

African-American Breast Cancer Survivor Study

RUTGERS
Robert Wood Johnson
Medical School



RUTGERS
Cancer Institute
of New Jersey



Are you interested in losing weight?

A healthy weight is very important for cancer survivors. But weight loss can be hard to do. That's why we created this weight loss program. We need your help to find out if this program can help cancer survivors lose weight.

Who can participate?

- African-American women 21-75 years old
- Finished treatment at least 6 months ago
- BMI at least 30 (based on weight & height)
- Access to Internet via computer or phone
- No serious medical condition
- Other criteria apply

What does the study involve?

- Wear a Fitbit activity monitor
- Use a website to help you with your weight loss goals
- Meet with a research assistant 3x during 6 months for about 1-1.5 hours

What will you receive?

- **Free** Fitbit activity monitor
- **Free** Internet based weight loss program
- **Free** email access to health coaches
- **\$25 Visa gift card** after each visit
(up to \$75 total)



Fitbit Monitor

Principal Investigator: Jeanne M. Ferrante, MD, MPH | Study Sponsor: National Cancer Institute, R21CA191431

Interested? For more information, please fill out the form below or contact Dr Jeanne Ferrante at 848-932-0217 or stayfit@rutgers.edu



Mail to: Jeanne Ferrante, 112 Paterson St, Rm 452, New Brunswick, NJ 08901 or Fax to: 732-932-1451

Yes, I'm interested. Please contact me to explain the study in more detail.

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Home number: _____ Cell number: _____

Email: _____ Best time to call: _____



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APPROVED

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