

# Exercise and Nutrition for Older Cancer Survivors and Their Support Person: The Vitality Study

NCT06623097

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Dana-Farber Cancer Institute
Enrollment	1,528 participants

## Key Eligibility Criteria

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### Inclusion (15)

- Ability to understand and the willingness to sign informed consent prior to any study- related procedures.
- Older adults (≥65 years of age); cancer survivors who are at higher risk for developing comorbid conditions related to physical and cognitive function due to age declines.
- Completed chemotherapy and/or targeted therapy in the previous 36 months; said treatment exposure negatively impacts cognitive and physical function.
- Diagnosed with breast, lung, prostate, or colorectal cancer which are obesity-related cancers with higher risk for developing comorbid conditions related to physical and cognitive function.
- No detection of dementia as measured by scoring ≥23/41 on the Telephone Interview for Cognitive Status (TICS); it may be unsafe for individuals with dementia to participate in the intervention, and they may not be able to experience measurable cognitive improvement. Additionally, scores on cognitive measures could reflect task comprehension failure - not actual cognitive ability - as individuals with dementia may not be able to comprehend or follow the test instructions

... and 10 more (see full listing online)

### Exclusion (14)

- Adult cancer survivors less than 65 years of age.
- Survivors with a TICS score <22/41
- Survivors with a BMI <25 kg/m<sup>2</sup> and body fat <35% for people assigned female at birth and <25% for people assigned male at birth.
- Survivors currently consuming a Mediterranean Diet or meeting 2 or more out of the following 3 Mediterranean eating pattern goals in the prior 6 weeks: ≥3 servings of vegetables per day, ≥3 servings of beans and legumes per week, or ≥1 serving of nuts per day.
- Survivors with unstable comorbidities that prevent participation in moderate-to-vigorous intensity exercise. Persons with unstable comorbidities may develop unexpected adverse events from exercise. For the purpose of participant safety, as well as because this study involves remote, home-based exercise where close supervision is not possible, participants with unstable medical conditions will be excluded. This will be evaluated through the PAR-Q.

... and 9 more (see full listing online)

## Locations (2 total)

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University of Miami Sylvester Comprehensive Cancer Center, Miami, Florida, United States  
Dana-Farber Cancer Institute, Boston, Massachusetts, United States

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<https://clinicaltrials.gov/study/NCT06623097>

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