



Exercise and the Prevention of Heart Failure in Breast Cancer Patients

The chemotherapy medications used for breast cancer are important for achieving a cure but a potential side effect is that they can effect heart function.

We are conducting a study which aims to identify heart muscle damage at the earliest possible stage using exercise testing and state-of-the-art MRI imaging of the heart.

Furthermore, we are testing whether exercise training *during* chemotherapy is helpful in protecting heart function and maintaining exercise capacity.

The study is being conducted by:

Baker IDI Heart and Diabetes Institute- Dr Andre La Gerche

St Vincent's Hospital Melbourne- Dr Melissa Moore, Dr Tim Roberts, Dr Andre La Gerche

Who can participate?

- Age 18-70 years
- Diagnosed with Breast Cancer
- Scheduled for Anthracycline-based chemotherapy
- Capable of walking up 2 flights of stairs

Who may not participate?

- Sustained Irregular heartbeat (eg atrial fibrillation)
- Contraindication to Cardiac MRI such as implanted metallic device (e.g. pacemaker)

What is involved?

This study involves testing before and after chemotherapy. There are 2 exercise tests and 1 heart ultrasound test (“echocardiography”) performed at rest:

Exercise CMR

Cycling whilst lying in the MRI machine

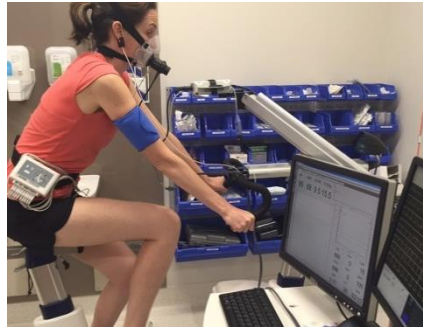


60 minutes

Including 8 minutes exercise

Exercise VO2max testing

Measuring breathing through mask whilst cycling



30 minutes

Including 12 minutes exercise

Resting echocardiography

Ultrasound of the heart whilst lying at rest



40 minutes

These tests will be performed within two weeks prior to commencing chemotherapy and 3 weeks after finishing chemotherapy

OPTIONAL

You will be offered the option of exercise training during chemotherapy.

This will involve:

- 1 – 3 training sessions at the Baker IDI gym supervised by an exercise physiologist
- A personalised exercise plan for training at home



How to proceed:

If you are willing we would like the opportunity to contact you to discuss the study in more detail. By signing the accompanying form you are providing consent to be contacted by the researchers at the Baker IDI Heart and Diabetes Institute.

PERMISSION TO CONTACT

HREC Project Number: 269/15

Research Project Title: Feasibility of identification of chemotherapy induced cardiac damage using novel exercise magnetic resonance imaging in breast cancer patients and exercise training for prevention; a pilot study.

Chief Researcher: Associate Professor André La Gerche

This form has been given to me by:

- I have been told about this project
- I agree to be contacted by the research team about this project
- My contact details are confidential and will only be used for the purpose described above
- I understand that signing this form does not mean that I have to agree to take part in the study

MY CONTACT DETAILS ARE:

Name:			
Contact phone number:			
Best time to contact:			
Signature		Date:	