



CLINICAL TRIALS on Exercise, Diet, Nutrition, Endometrial Cancer and Cancer Survivors

Below is a list of ongoing trials exploring the role of exercise in endometrial cancer. Please go to clinicaltrials.gov for contact information and location of studies, as these can change periodically.

[NCT02465541](#)

Lifestyle Interventions to Improve Physical Function and Quality of Life in Endometrial Cancer Survivors: The Role of a Gentle Yoga Based Exercise Program

This randomized clinical trial studies how well gentle yoga and dietary counseling lifestyle change effects physical function and quality of life of endometrial cancer survivors. Gentle yoga and dietary counseling may help improve physical function and quality of life for stage I-II endometrial cancer survivors.

[NCT02466061](#)

Transdisciplinary Research on Energetics (TREC) and Cancer Cross Center Study / Obesity and Weight Loss in Endometrial Cancer Survivors: A Randomized, Multi-site Trial (Lifestyle Beyond Cancer Study)

This randomized, controlled study evaluates the efficacy of weight loss interventions in endometrial cancer survivors, using novel technology-based weight loss platforms. This is a multi-site, pilot feasibility study which will provide preliminary data to support a larger NIH funded, multi-center trial.

[NCT01870947](#)

Assisted Exercise in Obese Endometrial Cancer Patients

This is an assisted exercise trial involving exercise on a stationary bike, brain imaging and DNA (genetics) sampling. The purpose of this study is to find out if performing a progressive, supervised assisted exercise program on a stationary bike improves quality of life, increases motivation to continue to exercise, improves dietary behavior and leads to sustained weight loss in women who have had early-stage endometrial cancer. Questionnaires will be used to assess exercise motivation and dietary behavior. Brain's responses to different visual images will also be assessed.

[NCT02135562](#)

Protein-Sparing Modified Fast Intervention for Weight Loss in Obese Endometrial Cancer Survivors

This pilot clinical trial studies protein-sparing modified fast (PSMF) intervention for weight loss in obese endometrial cancer survivors. The PSMF is a diet that is very low in carbohydrates and calories, designed to induce fast, safe weight loss. The diet consists of only lean meats (beef, pork, poultry, and seafood) in amounts adequate to meet protein requirements based on the individual's body weight. The PSMF may help endometrial cancer survivors achieve significant weight loss, reduce the risk of chronic disease, and improve quality of life

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[NCT02342730](#)

Weight Loss Referral for Healthier Survivorship in Obese Stage I-II Endometrial Cancer Survivors or Atypical Hyperplasia

This pilot clinical trial studies whether obese stage I-II endometrial cancer survivors or patients with atypical hyperplasia (abnormal cells in the lining of the uterus) would go see a weight loss specialist if it was recommended by their cancer doctor. Excess body weight or obesity is one of the most common contributors to (causes of) endometrial cancer. Over two-thirds of women who have survived endometrial cancer are obese. Complications of obesity, such as heart disease are often more dangerous than the cancer itself. A weight loss of even 5-10% of excess body weight is associated with improved health. Often, meeting with a doctor or person who is an expert in weight loss (bariatric specialist) is the best way to lose weight and keep it off. Endometrial cancer survivors or patients with atypical hyperplasia who go see a weight loss specialist recommended by their doctor may be able to achieve a healthier body weight.

These trials are focused on the role of exercise in the health of all cancer survivors.

[NCT02459769](#)

Exercise Intervention for Lesbian, Gay, Bisexual, and Transgender (LGBT) Cancer Survivors and Caregivers

The purpose of this study is to test preliminary efficacy, as well as acceptability and feasibility, of a dyadic exercise intervention, the current study will randomize LGBT cancer survivors and their non-professional caregivers as dyads to either an individual or a dyadic Exercise for Cancer Patients (EXCAP) intervention. The primary outcome assessed will be psychological distress. Analyses will involve pre-post comparisons of outcomes across the study arms, testing the hypothesis that a 6 week, daily, dyadic exercise intervention will result in greater improvements in psychological distress than an individual intervention.

[NCT01978899](#)

Healthy Living after Cancer: Weight Management Pilot Study

Programs that reduce calories and increase exercise have been shown to help cancer survivors lose weight, but more research is needed to develop and test weight loss programs in cancer survivors. This study is designed to look at the ability of a 16-week diet and exercise program to help cancer survivors lose weight. The investigator will look at changes in weight, body composition, quality of life, fatigue, body image as well as diet and exercise patterns, to see if this program can help men and women feel better and live healthier lives after cancer diagnosis.

The following clinical trials address diet and nutrition specifically for ovarian cancer patients.

[NCT02529150](#)

WISER After Ovarian Cancer - Exercise Pilot Study

One in four deaths in the United States is due to cancer, and one in three women will develop cancer in her lifetime. Despite improvements in survival among other forms of cancer, ovarian cancer prognosis remains poor. Eighty percent of women with ovarian cancer will present with advanced disease (stage 3 or 4) where 5-year survival ranges from 18-34%.² Among patients with stage III and IV epithelial ovarian cancer (EOC), recurrence rates are high.⁴ Therefore, interventions focused on preventing recurrence or slowing progression of EOC is a critical problem in the field. The investigators have submitted an R21 to NCI for a dose response exercise intervention trial to examine the dose response effects of aerobic exercise on biomarkers relevant to ovarian cancer progression and recurrence. The reviewers would like assurance that the investigators can recruit ovarian cancer patients into an exercise study and that these women will do the exercise protocol we plan to prescribe in our high dose of exercise

[NCT00719303](#)

A randomized phase III trial of diet and physical activity change in ovarian cancer survivors

This study compares a diet and exercise intervention to usual care in ovarian cancer survivors and is conducted through the Gynecologic Oncology Group (now NRG Oncology) nationwide.

The Society of Gynecologic Oncology is a 2,000-member organization of medical specialists dedicated to the eradication of gynecologic cancers. Our members include primarily gynecologic oncologists, as well as medical oncologists, pathologists, radiation oncologists, hematologists, surgical oncologists, obstetrician/gynecologists, nurses, physician assistants, and other allied health care professionals interested in the treatment and care of women's cancer.



Society of Gynecologic Oncology

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