



Research Study in Women with Ovarian Cancer



Who Is Eligible?

Women diagnosed with Stage 3 or 4 ovarian cancer, primary peritoneal, and fallopian tube cancer who have completed primary treatment within the last 4 months, and have no clinical evidence of disease.

What?

Learn a spiritually-based meditation practice with strategies to help interrupt negative thoughts and promote a tranquil state. It is portable, easy to learn, and can be repeated at any time during the day or night. You will complete on-line symptom questionnaires and donate a small sample of blood and salivary cortisol samples 3 times during this 14 week study.

Why?

Are you experiencing stress, anxiety, and mood changes? These may adversely affect your health and recovery. Some studies of meditation have shown improvements in mental and physical health in patients with cancer. However, there is no guarantee that you will benefit from this study. We want to find out if a meditation program is feasible; and to assess preliminary effects on symptoms and immune markers in women with ovarian cancer.

When?

Learn from the comfort of your home using the internet for sessions.

You will participate in 6 weekly 1-hour sessions at home. You will also be asked to come to Walter Reed National Military Medical Center for a total of 3 in-person visits (approx. 90 minutes for Visit 1 and 30 minutes for Visits 2 & 3). Appointments will be set at your convenience.

Who Do I Contact for More Information?

Dr. Anne Reb (Principal Investigator, Henry M. Jackson Foundation): [\(301\) 319-2382](tel:3013192382) or anne.m.reb.ctr@mail.mil
or Whitley Lucio (Clinical Research Assistant, HJF): [\(301\) 295-4568](tel:3012954568) or whitley.b.lucio.ctr@mail.mil

Walter Reed National Military Medical Center - Bethesda
8901 Wisconsin Ave, America Bldg. (Bldg. 19), 3rd Floor, GYN Oncology Clinic
Bethesda, MD 20889

