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Title: Exercise during Chemotherapy for Ovarian Cancer (ECHO): study design features and outcomes of a Cancer Australia and Cancer Council Australia funded randomized, controlled trial

Authors:

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Overview:

Ovarian cancer is the most common cause of gynaecological cancer death, with an overall 5-year relative survival of 43%. Impaired physical wellbeing and overall quality of life (QoL) represent major concerns for women during and following ovarian cancer treatment, predict survival and are amenable to change through interventions. Exercise, now considered an important part of overall management of a number of cancers, improves short-term outcomes (e.g., function, fatigue, QoL) during chemotherapy. There is also exciting, albeit preliminary data to suggest exercise may assist patients to receive the planned dose of chemotherapy without delay or dose modifications and may improve survival. The potential quality and quantity of life benefits of exercise have not been assessed in women with ovarian cancer, despite this group having significant capacity for change in exercise behaviour. Therefore, the purpose of the ECHO trial is to evaluate the effects of an exercise intervention during first-line adjuvant chemotherapy for epithelial ovarian cancer, with outcomes of interest including physical wellbeing, function, QoL, chemotherapy-adverse events and adherence and progression-free survival. Cost-effectiveness, and potential mechanistic pathways of exercise during chemotherapy will also be explored. The ECHO trial is the first randomised trial worldwide to ascertain the value of adding exercise to standard chemotherapy for women with ovarian cancer and reflects a collaborative effort involving ANZGOG, NHMRC CTC, and the Institute of Health and Biomedical Innovation, QUT. Key study design features, including outcomes of interest, timing of assessments, recruitment approach, intervention details and timeline, will be outlined during the presentation.