IHPR Study Seeks to Motivate South Texas Breast Cancer Survivors to Get Fit

SAN ANTONIO (April 19, 2012) – Do encouraging, personalized messages, received on a regular basis, inspire women to exercise after they’ve been treated for breast cancer?

To find out, the Institute for Health Promotion Research (IHPR) at the UT Health Science Center at San Antonio is enrolling Hispanic survivors of breast cancer for a 16-week clinical research exercise study conducted in South Texas’ Lower Rio Grande Valley to address this topic.

Changed thinking that leads to self-confidence leads to changed behavior—that’s the idea behind the study.

The study requires two visits to the UT Health Science Center at San Antonio’s Regional Academic Health Center campus in Harlingen to answer questionnaires, do a complete physical fitness assessment and develop each woman’s individualized comprehensive exercise program. Also, based on the answers, each woman receives a personalized newsletter geared just for her.

“The goal is to motivate the Hispanic women to increase their physical activity, as studies have shown this improves quality of life and reduces the risk of developing other cancers and diseases,” said Gabriela Villanueva, research area specialist associate with the IHPR, who is working on the National Cancer Institute-funded study led by the IHPR’s Dr. Daniel Carlos Hughes. “It’s a really good program for our women.”

Hispanic women 18 and older who completed their cancer treatment at least two months prior are invited to inquire about eligibility. Several Hispanic women have joined the study since it began early this year, but researchers are looking for more.

Study participants will be compensated up to $75 in gift cards for participating.

But perhaps the best part is they get a prescription of exercise that they can carry on long after the study has ended.

For more information, contact Villanueva at (956) 365-8699 or villanuevag@uthscsa.edu.

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