What is No Gain, Maintain?

No Gain, Maintain is a clinical research study designed for women who are breast cancer survivors to develop and test competencies (knowledge, skills, and abilities) needed to become successful weight maintainers.

Breast cancer survivors have twice the risk of recurrence and 1.5 times the risk of death from breast cancer if they are overweight or obese. Following weight loss, most women regain weight. This study will test a program to support weight maintenance in breast cancer survivors who have lost weight.

Participants of this study will develop and evaluate competencies, a self-assessment tool, and training materials to see if participant weight maintenance failure rate can be decreased. Volunteers will be consented, participate in focus groups, help develop and test competencies and checklists, and attend training during eight meetings over a six month period.

Cancer Prevention Laboratory
4700 East Hale Parkway, Suite 400
Denver, Colorado, 80220

If you would like more information about participating in this study, please contact one of our Clinical Coordinators.

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No Gain, Maintain!
A Study to Develop Competencies that Facilitate Weight Maintenance and Promote Long Term Survival Following Treatment for Breast Cancer
Eligibility Requirements

To be considered for the study you must:
- Be at least 4 months post cancer treatment (chemotherapy, radiation, surgery). HRT acceptable.
- Not anticipate having surgery over the duration of the study period (outpatient breast reconstructive surgery acceptable).
- Be willing and able to maintain or increase physical activity and wear a pedometer every day.
- Be willing to record daily activity, weigh and record your weight daily, and report information weekly.
- Be willing to wear a body or swim suit and cap for body composition testing.
- Be willing to record your food intake and steps daily.
- Be willing to attend Rocky Mountain Cancer Center (RMCC) at Rose Medical Center for eight meetings over six months (2 individual, and 6 group meetings).
- Be willing to make the commitment it takes to maintain weight for this study.

Cost of the Study

There are no costs to participate in this study. All materials will be provided at no cost to you.

Length of the Study

If you are eligible and decide to participate, the No Gain, Maintain study will be for a duration of no more than eight months. Your participation in this research is voluntary. If you decide not to participate in the study, you may withdraw your consent and stop participation at any time.

The study groups will meet at Rocky Mountain Cancer Centers in Denver. This partnership has allowed women to participate in cutting edge research designed to facilitate our understanding of how breast cancer incidence and recurrence can be improved and/or prevented.

Visit Details

Each of eight meetings over a six month period will take approximately 1 hour. You will be asked to maintain or increase physical activity as prescribed for weight maintenance; wear a pedometer and record daily activity; wear a body or swim suit and cap for body composition testing, participate in focus groups, complete checklists, weigh daily, and report information weekly.