

FAQs

How long is this study?

You will exercise on a treadmill in your home for at least two weeks. You will walk on the treadmill for 20 to 60 minutes five days a week. The length of time that you exercise will be customized for you. You will finish the exercise program before your scheduled surgery.

How much does this study cost?

You do not have to pay to participate in this study. There are no fees for any of the study assessments or training sessions. You or your health plan will pay all of the costs of your regular medical care, including your cancer treatment.

How many participants will there be in this study?

About 89 people will take part in this study at MSK.

Where will this study take place?

All exercise and assessments will be in your home.

For more information about the study, contact the study investigator, Dr. Lee Jones at **646-888-8103**.



PRESTO 1

Study of the Effects of
Pre-Surgical Aerobic Exercise
on Patients with Solid Tumors



Memorial Sloan Kettering
Cancer Center



Memorial Sloan Kettering
Cancer Center



About the Study

PRESTO 1 is an exercise study offered by the Exercise Oncology Service at Memorial Sloan Kettering Cancer Center.

It is looking for the safest level of exercise for people about to have surgery for cancer. The study will learn the effects of exercise on these people and on the outcome of the cancer.

Phase 0 will test if people can do the exercise at home. It will also check the quality of at-home exercise. The study will examine whether participants are willing to use apps and monitoring devices.

Exercise Oncology Service

The Exercise Oncology Service started when Dr. Lee Jones joined MSK. The program's mission is to conduct innovative and rigorous exercise oncology research to improve the health and longevity of people with or at risk of cancer.

Learn more at www.mskcc.org/exercise-oncology

Study Assessments

If you take part in this study, a treadmill will be delivered to your home. You will do an exercise test at the start of the study to measure your fitness level.

Throughout the study, you will wear an activity tracker. You will use a blood pressure monitor and a scale every day. This data will be sent to the study doctor through a mobile app.

You will do an exercise test at the end of the study.

Optional Study Assessments

- Blood and stool collection
- Continuous glucose monitoring
- Oral glucose tolerance test
- Dietary assessment

Exercise Sessions

An exercise physiologist will give you a personalized exercise plan. It will be tailored to your fitness level.

The plan will include walking on the treadmill for 20 to 60 minutes. You will walk at a mild to moderate intensity five times per week. An exercise physiologist will monitor you while you are exercising through secure web conferencing.

Who's Eligible?

To be eligible for this study, you must:

- be at least 18 years old
- have been diagnosed with endometrial, breast, or prostate cancer
- be scheduled for surgery at least two weeks before joining the study