

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton Physical Therapy Students Researching the Effects of Yoga on Joint Pain

Breast Cancer Survivors Wanted For Research Study

For Immediate Release

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Galloway Township, NJ- In the past few years, yoga has become one of the most popular workouts for individuals looking to improve flexibility, build muscle tone, and reduce stress. However, yoga could potentially be a source of relief from joint pain for breast cancer patients. Students enrolled in The Richard Stockton College of New Jersey's Doctor of Physical Therapy program are conducting a study to explore the effects of yoga on joint pain.

Under the guidance of Professor of Physical Therapy Dr. Mary Lou Galantino, students will determine whether yoga has an effect on the joint pain caused by Aromatase Inhibitors, a medication taken after primary breast cancer treatments. Aromatase Inhibitors are taken for up to five years after treatment to prevent the recurrence of breast cancer symptoms, and a common side effect is joint pain.

Dr. Mary Lou Galantino and her students are looking for breast cancer survivors to participate in their research study. Participants will attend two yoga sessions each week at either Yoga Nine in Smithville, Gilda's Club in Linwood, or Atlantic Hematology Oncology in Galloway at no cost. Participants will be asked to reflect upon their yoga experiences, and they will be asked to fill out entrance and exit surveys. A doctor's approval will be required to participate in the study.

Yoga Nine
Smithville Town Center
45 S. New York Road
Smithville, NJ 08205

Gilda's Club
700 New Road
Linwood, NJ 08221

**Atlantic Hematology
Oncology**
4 East Jimmie Leeds Road
Suite 4
Galloway, NJ 08205

To participate in the research study, please contact Dr. Mary Lou Galantino at (609)-652-4408.

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Participation Guidelines for Breast Cancer Survivors:

Participants must be:

- 1) Woman with history of Stage I, II, or III breast cancer;
- 2) Have visited with their oncologist within the previous 3 months and free of disease by clinical examination and history;
- 3) Postmenopausal, as defined by cessation of menses for at least 1 year or FSH > 10 mIU/mL;
- 4) Currently receiving aromatase inhibitors (Anastrozole, Letrozole, or Exemestane);
- 5) Able to understand written English;
- 6) Worst joint pain rated at least 4 or greater on a 0-10 scale in the preceding week;
- 7) Having had at least 15 days with pain in the preceding 30 days;
- 8) Having had joint pain for at least 3 months;
- 9) Joint pain attributed to the use of Aromatase Inhibitors;
- 10) Willingness to adhere to all study-related procedures.

Individuals are not eligible to participate in the study if:

- 1) History of stage IV, or metastatic breast cancer;
- 2) Completed chemotherapy or radiation therapy less than 4 weeks prior to enrollment;
- 3) Joint pain attributed to inflammatory arthritis (such as rheumatoid arthritis or gout),
- 4) Having severe pain or non-inflammatory joint pain prior to beginning Aromatase Inhibitors per patient's medical history;
- 5) Surgery or joint injection involving the treatment joint within the last 3 months;
- 6) Current bleeding disorder by medical history.



Yoga Practice

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