

**For more information:**

Call us today at **410-281-1600**

or

Send the attached postcard

or

Email us at **spirit@jhmi.edu**

## **Survivorship Promotion in Reducing IGF-1 Trial (SPIRIT)**

is a research study to get a better understanding of how weight loss and a common medication may affect blood markers that are potentially related to cancer survival.



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## **BUSINESS REPLY MAIL**

**SPIRIT**

Johns Hopkins University Pro Health  
1849 Gwynn Oak Ave. Suite 1  
Baltimore, MD 21207

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Johns Hopkins University Pro Health Suite 1  
1849 Gwynn Oak Avenue  
Baltimore, MD 21207

# **Are you a CANCER SURVIVOR?**

If **YES**, you may be eligible to  
participate in

# **SPIRIT**



**SPIRIT** will take place at  
Johns Hopkins Pro-Health in Gwynn Oak,  
just off the 695 Beltway, Exit 17.

## What is SPIRIT?

**SPIRIT** is a research study for cancer survivors who are overweight. Studies suggest an association between excess weight and cancer, but we don't know why. For this reason we are conducting a research study on weight loss and a common medication that might affect the risk of cancer recurrence.

In some studies, a hormone produced by our body (IGF-1) is linked to tumor growth. Higher levels of this hormone are associated with increased risk of cancer growth.

Weight loss through diet and exercise might lower this hormone (IGF-1).

Metformin, a medication commonly used to treat patients with early type 2 diabetes, might also lower this hormone (IGF-1).



**Approved March 18, 2015**

## You may be eligible to join if you :

- Are a cancer survivor
- Are overweight and willing to lose weight
- Are not taking diabetes medication
- Have regular access to the internet and an email account
- Can attend clinic visits at Johns Hopkins Pro-Health Clinic in Gwynn Oak.

## What is involved in SPIRIT?

You will be randomly assigned to one of the following three groups:

- 1) Self Directed Weight Loss**  
You will receive written materials about weight loss.
- 2) Behavioral Weight Loss**  
You will work with a health coach, and receive counseling through an interactive web site, telephone, and emails.
- 3) Metformin**  
You will receive metformin, a commonly used medication in patients with early type 2 diabetes.

Later you will attend clinic visits at 3, 6 and 12 months after entering the program.

## How will you benefit?

You will receive free blood tests and blood pressure measurements.

You will receive up to **\$300** for participation

You will be participating in a research program that may ultimately benefit you, your family, and other cancer survivors.

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Hsin-Chieh Jessica Yeh, PhD

Principal Investigator

IRB#: IRB00035653

Please cut along the dotted lines and mail

I would like to learn more about **SPIRIT** Please contact me.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Evening phone ( ) \_\_\_\_\_ Day Phone ( ) \_\_\_\_\_

Best time to call me \_\_\_\_\_

Email address \_\_\_\_\_