

Program Title: “ENVISION THE RHYTHMS OF LIFE’

Clinical Trial Title: “Multi-Media Imagery Study for Breast Cancer Patients Phase II”

Clinical Trial and Mind-Body Medicine Program

Funded By National Cancer Institute,

Delivered by Mind Matters Research LLC in Anchorage, AK

WHAT IS IMAGERY?

For this study, Imagery is defined as the integration of thought, emotion, and sense experience (vision, sound, smell, taste, movement, touch) to modulate specific health outcomes.

WHO IS FUNDING THIS CLINICAL TRIAL?

This study is funded by the National Cancer Institute, National Institutes of Health. The grant number is 2 R44 CA117597-02A

WHO WAS AWARDED THE GRANT?

The grant was awarded to Mind Matters Research, LLC, an Anchorage-based research center and Company.

WHO ARE THE PRINCIPAL PERSONS INVOLVED IN THE GRANT?

Lyn Freeman, the President/Owner, is the principal investigator on the grant.

Mary Stewart, MD, is the lead oncologist.

Rebecca White, MD, is lead family physician.

Lorenzo Cohen, Ph.D., Mind-body researcher, from MD Anderson Cancer Center is lead consultant.

Judie Link, RN, is the Cancer Research Nurse for the clinical trial.

Bob Morgan, Ph.D., Cultural Consultant

WHO IS ELIGIBLE TO PARTICIPATE IN THIS STUDY?

To be eligible participants must:

- Have a diagnosis of breast cancer (ductal or lobular)
- Have completed their surgery and any accompanying radiation or chemotherapy. Specifically, the date of the last treatment (surgery, IV chemotherapy or radiation) must have been completed for at least six weeks at the time of application.
- Be referred by their treating physician. (Forms are available for patients to take to their doctors for referral)
- Be willing to attend and participate in all five imagery classes that will be offered over a five week period
- Be willing to practice imagery every day outside of class for 20-30 minutes for up to five months
- Be willing to take part in biofeedback and neurofeedback assessments
- Be willing to complete written assessment instruments at baseline, 8 and 17 weeks and record imagery practice throughout the study.
- Be over the age of 18.

Note: Both men and women are encouraged to participate.

HOW CAN PATIENTS GET INVOLVED IN THE STUDY AND HOW ARE THEY SELECTED?

Participants should contact Mind Matters Research LLC for a pre-qualification phone consultation (907-868-7737). If determined to be potentially eligible, participants will then receive a referral form to take to their physicians.

Once a referral form is completed, medical records will be reviewed by the research nurse for final confirmation of eligibility. Once deemed eligible, A research professional or imagery trainer from Mind Matters Research LLC will meet with the participants to enroll them in the study.

WHAT IS THE GOAL OF THE CLINICAL TRIAL?

The primary goal of this study is to determine if an imagery program will improve quality of life, as measured by written assessments of physical, social/family, emotional, functional, spiritual, and disease-specific well-being, and as determined by biofeedback and neurofeedback measurements related to cognition and stress reduction.

WHAT WILL HAPPEN IN THE CLASSES?

In the classes, participants will learn how to engage all of their senses (sight, smell, touch, taste, hearing) and all imagery pathways (passive, active and targeted) to improve health outcomes. The program utilizes art as imagery; healing stories; demonstrations of the effects of emotional imagery on heart rate variability (biofeedback); and imagery in storywriting. Additionally, patients will receive a comprehensive education on mind-body medicine. They will learn about how what we think and imagery affects health outcomes. They will learn about neuropeptides, the molecules of emotion, psychoneuroimmunology, physiological and biochemical conditioning, and much more.

WHERE IS THIS PROGRAM OFFERED?

The program is offered in Anchorage and the Matanuska-Susitna Valley in Alaska, and in Seattle, Washington.

WHO ARE THE SUPPORTING COMMUNITY SPONSORS?

In Alaska the community sponsors are Alaska Regional Hospital, Arctic Skye Family Medicine, WomenListen, and GCI. In Seattle, the community sponsor is Gilda's Club Seattle.

WHO CAN WE CONTACT FOR MORE INFORMATION?

You can contact Mind Matters Research LLC at 907-868-7737 or by e-mail at lfreeman@mindmattersresearch.com