Are you eligible?

- Are you a female stage I-III colon or rectal cancer survivor?
- Are you overweight and want to lose weight?
- Do you exercise less than two and a half hours per week?
- Are you postmenopausal?
- Do you have access to the Internet?

If yes, you may be eligible to participate!

Contact us:

If you want more information, or wish to participate in this study, please contact your local study coordinator:

Ms. Man Chi Ngan
Clinical Research Coordinator
New York Presbyterian at Columbia University

By telephone:
(212) 304-5580

By email:
Mn2527@cumc.columbia.edu

Healthy Weight Loss for Cancer Survivors Study:

An exercise and diet weight loss program for female colorectal cancer survivors

SWOG

Leading cancer research: Together.

Did you know?

Research shows that cancer survivors that have a healthy body weight, exercise, and eat a healthy diet feel better and live longer.

What is the purpose of this study?

The purpose of this nation-wide study is to test an exercise and diet weight loss program designed to help colon and rectal cancer survivors lose weight and reach a healthy body weight.

If you would like to participate, please contact:

Ms. Man Chi Ngan

(212) 304-5580

mn2527@cumc.columbia.edu

New York Presbyterian at Columbia University

What would I have to do?

If you participate in this study you will…

- Receive nutrition counseling over the phone for 12 months.
- Receive membership at a local Curves® club for 12 months at no cost.
- Go to 5 clinic visits over the course of the study.
- Have 3 fasting blood draws.
- Complete 3 online surveys and 9 telephone interviews over 1 year.