



**Susan G. Komen
Research Grants – Fiscal Year 2014**

This research grant was approved by Komen's national board of directors for FY2014 Research Programs funding. This grant will be funded upon the execution of grant agreements between Komen and the grantee institutions.

Increasing access of Latinas into breast cancer clinical trials

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Lead Organization: UT Health Science Center at San Antonio

Grant Mechanism: SAB Grants

Grant ID: SAB0800005

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 make 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 a culinary-based anti-inflammatory dietary prescription can alter dietary intake and reduce inflammatory biomarkers in cancer survivors.