



TO IMPROVE BOWEL FUNCTION IN RECTAL CANCER SURVIVORS

A Randomized Trial of the **Altering Intake, Managing Symptoms** Intervention For Bowel Dysfunction In **Rectal Cancer** Survivors Compared to a Healthy Living Education Control: A Feasibility and Preliminary Efficacy Study (**AIMS-RC**)

WHY DO THIS STUDY?

There are over 1.4 million people living with a history of colorectal cancer in the U.S. **Over 25% of colorectal cancer survivors struggle with moderate to severe bowel dysfunction.** Learning better ways to manage bowel dysfunction is an important focus in rectal cancer research. **Bowel dysfunction can result in symptoms such as diarrhea, constipation, loss of bowel control, gas, stomach pain, nausea, vomiting, etc.** The purpose of this trial is to determine if bowel dysfunction and symptoms improve with guidance from a health coach on how to manage your diet or healthy living.

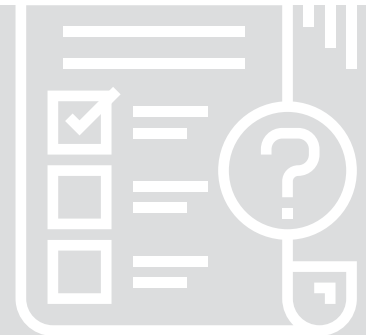
STUDY ACTIVITIES

STAGE 1

- Completed baseline questionnaires
- Record your diet and bowel symptoms for 3 days
- Complete a dietary assessment over the telephone

STAGE 2

- If stage one is successfully completed, you will be randomly assigned to either receiving coaching on managing your diet or healthy living
- You will be asked to be available for 10 telephone coaching calls for the first 4 months
- You will then be asked to fill out questionnaires 2 more times, at 4 and 6 month time points
- Participants assigned to the diet intervention group will be asked to modify their food and beverage intake



To learn more about this clinical trial, contact your Illinois CancerCare research team!

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