Frequently Asked Questions

How long will the visit take?
The total time for the baseline/post visit is approximately three hours.

How long will I be in the study?
Your participation in the study will last approximately 7-8 weeks.

How many people will participate?
140 participants will be enrolled.

Is there any cost to participating?
There will be no cost to you.

What risks are involved?
There are little to no risks to being involved in this study. Specifics will be discussed if you enroll.

Are there any benefits to participating?
You may or may not benefit from this study.

Will I get any payments for participating?
You will be paid $35 for completing both assessments. Each participant will receive an EXCAP exercise kit.

Can I leave the study?
You may discontinue participation at any time without risking loss of present or future care.

If you would like more information regarding this study, please contact:

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The James P. Wilmot Cancer Center and the Department of Surgery-Cancer Control would like to thank you for considering participating in this project.
LGBT Cancer Survivors and Caregivers

Cancer can affect not only the cancer survivor, but the survivor’s entire support system. Many cancer patients report mild to moderate levels of distress before, during, and after treatment and their caregivers have also reported similar feelings. This distress can lead to poor quality of life for both parties as well as other psychological difficulties.

Many interventions have been developed to target distress in cancer patients/survivors, but few have included caregivers. This study is designed to see whether exercise can improve the health and well-being of lesbian, gay, bisexual, transgender (LGBT) survivors and caregivers.

Exercise has been shown to improve fatigue, depression, and anxiety symptoms which is why it is being encouraged among cancer survivors. **We are looking for LGBT cancer survivors and female cancer survivors who partner with women.** In this study, a standardized, home-based, progressive exercise program will be used with participants. This program is designed for daily use over the course of 6 weeks and can be tailored to each individual.

**What To Expect**

If you agree to participate, your standard of care will not change. You will be asked to complete the following procedures at two time points:

1. Filling out computerized questionnaires
2. Fitness evaluations
   a. Bioelectrical impedance analysis (BIA) to measure lean body mass
   b. Cardiovascular 6-minute walk test
   c. 2 tests for muscular strength
3. Wearing a pedometer and actigraph (7 days before baseline and 7 days before post assessment)
4. A fasting blood draw (about 2 tablespoons)
5. Daily diary to track physical activity
6. A study coordinator will contact you once a week for updates

**Study Groups**

After completing baseline measures you will be assigned at random to one of two exercise groups. We are testing these two types of exercise to see which is more effective in treating distress. At the end of the study, everyone will be offered an exercise intervention.

**Exercise for Cancer Patients (EXCAP)**

The exercise program being studied in this research consists of both aerobic training using a pedometer to measure the distance walked each day as well as resistance training using resistance bands.