

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

Confusion Mid Study About When to Call

For all of you dedicated women who are participating in the WISER study, we want to help you stay on track toward the end of the study, where some people are getting confused by when to call in.

After your second weight check (clinic visit 4), you will be using your ovulation predictor kit and recording the result in your menstrual logs. Next you will note when your next Day 1 occurs, and record it in your log. Then you will note when your period ends and record it in your menstrual logs. The confusion comes in that for all this time, you still don't need to call Maureen for your next appointment yet. It's the longest lapse in the study when you are not attending a clinic visit.



Weight bearing, aerobic exercise

As for the exercisers, you will still be attending 5 sessions of exercise per week this entire time. You should also be sure you are meeting with your trainer at least once per week. You can contact them if you are unsure when to meet with them. Their contact information is in the handbook.

When is the next clinic visit?

You will use your ovulation kit again mid cycle - almost one full month after clinic visit 4. When you get a positive this time you will call Maureen (612-508-3007 or 612-624-4959) to schedule your clinic visit 5. The appointment will be 8 days after you had a positive with the ovulation kit.

Keep in Mind...

At this point of the study, we already have your baseline (or "before") measurements completed from clinic visits 1 and 2.

We need to do everything possible to keep you in the study the right amount of time so we can get the follow up measurements.

If you are unsure what to do, just call us and we'll straighten it out!

WISER: 18- 30 Age Group Rarely Studied

There are only 8 studies world wide looking at the association between estrogens, exercise and breast cancer. Studies have been done with post-menopausal women, as their hormonal profile is easier to measure because they are more stable. *

Only two of them are focusing on the 18-30 year old age range. One of those studies is the WISER study that you are a part of. As you can see this is important study to contribute to the body of knowledge on the prevention of breast cancer. Thank you for doing your part!

** A woman's chance of being diagnosed with breast cancer:

By age 40 ... 1 out of 257
By age 50 ... 1 out of 67
By age 60 ... 1 out of 36
By age 70 ... 1 out of 28
By age 80 ... 1 out of 24

* Irwin, Melinda (2006). Randomized Controlled Trials of Physical Activity and Breast Cancer Prevention

** National Cancer Institute Surveillance, Epidemiology, and End Results Program, 1997