than 30, less than 40

- → Willing and able to participate in clinic visits, group sessions, and telephone and Internet communications at specified intervals
- → Able to provide data through questionnaires and by telephone
- → Willing to allow blood collections
- → No known allergy to tree nuts
- → Able to be physically active

For more information on the MENU study please contact Elizabeth Quitana, MS, RD at 858-822-6162, [elquintana@ucsd.edu](mailto:elquintana@ucsd.edu)

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