

What this study is about

This study looked at whether patients whose stage III colon cancer came back (called a “recurrence”) lived longer if they exercised after they received one of two different chemotherapy treatments.

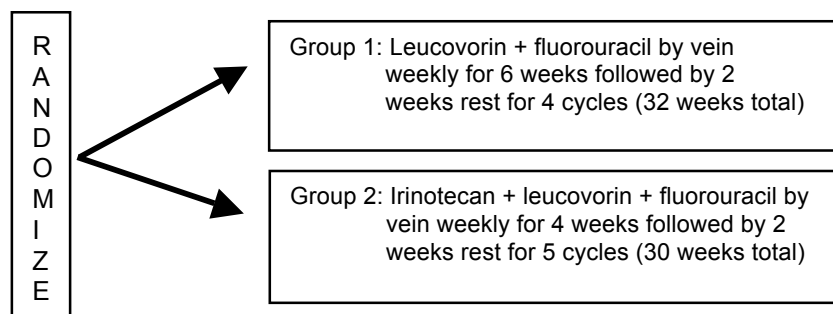
The official title of this study is: CALGB 89803 (Alliance)—Phase III intergroup trial of irinotecan (CPT-11) (NSC# 616348) plus fluorouracil/leucovorin (5-FU/LV) versus fluorouracil/leucovorin alone after curative resection for patients with stage III colon cancer

Why the study was done

Past research shows that people who are physically active have a lower risk of developing colon cancer. There are also clues that patients who exercise after being diagnosed with colon cancer may have a lower risk of getting a recurrence, although regular exercise does not eliminate all risk.

This study looked at different exercise levels and whether they helped people live longer after their stage III colon cancer came back (recurred). It was part of a bigger study that compared two different chemotherapy treatments given after surgery for patients with stage III colon cancer to try to lower the risk of recurrence.

Patients filled out questionnaires about diet and lifestyle at two time points – while they were taking chemotherapy and about 6 months after they finished chemotherapy. Patients who finished the second questionnaire were grouped into three different levels of exercise activity and followed to see how they did.



When did the study start and end?

The study started in April 2009. All patients were enrolled by May 2001.

How many patients joined? 237 patients who returned the second questionnaire were included in the exercise study, out of a total of 1,264 patients who joined the chemotherapy trial.

Study results

Important findings: Patients who were more physically active after their treatment for stage III colon cancer that recurred showed a slight improvement in living longer, compared to those who were inactive during that time.

The study did not have enough people to prove that the results were not due to chance. Researchers may study this again with stage III colon cancer patients whose cancer has returned to confirm the results with more patients.

What the results mean

If these results can be repeated in other studies, it would mean that colon cancer patients whose cancer comes back may be helped by some level of exercise. Patients should always discuss an exercise program with their doctors to discuss any medical concerns.

These results are for stage III colon cancer patients whose cancer has returned.

You can talk with your doctor for more information.

Scientific publications about this study

Details about the study can be found in these articles:

- Impact of physical activity after cancer diagnosis on survival in patients with recurrent colon cancer: Findings from CALGB 89803/Alliance
Jeon J, Sato K, Niedzwiecki D, Ye X, Saltz LB, et al.
Clinical Colorectal Cancer. 2013 Dec;12(4):233-238

This sheet reviews what is known about this research study as of November 2013. New Information may be available.

This study was sponsored by the Cancer and Leukemia Group B (CALGB), which is part of the Alliance for Clinical Trials in Oncology – a national cooperative network that runs large cancer clinical trials. The Alliance is supported by the National Cancer Institute (NCI) and brings researchers together to develop better treatments for cancers. For more information about the Alliance, visit <http://www.allianceforclinicaltrialsinoncology.org>

To learn more about this trial, visit the ClinicalTrials.gov website:

<http://clinicaltrials.gov/ct2/show/NCT00003835?term=CALGB+89803&rank=1>

Research studies (or clinical trials) are done to learn what treatments work better in people than what we already have. Thank you for your interest in learning more about cancer research advances.