

Personalized Exercise Program for Survivors of Breast Cancer, STEPS-BC Trial

Status: RECRUITING

Eligibility Criteria

Age: 18 years to 85 years old

This study is NOT accepting healthy

Healthy Volunteers: volunteers

Inclusion Criteria:

* Stage I-III breast cancer (including inflammatory and newly diagnosed, or locally recurrent \[if prior treatment received ≥ 2 years prior\] but not metastatic breast cancer being treated with curative intent). All molecular subtypes (estrogen receptor \[ER\], progesterone receptor \[PR\], human epidermal growth factor receptor 2 \[HER2\], etc.) are acceptable * Scheduled to receive neoadjuvant or adjuvant cytotoxic chemotherapy. Patient must be enrolled ≤ 3 weeks from start of cytotoxic chemotherapy * Age 18 to 85 years at enrollment. The upper age cut-off is due to the increased risk of injury in the older population during the CPET, which uses stationary bicycle exercise testing, outweighing the benefit of including this age group * Must be able to complete a stationary bicycle exercise test where you pedal against some resistance on a stationary bike with supervisors at your side per patient self-report * Eastern Cooperative Oncology Group (ECOG) performance status ≤ 2 * Able to walk at least 2 blocks without chest pain, dyspnea, shortness of breath or fainting per patient self-report * Able to hold breath for 8 seconds * Must be able to read and understand English language * Must have access to a device that allows conferencing (e.g., Zoom calls) or be willing to participate in the Tablet Lending Program * Must be willing to download and use the Trainerize application to their personal device or be willing to participate in the Tablet Lending Program * Must have a working email address to participate in conferencing (e.g., Zoom calls). Local National Cancer Institute Community Oncology Research Program (NCORP) site staff may assist in setting up a new email address, if needed

Exclusion Criteria:

* At enrollment, the following diagnosis and/or conditions may not be present (i.e., documented in the medical record or by patient self-report): * Symptomatic claustrophobia * Pregnancy or breast-feeding * Ferromagnetic cerebral aneurysm clips or other intraorbital/intracranial metal; pacemakers, defibrillators, functioning neurostimulator devices or other implanted non-compatible MRI devices, such as tissue expanders * Uncontrolled hypertension (systolic blood pressure > 190 mm Hg or diastolic blood pressure > 100 mm Hg) * Inflammatory conditions such as lupus or inflammatory bowel disease, or another medical condition that might compromise safety or successful completion, as determined by the treating physician * Significant ventricular arrhythmias (> 20 premature ventricular contractions \[PVCs\]/min) * Atrial fibrillation with uncontrolled ventricular response (> 130 beats per minute \[bpm\]) * Unstable or stable angina (cardiac chest pain) * Severe pulmonary hypertension * Left main coronary artery disease * Symptomatic heart failure * Severe valvular heart disease * Aortic aneurysm (> 45 mm diameter) or aortic dissection * Uncontrolled slow or fast heart rhythm causing symptoms or hemodynamic compromise * Hypertrophic obstructive cardiomyopathy * Acute myocardial infarction within 28 days of enrollment * Acute pulmonary embolus and/or deep vein thrombosis within 24 weeks prior to enrollment * Plans to relocate within 6 months of enrollment and unable to participate in study procedures * May not be on a simultaneous interventional supportive care (non-therapeutic) clinical trial * May not be undergoing simultaneous treatment for a concurrent second primary cancer (patients with historical cancer will not be excluded if chemotherapy was received ≥ 2 years prior) * May not be currently engaged in ≥ 300 minutes of moderate to vigorous intensity physical activity per week as determined by self-report on the International Physical Activity Questionnaire -Short Form (IPAQ-SF). Site should use the IPAQ-SF screener in the REDCap WF-2401 STEPS-BC screening project to assist in this determination

Conditions & Interventions

Interventions:

OTHER: Exercise Intervention, OTHER: Educational Intervention, OTHER: Supportive Care, PROCEDURE: Biospecimen Collection, PROCEDURE: Magnetic Resonance Imaging, PROCEDURE: Magnetic Resonance Imaging, OTHER: Questionnaire Administration, PROCEDURE: Accelerometry, OTHER: Electronic Health Record Review, OTHER: Cardiopulmonary Exercise Testing

Conditions:

Anatomic Stage I Breast Cancer AJCC v8, Anatomic Stage II Breast Cancer AJCC v8, Anatomic Stage III Breast Cancer AJCC v8, Breast Carcinoma, Breast Inflammatory Carcinoma, Locally Recurrent Breast Carcinoma

More Information

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Principal Investigator:

IRB

Number:

System ID: NCT07474090

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