



This is one of the Juice Plus+ studies! This medical study is using the Juice Plus capsules (fruit and veggie) along with Juice Plus+ Complete. (shakes)  
MD Anderson is looking to see if Juice Plus can improve the quality of life of cancer patients.

See Below!!!!

THE UNIVERSITY OF TEXAS  
MD ANDERSON  
CANCER CENTER

CancerWise™

## Diet Effects Studied in Ovarian Cancer Patients ONE Clinical Trial Looks at Cancer Prevention

While 77% of new ovarian cancer patients survive one year after diagnosis, it still causes more deaths than any other cancer of the female reproductive system. This fact has prompted a closer look at the role a healthy diet plays in improving nutritional status after treatment.

M. D. Anderson researchers are studying how diet affects the quality of life of ovarian cancer survivors in the Ovarian Cancer and Nutrition Education (ONE) Study.

“Research suggests that a diet rich in fruits and vegetables may provide beneficial health effects in cancer patients,” says [Lovell Jones, Ph.D.](#), principal investigator on the ONE Study and director of M. D. Anderson’s [Center for Research on Minority Health](#).

### Study focuses on diet rich in fruits, vegetables

Participants are randomly assigned to one of two groups:

**Counseling and supplements group** – One group receives phone counseling to help participants follow dietary guidelines similar to those recommended by the National Cancer Institute (NCI). In addition, this group is asked to take specific nutrition supplements made of fruits, vegetables and a soy-based beverage.

**Counseling-only group** – The other group receives phone counseling to help participants follow a low-fat diet (in keeping with the NCI guidelines) that is high in fruits, vegetables and fiber.

“Ovarian cancer survivors who participate in the ONE Study will have their nutritional status monitored for six months,” Jones says.

Maria Schettino, research dietitian and study coordinator stated “the ONE Study is a nutrition-based cancer prevention program that may be modified to meet the participant’s dietary needs.”

### To enroll, participants must:

- Be ovarian cancer survivors
- Be age 21 or older
- Have a [body mass index \(BMI\)](#) higher than 19.5
- Have been treated for any of these cancer stages:
  - IIA, B or C
  - IIIA, B or C
  - Stage IV
- Be in first clinical remission (CA 125 < 35)

- Have a CT scan without evidence of ovarian cancer
- Be mobile
- Be able to:
  - Eat without assistance
  - Follow the nutrition recommendations
- Not be pregnant or breastfeeding

### **Study participants**

#### **are asked to:**

- Take part in an initial interview in person or by phone
- Visit M. D. Anderson three times in six months
- Give small blood samples at each visit
- Allow body measurements to be taken
- Complete questionnaires about their diet and quality of life

All information provided to the ONE Study, as well as the participant's blood sample results, will be completely confidential. No one outside this study may have access to a participant's information without her permission.

For more information, call (713) 563-2756, or visit the [ONE Study](#) website.