2012-061  Long Term Follow Up Physical Exercise Program (LTFU-PEP)
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Synopsis:
The primary goal of this study is to determine whether a 12 week long, biweekly exercise program will lead to a decrease in body mass index (BMI) and increased quality of life (QoL) in obese pediatric cancer survivors.

Abstract:
The purpose of this study is to pilot a 12-week exercise intervention for pediatric cancer survivors. The intervention will be a 12-week, biweekly exercise program at the Downtown Oakland YMCA with one session conducted as a group training and the other as an individual training session with a personal trainer. Exercises will include cardiovascular and strength related exercises for one hour each visit. Physiological data will be taken a pre and post test and include measures of resting heart rate, blood pressure, height, weight, body mass index (BMI), waist, arm and leg circumference, lean body mass and a DXA scan. Test of fitness include step test, sit up test, Cooper's 12 minute walk test, sit and reach test and upper/lower body strength. Laboratory data includes a lipid panel, glucose, insulin, HgbA1c, AST, ALT, BUN, Cr, hsCRP and uHcG. Psychological measures include a demographic questionnaire, an obesity related questionnaire, Beck Youth Inventory and the Pediatric Quality of Life (PedsQL). We aim to see an increase in overall physical health, a more robust quality of life and decrease symptoms of depression and anxiety of participants who have completed the exercise program. Results of this pilot study will inform about effective interventions to treat childhood obesity in pediatric cancer survivors.