

Yes, I am interested in learning more about Health SMART!

Name (First Last) _____

Street _____

City, State, ZIP _____

Telephone _____

Email _____

Signature _____



Health SMART
Fred Hutchinson Cancer Research Center
1100 Fairview Avenue N., M3-B232
PO Box 19024
Seattle, WA 98109-1024

Has someone in
your family been
diagnosed with
breast cancer?



Is Health **SMART** for you?

**Stress
Management
And
Relaxation
Training**

**FRED HUTCHINSON
CANCER RESEARCH CENTER**

A LIFE OF SCIENCE



Would you like to better manage the stressors in your life?

Just like other women, women with a family history of breast cancer experience stress in their lives. In addition to normal life stress, many women with a family history of breast cancer also have concerns about their risk of breast cancer. This concern can add to the stress in their lives. Research has shown that high levels of stress can make the immune system less responsive to vaccines and more vulnerable to infection.

Participate in research at the Fred Hutchinson Cancer Research Center

Dr. Bonnie A. McGregor and colleagues are conducting a research study to see how **Health SMART** workshops can help women manage their everyday stresses and cancer risk concerns. We are also investigating whether participation in **Health SMART** can improve immune function.

Dr. McGregor is a clinical psychologist with expertise in behavioral medicine. The study is funded by the National Cancer Institute.

What is Health SMART?

Health SMART workshops teach women scientifically-proven stress management techniques and information on health behaviors that can lower breast cancer risk. All workshops are conducted in a supportive group setting with other women who have a family history of breast cancer. There is no charge to participate.

What is involved in this study?

You will be asked to:

- participate in 10, 2-hour workshops
- complete a set of questionnaires
- give blood and saliva samples
- receive 2 Hepatitis A vaccines



Is Health SMART for you?

Would you like to learn how to cope more successfully with the stress in your life? Would you like to learn how to manage your breast cancer risk more effectively? Participate in **Health SMART**!

- ✓ Stress management
- ✓ Coping techniques
- ✓ Relaxation training
- ✓ Support
- ✓ Help us learn more about how to help women at risk for breast cancer!



Want to learn more?

Simply complete the form on the back and mail it to us.

OR...

...call the phone number below or send us an email. We can answer any questions you have about the study. If you are interested in participating, we can tell you how to get started.

Phone: 206-667-7267

Email: healthsmart@fhcrc.org