



MIND MATTERS RESEARCH LLC

7926 Port Orford Drive
Anchorage, AK 99507
Lyn Freeman, Ph.D.
(907) 868-7737
Fax: (907) 344-4537

The Challenge

In the United States, we are fortunate that most persons diagnosed with cancer recover from this life-threatening disease and live long and productive lives. Twenty-two percent of all cancer survivors, (approximately 1.9 million men and women) are breast cancer survivors. There are currently an estimated 7,000 breast cancer survivors residing in Alaska. An additional 400 or more cases of breast cancer are being diagnosed in Alaska each year. Further, 1 in 8 women will be diagnosed with breast cancer in their lifetime. Making breast cancer survivorship “the fastest growing club no one ever wanted to belong to.” Men also develop breast cancer, making up 1% of the breast cancer survivor population.

Surviving breast cancer often comes at a price. The treatments that save lives (surgery, chemotherapy, radiation, and preventative anti-hormonal medications) can produce significant long-term side effects. The Institute of Medicine has identified the most prominent side effects as chemobrain (cognitive challenges), fatigue, sleep deprivation, stress, anxiety, and depression.

Addressing the Problem

In September, 2008, an Anchorage-based research center (Mind Matters Research LLC) received National Cancer Institute (NCI) funding for a Phase II clinical trial to test a treatment program targeting the late-term and long-term effects of breast cancer treatment. The clinical trial tests a mind-body intervention called “Envision the Rhythms of Life.” The program consists of 5, four-hour classes, provided on Saturdays. Participants must agree to attend all five classes. During and after the class period, mind-body instructors ‘check-in’ with participants once a week by phone for a short 15-minute session to support participant success.

Data-Gathering and Practice Requirements

Because this is a clinical trial, participants take part in pre, mid, and post-training data gathering sessions. In those sessions, neurofeedback and biofeedback data is gathered, and participants complete written assessments related to their symptoms. Participants then practice what they learn throughout the day, every day, in their natural work and home environment. Participants document their practice on forms sent to them via e-mail. A special website that is HIPAA compliant and encrypted is being created to make the data-gathering requirements as convenient as possible.

What is Taught

Participants in the study learn mind-body imagery strategies for reducing stress, improving sleep, controlling heart rate variability and body temperature and improving mood state. They learn strategies for stimulating neuronal growth and



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creating strong memory pathways. They learn how to engage all the senses (sight, sound, taste, touch, smell) and how to utilize emotion to super-charge their imagery practice sessions. The science behind the strategies is provided in user-friendly formats.

Serving Breast Cancer Survivors

Mind Matters Research LLC is offering this study to eligible breast cancer survivors across the Anchorage bowl area and in Seattle. The Research Center wants to assure that eligible men and women who are interested in participating are also given the opportunity to do so. Any interested men and women who are breast cancer survivors and who would like to participate should contact Lyn Freeman, Ph.D., at lfreeman@mindmattersresearch.com or by calling (907) 868-7737.