



BREAST, PROSTATE AND COLORECTAL CANCER PATIENTS NEEDED



Are you a breast, prostate, or colorectal cancer patient who has finished treatment?

Researchers at Sylvester Comprehensive Cancer Center are looking for volunteers interested in nutrition and physical activity.



cranelab@miami.edu

✉ 305-243-5013

LOCATIONS

- **Sylvester Comprehensive Cancer Center - 1475 NW 12th Ave, 1st Floor, Miami, FL**
- **Lennar Foundation Medical Center -5555 Ponce de Leon Blvd, 3rd Floor, Coral Gables, FL**
- **Sylvester Comprehensive Cancer Center -Plantation -8100 SW 10th St, 1st Floor, Plantation, FL**
- **and more**



WHAT TO EXPECT

Receive a tailored exercise and nutrition prescription addressing your individual needs. Plus gain access to health classes and educational material.

Be placed in 1 of 3 groups:

● Text messaging program on diet and physical activity, with weekly check-ins.

● Group, exercise classes 2x/week and virtual nutrition classes

● 1-on-1 weekly meetings with an Exercise Physiologist and Registered Dietitian

Wear a Fitbit to track your activity, and use the MyWellnessResearch software platform to track your progress.



Are you eligible to participate in the OnPoint Study?

- Are you 18 years or older?
- Have you been diagnosed and treated with Breast, Prostate, or colorectal cancer?
- Are you able to speak, read and write in either English or Spanish?
- Are you interested in working to change your diet and activity levels in order to find out if these can improve your health?

Additional Criteria Apply

OBJECTIVES

To recruit 300, breast, prostate, and colorectal cancer patients from SCCC and UHealth

To explore if a tailored intervention on diet and physical activity can improve adherence to the current recommendations and improve quality of life, physical function, nutrition and body composition.

