

OVULATING?

- Remember to call Maureen at 612 508 3007 or 612 624 4959 when you get a positive with the ovulation kit.
- Testing with the ovulation kit is best done in the afternoon at the same time each day.
- Read the test between 3-5 minutes to see if you got a positive.

KEEPING  
TRACK

Clinic Visits

Start of  
period (Day 1)

End of period

Ovulation  
testing

Positive  
ovulation

Signs and  
symptoms

Exercise  
schedule

## A Word with the Professor in Charge



Dr. Mindy Kurzer,  
Principle Investigator  
for the WISER  
Women Study

Welcome to the WISER newsletter! I wanted to personally thank all of you for your immense contributions to the study and

research on cancer prevention. The WISER study is a unique clinical trial, one that has not been done before. Although we know from population studies that exercise is associated with lower breast cancer risk, we really don't know how exercise does this. The WISER intervention trial is extremely important, because population studies

only show associations, they can't prove that exercise itself actually lowers breast cancer risk. In fact, rather than exercise, it could be something else associated with exercise that actually lowers risk, such as other healthy behaviors. A clinical trial is the only way to show that the cancer reducing activity is actually exercise, and our trial will be one of the first that looks at a series of potential biological mechanisms, such as hormone levels and oxidative stress. We've spoken about the WISER study at a number of meetings, and the response has been tremendous excitement on the part of other researchers and clinicians, who anxiously await the outcome. You are each making an enormous contribution to the

study by your hard work, your diligence in following through on all the biological collections and appointments at the GCRC, staying in close touch with Maureen and the other staff members, and following the protocol exactly as required. This applies to both exercise and control participants: you are equally important in this study. Remember that a study without controls generally produces useless or minimally useful results. Without control participants, we can never be sure that the effect we see in the treatment group is real. So please remember how important each and every one of you is to the study. The staff are grateful for your hard work and diligence. Thank you!

## Working WISER Women: Stay in Touch

Like many of you, the women that work on our study staff are BUSY! School, friends, family, and working on the WISER study.

*Keep in Mind...*

The better response we get from you when we call or email, the

faster you can schedule the study into your already full life.

Please just take the time to return a call or email from our staff as soon as you receive it. It will keep all of us on track and knowing what is going to need to happen in the next few days to make

sure all of you finish the study on time and get all the support you need to do so.

**Check your handbook for WISER Staff phone numbers and emails!**

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