



**Susan G. Komen**

**Research Grants – Fiscal Year 2015**

This research grant was approved for FY2015 Research Programs funding. This grant will be funded upon the execution of grant agreements between Komen and the grantee institutions.

**1) Optimizing exercise modalities for breast cancer survivors; 2) Increasing access of latinas into breast cancer clinical trials; 3) Patient navigation to improve quality of life and screening practices among Latino breast cancer survivors; 4) Rx for better breast health**

Investigator(s): Amelie Ramirez, Dr. PH

**Lead Organization:** UT Health Science Center at San Antonio

**Grant Mechanism:** SAB Grants

**Grant ID:** SAB0800005

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**Public Abstract:**

U.S. breast cancer survivors are expected to rise in number from 3 million today to about 4 million by 2022, but the risk of cancer recurrence in this group is high, especially in obese survivors. Nutritional anti-inflammatory diets, if successfully planned and implemented, could reduce the risk of cancer recurrence and potentially increase survival rates even further.

This 2-year research study will randomly assign 200 breast cancer survivors to one of two groups, intervention or control. The intervention group will acquire knowledge, skills and motivation to use an anti-inflammatory dietary prescription that may reduce their risk of cancer recurrence. The dietary plan includes six monthly anti-inflammatory food workshops (culinary demonstrations, recipes and meal planning) and a variety of assistance and services from a patient navigator to help stimulate beneficial dietary changes. The intervention group will be compared to a control group, which will get minimal nutritional information at baseline, monthly American Cancer Society survivorship brochures, and two telephone calls prior to assessment appointments. Both groups will be evaluated for dietary behavior changes and



levels of certain biological markers at the beginning of the study and at 6 and 12 months post-treatment. Study findings will shed new light on how culinary-based anti-inflammatory dietary prescription can alter dietary intake and reduce inflammatory biomarkers in cancer survivors.

