

Who can participate?

Patients with a recent diagnosis of colorectal cancer that are:

- Between 45-85 years of age
- Able to communicate in English
- Capable of oral food intake
- Able to attend 4 visits at the University of Alberta

How do I join?

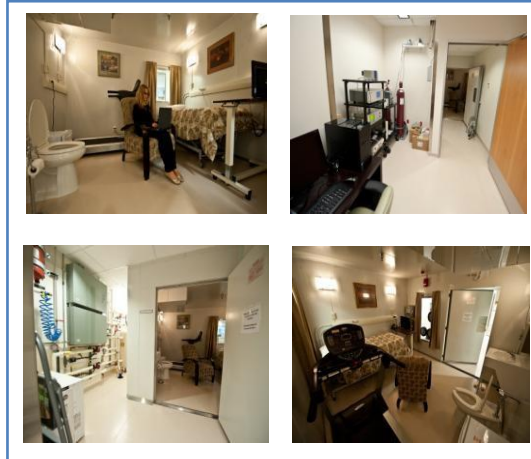
If you are interested or have questions, please contact

Claire

780-492-7820

primestudy@ualberta.ca

Come visit our research unit!



**Clinical Research Unit
2-004 Li Ka Shing Centre
University of Alberta
8602 - 112 Street
Edmonton AB T6G 2E1**

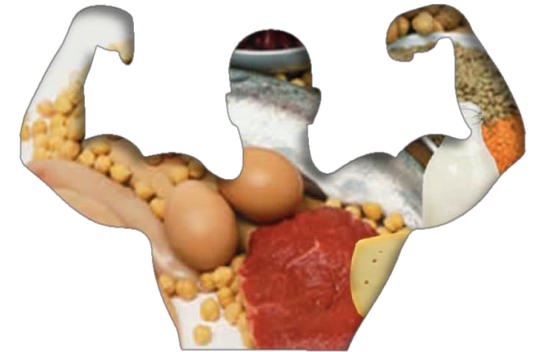
Visit our website to learn more:

www.primestudy.ualberta.ca



Protein Recommendations to Increase Muscle

*For patients with
colorectal cancer*



PRIME Study

You are being asked to take part in a research study that is looking at protein recommendations in colorectal cancer. It is known that people with cancer may experience muscle loss, which can be detrimental to their health.

Adequate protein intake can prevent muscle loss but the amount of protein for people with cancer is not known. Our goal is to set recommendations for protein intake that can help maintain a healthy weight and muscle mass for people with cancer.

Joining this study is entirely voluntary. If you are interested in participating, or have additional questions, please talk to your doctor.

What would I have to do in this study?

You will receive instructions to follow a healthy diet containing a specific amount of protein over **12 weeks**.

The study involves **4 visits** to the University of Alberta. You will be contacted on a weekly basis to check in on questions related to your diet and any symptoms that may affect your food intake.

What are the possible treatments?

You will be randomly assigned to one of two groups in the study.

Group A:
Diet contains **1 g** of protein per kilogram of body weight per day.

Group B:
Diet contains **2 g** of protein per kilogram of body weight per day.

What are the benefits?

You are helping us understand how to make better nutrition recommendations for the future.

- ✓ Free parking
- ✓ Three free consultations with a registered dietitian
- ✓ Two \$50 gift cards to a grocery store (after Baseline and Week 12)
- ✓ If desired, we can provide you with a high quality protein powder and prepared frozen meals.

***Note:** You still need to attend your routine appointments with your oncologist.*

What can I expect at each visit?

Orientation visit: The study will be fully explained and you can decide if you want to participate.

For those participating, we fill out some questionnaires and preform a 1 hour assessment to determine your caloric needs.

Baseline:

- 24 hr* energy expenditure
- Body composition
- Physical function
- Fasting blood draw
- Questionnaires
- Consult with dietitian

Week 6:

- 1 hr energy expenditure
- Body composition
- Physical function
- Fasting blood draw
- Questionnaires
- Consult with dietitian

Week 12:

- 24 hr* energy expenditure
- Body composition
- Physical function
- Fasting blood draw
- Questionnaires
- Consult with dietitian

* Note: Talk to study team for alternatives on the 24 hr energy expenditure measures.