Who is eligible?

*Women who meet the following criteria may be eligible to participate.*

- Have been diagnosed with Stage I to III breast cancer
- Have type 2 diabetes
- Have completed your surgery, chemotherapy, and/or radiation therapy
- Your doctor thinks you are healthy enough to participate
- Can speak English
- Are 21 years of age or older

Contact Us

**Sarah Staley**  
(919)681-3905  
sarah.staley@duke.edu

If you have questions related to your cancer care, please contact your medical provider.

If you are experiencing a medical emergency, please call 911 or go to the nearest emergency room.

This study is being conducted under the direction of:

**Rebecca Shelby, PhD**  
**Can•Manage**  
**Oncology Behavioral Medicine Research Program**  
**Duke Cancer Patient Support**

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Purpose

- This study compares diabetes education to a diabetes self-management program.
- The diabetes self-management program focuses on skills to help breast cancer survivors better manage their diabetes and cope with symptoms that can interfere with diabetes self-care.

If you choose to participate...

- You will be assigned to one of two groups: 1) diabetes education or 2) diabetes education plus a diabetes self-management program.
- Diabetes education includes a one hour session with a nurse. The diabetes self-management program includes twelve phone calls over a six month period.
- You will be asked to complete an in person study visit at the start of the study and three follow-up visits over 12 months.
- You will be given a Fitbit® wireless activity tracker to use during the study. The Fitbit® will track your steps, the distance you move, and your heart rate.

Benefits

While there may be no direct medical benefit to participating, you will get diabetes education. You may have the opportunity to learn skills that can help you better manage symptoms and diabetes.

We hope that in the future the information learned from this study will benefit other breast cancer survivors.

Compensation

You will receive compensation for each study visit you complete.