

What are the goals of this study?

The **BWEL Breast Cancer Weight Loss** Study will look at whether losing weight, by eating less and exercising more, changes the risk of cancer recurrence in women who have been diagnosed with early breast cancer. The study will enroll more than 3,000 patients with breast cancer in the United States and Canada.



The results of this study will help researchers understand if losing weight after breast cancer diagnosis helps to decrease the risk of breast cancer recurrence.

 St Peter's Hospital
Cancer Care Center

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Are you a patient with breast cancer interested in weight loss?



BWEL 

**Breast Cancer
Weight Loss
Study**

What does the study involve?

Participants will be randomly assigned (like a flip of a coin) to one of two groups:

▪ **Weight Loss Group**

Participants will work with a weight loss coach and received telephone-based counseling.

Participants will receive 42 phone calls over two years from their weight loss coach on topics including:

- Calorie reduction
- Increasing physical activity
- Motivation and support

Participants will track foods they eat and exercise they do as part of the program. They will receive an activity tracker and scale to help track their progress.

OR

▪ **Health Education Group**

Participants will receive regular mailings on breast cancer topics and general health as well as invitations to attend online seminars that focus on breast cancer.

Who can participate in the study?

You may be eligible to participate if:

- ✓ You have been diagnosed with stage II or III breast cancer within the last 12 months
- ✓ You have completed surgery and chemotherapy (if given)
- ✓ You are interested in losing weight and have a body mass index (or BMI) greater than 27 kg/m²
- ✓ You would like to receive information about health topics
- ✓ You are willing to be randomly assigned (like a flip of a coin) to one of two groups



What is required?

Participants will complete health questionnaires and take height and weight measurements and a fasting blood draw at different points throughout the study.

Who is conducting this study?

This study is being conducted by the Alliance for Clinical Trials in Oncology. The Alliance is part of a national research network funded by the National Cancer Institute (NCI).

For more information, contact:

**St. Peter's Hospital
Cancer Care Center**

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Or, you can ask your doctor about the BWEL Breast Cancer Weight Loss Study.