

# Anti-Inflammatory Lifestyle Intervention for Emerging Adult Cancer Survivors

**Status:** RECRUITING

## Eligibility Criteria

**Age:** 18 years to 29 years old

This study is NOT accepting healthy

**Healthy Volunteers:** volunteers

### Inclusion Criteria:

\* Age 18-29 \* Cancer diagnosis of any type \* Body fat percentage  $\geq$ 16.2% for women;  $\geq$ 10.6% for men

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### Exclusion Criteria:

\* Individuals receiving active chemotherapy/radiation or those having completed active chemotherapy/radiation within the past 6 months \* Individuals who are currently pregnant or lactating \* Current involvement in a weight loss program or current use of weight loss medication \* Individuals who report any other uncontrolled medical conditions that may pose a safety issue given the recommendations for the diet and unsupervised physical activity (e.g., uncontrolled hypertension) \* Individuals with rheumatologic and gastrointestinal conditions associated with severe systemic inflammation (e.g., rheumatoid arthritis, systemic lupus erythematosus, Crohn's disease) \* Individuals with medical conditions resulting in known perturbations in the hypothalamic-pituitary-adrenal axis (e.g., endogenous hypercortisolemia \[Cushing's syndrome\] or adrenal insufficiency) \* Individuals who report a heart condition, chest pain during periods of activity or rest, or loss of consciousness as assessed by the Physical Activity Readiness Questionnaire (PAR-Q) \* Report of lifetime diagnosis of Anorexia Nervosa or Bulimia Nervosa, or any compensatory behaviors (vomiting, laxative abuse) within the previous 3 months \* Hospitalization for depression or other psychiatric disorder within the past 12 months \* Report of lifetime diagnosis of bipolar disorder or psychotic disorder \* Indication of current suicidal intent \* Inability to speak and read English

## Conditions & Interventions

### Interventions:

BEHAVIORAL: Anti-Inflammatory Lifestyle Intervention

### Conditions:

Survivorship

### Keywords:

Adult Cancer Survivors, Anti-Inflammatory Lifestyle for Cancer Survivors

## More Information

**Contact(s):** Tyler Phillips - phillipst5@vcu.edu

**Principal Investigator:**

**Phase:** NA

**IRB**

**Number:**

**System ID:** NCT06442397

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