

## FAQs

### How long is this study?

This study is approximately eight to ten months long, depending on your chemotherapy treatment. The exercise programs are 16 or 32 weeks. Each program has three 20 to 60 minute supervised sessions each week.

### 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 three \$50 gift certificates, one at the baseline, one at the middle, and one at the end of the study.

### How many participants will be involved?

MSK is recruiting 146 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 [medExOncOT@mskcc.org](mailto:medExOncOT@mskcc.org).

## What Is Optimal Timing?

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

This study will compare the effects of exercise in women who were recently diagnosed with early-stage breast cancer. Previous studies have shown that exercise is safe and tolerable for women with breast cancer. We don't know the best time to start a training program. This study will look at the effects of exercise both during chemotherapy and after chemotherapy. Those results will be compared with the effects of completing no aerobic exercise at all.



## 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](http://www.mskcc.org/research-areas/labs/lee-jones)



Memorial Sloan Kettering  
Cancer Center



# Optimal Timing

A Randomized Trial of  
Exercise During and After  
Chemotherapy in Women with  
Operable 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. The plan will include walking on a treadmill for varying amounts of time at a moderate intensity three times per week. You will be randomly assigned to one of four groups:

1. Aerobic training during the course of chemotherapy treatment
2. Aerobic training after the course of chemotherapy treatment
3. Aerobic training during and after the course of chemotherapy treatment
4. General physical activity

## Who's Eligible?

To be eligible for this study, you must:

- Be female
- Be between 21 and 80 years old
- Have been diagnosed with operable early-stage breast cancer
- Scheduled to receive chemotherapy

## 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 a series of 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
- Flow-mediated dilatation to measure the blood flow in your body
- Pulmonary function to measure how well your lungs take in and release air
- Arterial stiffness to measure the function and health of your blood vessels
- Body composition scans (DEXA) to measure your bone mass and soft tissue mass
- Questionnaires that ask about your symptoms, quality of life, and physical activity history

If you receive surgery after chemotherapy treatment, you may be asked to complete an additional CPET approximately six weeks after surgery.