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Community Cancer Center Embarks on Breast Cancer Survivor's Diet Research Study

Through the generous support of the Treva Hoffman Foundation and in conjunction with Legacy Health in Portland, the Community Cancer Center successfully embarked on seeking FDA approval to conduct its first clinical trial.

Emerging research has shown that women with a history of breast cancer, who are overweight at the time of diagnosis and at completion of treatment and beyond, face a higher risk of cancer recurrence. The Institute of Medicine's National Cancer Policy Forum has identified gaps in the scope of research that exist nationally and this includes underrepresented cancer survivor groups such that are found in rural areas. In other words us!

After several months of recruiting through the media and physicians' offices, and with interest and support from the community, the Community Cancer Center's diet research study to investigate approaches to weight loss in women with a history of breast cancer began on August 31st.

The study hopes to replicate previous research that has shown a lowering in the risk of cancer recurrence through weight loss and reduction in biomarkers (blood tests), which can be indicative of a higher risk of cancer returning.

We recruited a wonderfully enthusiastic group of 55 women who were keen to get started on their respective diets. Participants were randomized to either the control diet or the study intervention diet. Both groups had initial blood work drawn and this will be repeated in twelve weeks and any changes analyzed.

On orientation day, the two groups had waist and hip measurements taken and were measured on a medical bioimpedance machine. Measurements will be repeated monthly and the scale which analyses body composition will show expected changes in fat tissues and muscle mass as the study progresses.

The process of recording data for future statistical analysis begins now and we are fortunate to have the help and guidance of a Legacy Health Statistician in this endeavor.

For more information on medical nutrition contact:
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About the Community Cancer Center is a non-profit, 501c3, incorporated in 1979. The corporation is named Community Cancer Foundation doing business as the Community Cancer Center (CCC). The foundation is organized exclusively for charitable, educational and scientific purposes. Our mission is to assist, encourage, promote and advance the best care, treatments and rehabilitation of persons afflicted with cancer or related medical conditions.