



Study on the Impact of Exercise in Patients with Early Breast Cancer

Patients who are completing their cancer treatment are invited to participate in this study that compares an exercise program versus observation on the impact on mental health, quality of life and immune markers. Allocation to either group is based on controlled randomization.

The patients allocated to intervention group are invited to attend the free group exercise session in NUH physiotherapy gym twice a week for 12 weeks. All participants will be asked to answer questionnaires and have a small sample of blood taken. The questionnaires should take approximately 30 minutes to complete.

Who can participate?

Females between 21 to 70 years old who are undergoing/have undergone curative treatment:

- Stage 1 - 3 breast cancer
- Between 4 to 12 weeks from last chemotherapy/radiation therapy/breast cancer surgery treatment
- Able to adhere to study procedures
- No medical issues deemed by investigator to be unsuitable for study

Venue

The programme will be conducted at the NUH Medical Centre.
There will be transport reimbursements for your participation.

Contact

For more information or to participate, please call 9171 7481 or speak with your oncologist/ breast surgeon/advanced practice nurse.

Principal Investigator: Dr Lee Soo Chin
Associate Director (Research) and Senior Consultant
National University Cancer Institute, Singapore

