

ARE YOU A BREAST CANCER SURVIVOR?

Have you completed surgery, chemotherapy and radiation?

Are you in the remission and recovery phase of stage I, II or III breast cancer?

If you answered **yes**, please consider taking part in my University of Cape Town Ph.D. research, exploring if a self-management intervention can support the management of long-term side-effects of breast cancer. This could be an opportunity to learn about living with breast cancer long-term, and to develop healthy habits.

You will be asked to complete questionnaires about your health, pain, and fatigue that will take 30 minutes. For this I will phone you when it is convenient. Then I will send you the practical handbook '**Survivorship information for breast cancer**', to go through over 12 weeks. There is a module to read every week, for example: 'How to manage the long-term effects of breast cancer'; 'How to find a cancer recurrence early'; 'How to detect and manage lymphedema', and more. You will be encouraged to do gentle to moderate exercise of your choice, shoulder exercises and tasks such as goal setting and action plans. After 12 weeks, I will phone you again for the end-point questionnaires.

You can complete all activities from home. Your information will remain private. We will not record your name in any publication. We will reimburse your airtime / data costs.

Inclusion criteria:

- Female South African breast cancer survivors, 6 months to 10 years after surgery, chemotherapy and / or radiotherapy
- Age 18- 70 years, not participating in other breast cancer research

If you are interested to take part, please contact me.

Anita Beutel beutelphysio@gmail.com OR BTLANI001@myuct.ac.za

OR WhatsApp / SMS +4178 607 5525

This research has been approved by the UCT Faculty of Health Sciences Human Research Ethics Committee (HREC Ref 227/2022)