

Have you just been diagnosed with lymphoma but have not yet started treatments? Researchers at Sylvester Comprehensive Cancer Center are looking for volunteers interested in nutrition and physical activity.

NEWLY DIAGNOSED LYMPHOMA PATIENTS NEEDED



What to expect if you participate in this study

Complete a 30-45 minute weekly coaching session by phone or video call during treatment (number of weeks depends on treatment protocol) to discuss diet and to complete at-home supervised exercises.

Wear a Fitbit to track your activity, and use the MyFitnessPal app to track your diet.

Complete the following assessments four times during the study:

- Height, weight, hip, waist, hand strength, and blood pressure measurements
- Questionnaires on physical and mental symptoms and medications, diet and physical activity levels
- Blood draws at routine clinic visits

Are you eligible to participate in the LIFE-L Study

- Are you 18 years or older?
- Have you been diagnosed with Hodgkin or Non-Hodgkin Lymphoma?
- Are you planning to start chemotherapy?
- Are you able to speak, read and write in either English or Spanish?
- Are you interested in working with a coach to change your diet and activity levels in order to find out if these can improve your health during chemotherapy?

Additional Criteria Apply



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Objectives of the LIFE-L Study



To recruit 60, newly diagnosed lymphoma patients from SCCC and UHealth



To explore whether a healthy diet and increased physical activity can improve outcomes from treatment, including reducing side effects from chemotherapy



To improve the well-being and quality of life of lymphoma patients receiving chemotherapy

