

# Be in the PINK.

A study programme on how rehabilitation can play a part in improving your well-being.



If you are a breast cancer patient who will be going for chemotherapy, we need you. Help us in our study “The Feasibility and Efficacy of Multidisciplinary Team-based Rehabilitation”. This programme - “**Be in the PINK**” aims to reduce symptoms and improve well-being through a series of exercise classes and educational talks.

## What will be done in the study?

- A one-hour group exercise class with fellow breast cancer patients, twice a week for 12 weeks, or an individual home exercise programme
- A one-hour educational class, once a week for 10 weeks, on the essentials of breast cancer survivorship, including symptom management, physical activity, diet and nutrition, cancer surveillance, recurrence and returning to work
- Evaluation of physical abilities and well-being before and after attending the programme



### Eligibility

- Breast cancer patient from 20 - 80 years old
- Going for chemotherapy and / or targeted therapy
- Able to walk independently without use of aids
- Able to read and understand English



### About

The study will cover the fees for the group exercise and educational classes.  
You will be reimbursed for your participation.

**For more information or to participate, please call 8399 8743  
or speak with your doctor / nurse.**