

What Is Atypia?

Atypia is a study offered by the Exercise Oncology Service at MSK.

This study will look at how exercise affects the risk of developing breast cancer. Previous studies have shown that more exercise may lower the risk. The best intensity and the amount of exercise to provide this protection is not known. It is also not known how exercise reduces the risk of breast cancer. This study is designed to find out how much exercise is needed to change the risk factors for developing breast cancer.



Exercise Oncology Service

The Exercise Oncology Service started at Memorial Sloan Kettering Cancer Center when Lee Jones joined the institution. The program's mission is to conduct innovative and rigorous exercise oncology research to improve the health and longevity of individuals with and at risk of cancer.

Learn more at www.mskcc.org/research-areas/labs/lee-jones

Memorial Sloan Kettering Cancer Center
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FAQs

How long is this study?

This study is up to 24 weeks long.

Why does this study include a biopsy?

We will do biopsies of the breast that does not have evidence of abnormal changes in the cells. The results may help us learn how exercise might change the cellular processes in the breast. We want to determine whether such a change could decrease the risk of breast cancer. The biopsies are done on the same breast, in the same location, at the beginning and at the end of the study.

How much does it cost?

You don't have to pay anything to participate in this study or for any of the study assessments or training sessions. For your participation in the study, you will get two \$50 gift certificates, one at the baseline and one at the follow-up.

How many participants will be involved?

MSK is recruiting 100 women to take part in this study.

Where will this study take place?

All of the training sessions and assessments will take place at MSK's locations in Manhattan. Sessions may also take place in your home if you are part of the supervised home-based training.

What else should I know?

If you would like more information about the study, please contact the study investigator, Dr. Lee Jones, at 646-888-8103 or email medExOncATYPIA@mskcc.org.



Memorial Sloan Kettering
Cancer Center



Atypia

Exercise's Effect on
Post-Menopausal Women
at High Risk of Developing
Breast Cancer



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What's Involved?

Your fitness level will be measured at the beginning of the study. Based on this, an exercise physiologist will give you a personalized exercise plan that will be tailored to your individual fitness level.

You will train with our team of exercise physiologists at MSK three times a week. Sessions may also take place in your home if you are part of the supervised home-based training.

You will be randomly assigned to a general physical activity group or to one of three groups exercising on a treadmill for a set amount of time each week:

1. 75 minutes per week
2. 150 minutes per week
3. 300 minutes per week

Who's Eligible?

To be eligible for this study, you must:

- Be female
- Be between 45 and 80 years old
- Have gone through menopause
- Be at a high risk of breast cancer
- Have had a negative mammogram or breast MRI within the last year
- Not be on hormone therapy to reduce your risk of breast cancer
- Not have a history of breast cancer

What Is Supervised Home-Based Training?

If you choose to be part of the supervised home-based training, Technogym will deliver a treadmill to your home. An exercise physiologist will monitor your exercise sessions using a tablet with secure web-conferencing technology. You will still need to come to MSK for your baseline, midpoint, and follow-up testing.

Study Assessments

If you choose to take part in this study, you will be asked to complete several assessments. You will have these assessments at the start (baseline), middle, and end of the study

These tests include:

- Fasting blood draws
- Height and weight
- Vital signs (blood pressure, temperature, pulse)
- Exercise fitness test (cardiopulmonary exercise testing, or CPET)
- Echocardiograms at rest and after exercise to look at your heart function
- Body composition scans (DEXA) to measure your bone mass and soft tissue mass
- Core biopsies from unaffected breast tissue to look for possible cellular changes in the breast tissue
- Questionnaires that ask about your symptoms, quality of life, and physical activity history