

Learn more about this research

### The content of the interventions

Patients in both TTMI and SLM groups will receive materials focused on cancer survivorship health behaviors based on American Cancer Society Guidelines.

- TTMI includes materials and reflections about cancer survivorship and how it relates to diet and exercise.
- SLM is focused on diet and exercise.
- Even if you are in the "usual care" (UC) group, you will receive the SLM materials after completing the follow-up survey.



Visit the **Hartford Hospital webpage of Helen & Harry Gray Cancer Center** to get more information for your health!

◆ <http://www.harthosp.org/cancer>

Are you interested in the Targeted Teachable Moment Intervention trial?

### Eligible women:

- Can read and write English
- Recently completed treatment for stage 0 ~ II breast cancer
- Want to improve health behaviors
- Aren't participating in other health behavior research right now
- Did not have prior adjuvant treatment for another cancer

How can I participate in the Targeted Teachable Moment Intervention trial?

Hartford Hospital's **Survivorship Patient Navigator** can give or mail you a packet to get started.

Want to participate?  
To request a packet, call:

☎ 860-545-1209

## The Targeted Teachable Moment Intervention:

A trial funded by the National Cancer Institute



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# The Targeted Teachable Moment Intervention



Your primary treatment for breast cancer is over. But now, in your life as a survivor, you face many challenges. One of them is living a healthy life-style.

Breast cancer survivors are at risk for cancer coming back and for other diseases. Diet and exercise are among the strongest determinants of recurrence and mortality in breast cancer survivors.

Although the **American Cancer Society** recommends guidelines for healthy behaviors, most breast cancer survivors do not meet them.

## How about you?

### American Cancer Society Guidelines

- ▣ Eat at least 5 servings of fruits and vegetables per day
- ▣ Eat a low fat diet
- ▣ Engage in at least 30 minutes of moderate to vigorous activity at least 5 days per week

It's the best time for you to change!  
*A Teachable Moment*

Research has shown that the first few months following treatment for breast cancer is a powerful *teachable moment* for making changes.

Finishing treatment may be the best **'Teachable Moment'** for you to make more positive changes in diet, exercise, and weight management. This is why we developed the Targeted Teachable Moment lifestyle change intervention for breast cancer survivors.

*Why is this important?*

- ▣ You may have a very busy and stressful life and finishing treatment brings new challenges! We want to support you in one of those important areas of your life: making and maintaining healthy lifestyle changes-to help you stay healthy and strong.
- ▣ The materials are mail-based, to make it easy and convenient for you to participate in an intervention from home!

*Tell me about the process*

This is a randomized trial. If you choose to participate, you will be assigned one of 3 conditions:

1. Targeted Teachable Moment Intervention (TTMI)
2. Standard Lifestyle Management (SLM)
3. Usual Care (UC)

If you are assigned to the TTMI or SLM groups, you will receive materials every other week for 4 months. Each mailing includes a brief section for you to complete, about goal setting and your progress in the past two weeks. You will mail them back to us in stamped envelopes we provide. The TTMI includes additional reflections.

Longer surveys, in which we ask you detailed questions about your diet and exercise and measure factors related to your health (like coping and social support) will be completed before you begin, at the end of the 4 months, and 3 months later for a follow-up. All three groups complete these surveys.

Your time is valuable. To compensate participants for their time all participants will receive \$60 after completing their 4 and 7 month assessments.