



DIME
Study



Women Sought for Breast Cancer Study

Ever wonder if natural compounds found in broccoli might play a role in breast cancer risk reduction? That's the question The University of Arizona DIME study is trying to answer. Specifically, the study is interested in how these compounds may interact with the breast cancer medication, Tamoxifen. Participants are currently being enrolled in the research study, funded by the National Cancer Institute (NCI) and led by Dr. Cynthia Thomson, PhD, a registered dietitian who has provided counseling and research in diet and cancer prevention throughout the state. Eighty Tucson-area women are enrolled already and approximately 100 more are being recruited in Mesa and Phoenix.

Along with the Tamoxifen their doctors have prescribed for them, study participants will receive either a nutritional supplement (study pill) that contains diindolylmethane (DIM), a compound found in cruciferous vegetables, including broccoli, Brussels sprouts, cabbage and kale, or a placebo study pill in this double-blind study.



Patti Blair, RN in Mesa Clinic

The study will evaluate whether the DIM study pill can enhance the beneficial effects of Tamoxifen used by women for breast cancer prevention and treatment.



"We've already seen good tolerance with the study pills; we are now hoping to add to the number of participants from the East Valley and Phoenix areas," said Patti Blair, RN, Senior Research Nurse at the Mesa clinic.

"The study pill provided is a naturally occurring compound that we refer to as DIM, for diindolylmethane," said Blair. "The study pill we use is formulated with pure diindolylmethane and is exactly equivalent to the DIM found in cruciferous vegetables."

She said study participants may not only receive these high-quality study pills, but also have ongoing lab draws, medical evaluations and imaging procedures to monitor health and evaluate if DIM with Tamoxifen, in comparison to a placebo with Tamoxifen, will more favorably change women's breast density and hormone levels. Participants are monitored regularly.

Previous research suggests that a higher intake of cruciferous vegetables may reduce risk for developing chronic diseases like

cancers.

Metro Phoenix residents can receive information by calling 602-264-4461 and speaking to Liane Fales, RN, or Dianne Parish, RN.

Residents in the East Valley, call the Mesa clinic, located at 777 W. Southern Ave, Suite 215, and speak to Patti Blair, RN, or Ann Ruhna, at **480-461-3772**.



Are you a woman taking Tamoxifen?



The University of Arizona Cancer Center is recruiting volunteers for a dietary supplement study.

Compensation will be provided for time.

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FOR MORE INFORMATION CALL:

Central Phoenix:
Dianne Parish 602-264-4461

Mesa:
Patti Blair 480-461-3772

THE UNIVERSITY OF ARIZONA
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An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.