

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY

Participation Guidelines for Breast Cancer Survivors:

Participants must be:

- 1) Woman with history of Stage I, II, or III breast cancer;
- 2) Have visited with their oncologist within the previous 3 months and free of disease by clinical examination and history;
- 3) Postmenopausal, as defined by cessation of menses for at least 1 year or FSH > 10 mIU/mL;
- 4) Currently receiving aromatase inhibitors (Anastrozole, Letrozole, or Exemestane);
- 5) Able to understand written English;
- 6) Worst joint pain rated at least 4 or greater on a 0-10 scale in the preceding week;
- 7) Having had at least 15 days with pain in the preceding 30 days;
- 8) Having had joint pain for at least 3 months;
- 9) Joint pain attributed to the use of Aromatase Inhibitors;
- 10) Willingness to adhere to all study-related procedures.

Individuals are not eligible to participate in the study if:

- 1) History of stage IV, or metastatic breast cancer;
- 2) Completed chemotherapy or radiation therapy less than 4 weeks prior to enrollment;
- 3) Joint pain attributed to inflammatory arthritis (such as rheumatoid arthritis or gout),
- 4) Having severe pain or non-inflammatory joint pain prior to beginning Aromatase Inhibitors per patient's medical history;
- 5) Surgery or joint injection involving the treatment joint within the last 3 months;
- 6) Current bleeding disorder by medical history.



Yoga Practice

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