

## Are You Eligible to Participate in this Study?

- ❖ Do you have a diagnosis of ovarian, fallopian tube, or primary peritoneal cancer?
- ❖ Are you scheduled to start chemotherapy soon, or have not yet completed more than one cycle of chemotherapy?
- ❖ Are you physically able to walk without a walking aid?
- ❖ Are you not already following a strict activity or exercise plan?
- ❖ Are you able to speak and read comfortably in either English or Spanish?
- ❖ Are you older than 18 years old?
- ❖ Are you willing to participate in a study for 12 months?




## A Trial of Exercise and Lifestyle in Women with Ovarian Cancer





## What To Expect if You Participate in This Study

- ❖ Half of the women in the study will be chosen at random to begin the exercise and nutrition program that involves weekly counseling sessions throughout chemotherapy in addition to their usual care. The sessions can be done in-person, by telephone or online.
- ❖ The other half of the women will be chosen at random to continue with their usual care and will be offered a counselling session to develop a nutrition and exercise plan.
- ❖ All participants will be asked to complete the following assessments up to four times during the study (at the beginning, in the middle of and right after chemotherapy, and 12 months from diagnosis):
  - Height, weight, hand strength and walking endurance measurements
  - Questionnaires on physical and mental symptoms and medications
  - Telephone reviews of your recent food intake and activity levels
  - Blood draws and urine tests
  - Wearing an activity monitor on your wrist for 7 days that is returned by mail

## Objectives of the TEAL Study

 To recruit 100 women from Sylvester Comprehensive Cancer Center and 100 women from Smilow Cancer Hospital at Yale University who are starting chemotherapy for ovarian, fallopian tube or primary peritoneal cancer.

 To look at whether an **exercise and nutrition program** improves chemotherapy completion rates and helps manage side effects for women receiving treatment for ovarian cancer.

 To improve the health and wellbeing of women undergoing chemotherapy for ovarian cancer.



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