



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.

[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.

[NCT00501761](#)

Physical Activity after Endometrial Cancer

Researchers propose to apply Social Cognitive Theory to improve understanding of the mechanisms of physical activity adherence for endometrial cancer survivors participating in a physical activity intervention.

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

[NCT01883635](#)

Exercise Intervention for Cancer Survivors and Caregivers

The purpose of the study is to see whether exercise can improve the health and well-being of cancer survivors. We also want to know about the health and well-being of caregivers. The intervention will include a progressive walking and resistance exercise program.

[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.

[NCT01439659](#)

A phase II trial of Juice Plus+ and Juice Plus+ Complete in Ovarian Cancer

This study looks at the addition of this supplement to diet to improve outcomes in ovarian cancer patients.

[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.

[SGO.ORG/OBESITY](https://sgo.org/obesity)



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