

Seeking

Breast Cancer Survivors

To participate in Phase II of a mind-body program



For information about a clinical trial to improve wellness for breast cancer survivors being conducted in the Seattle area with the support of Gilda's Club contact



**MIND MATTERS
RESEARCH LLC**

"Improving Quality of Life for cancer survivors"

(866) 266-7633 (toll-free)

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Envision the Rhythms of Life

This research is funded by the National Cancer Institute (R44CA11797-02A2). The program seeks to mitigate the late-term and long-term effects of breast cancer treatment. Those effects include cognitive and memory challenges, sleep deprivation, fatigue, anxiety and depression and loss of quality of life.

Participants attend five classes where they will learn and practice strategies for alleviating the side effects of their treatments. They will learn to utilize the five senses (sight, sound, smell, touch, taste) as well as movement and emotion to optimize health outcomes. Participants will practice what they learn for four months.

Qualified participants must have completed any required surgery, IV chemotherapy and/or radiation for at least six weeks before the classroom instruction begins. At weeks 1, 9, and 17, participants will complete written assessments, biofeedback and neurofeedback data collection during a scheduled office visit. Other practice forms will be sent to participants for 17 weeks as e-mail attachments.

Lyn Freeman, Ph.D. is principal investigator for this clinical trial. She is also CEO of Mind Matters Research LLC in Anchorage, Alaska. Community support is provided by Gilda's Club Seattle and all classes will be conducted at Gilda's Club. See www.gildasclubseattle.org

Participants interested in enrolling in the study should contact Dr. Freeman directly by e-mail at lfreeman@mindmattersresearch.com or by calling 1-866-266-7633 (toll-free). A pre-screening phone call is required before enrollment forms are sent to interested participants. For additional information about the clinical trial, visit www.mindmattersresearch.com