

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

WISER Study - Progress being made

The WISER Study has been making strides over the summer. We have had over 400 women attend an orientation. Of those that attended orientation, 360 have consented to be a participant. Of those that signed the consent form, 160 **40% of recruitment goal has been reached as of October 10th.** have gone through the entire base line measurements (2 clinic visits, 1 urine collection, 3 days of food records, 1 online questionnaire and 1 fitness assessment). Of these 160, 80 have gone into the exercise group and 80 have gone into the control group.

We are very proud of our participants for fitting this important study into their lives. We

know you are all very busy with school, work and family commitments. Thank you for taking the time to support women's health research.

We are also very proud of our hard working staff for keeping the momentum moving forward for WISER. We have 12 dedicated staff members who are working on the WISER Study. From our trainers to our lab staff, office staff to clinic staff, we depend on all of them to make things run smoothly for both the participant and the analysis.

We are aiming to have 400 women complete the WISER Study by August of 2009. Please continue to pass the word about the WISER Study to your friends, sisters, cous-

ins, roommates, neighbors or co-workers. We want to get the word out about becoming a WISER Woman! They can call Laura at 612 625 8693 or visit our website at www.wiserwomen.umn.edu

A highlight coming up will be on October 22nd at 10:15 am on the radio station 107.1 FM "Living Out Loud" one of only 3 women's talk radio shows will be having Dr. Mindy Kurzer on as a guest. Our website will be available as a link through their home page during the month of November. Be sure to tune in and listen to our principle investigator for the WISER Study discuss breast cancer risk and the study itself.

New Mexico State to Wear Pink For Breast Cancer Research

LAS CRUCES, N.M. (AP) - Most people think of college football as a black-and-blue sport. For New Mexico State, it's time to think pink. The Aggies will wear pink socks and their coaches will wear pink golf shirts for a Sept. 29 home game against

Arkansas-Pine Bluff in a push to raise money for breast cancer research, a cause close to coach Hal Mumme's heart. His wife, June, was diagnosed in late 1996. She began chemotherapy treatments a few months later - right after Mumme was hired as Ken-

tucky's coach. "It's a terrible disease and a lot of people have to go through it," Mumme said. "When you see what your wife is going through and what your friends are going through, what to call on third-and-9 doesn't seem that important." -- * August 15, 2007