



PATIENT CARE  
RESEARCH  
EDUCATION  
COMMUNITY

# Exercise, Minority Health, and Cancer research

*Bryan Kim*

*Assistant Professor of Oncology*

*Exercise Physiologist*



A Comprehensive Cancer Center Designated  
by the National Cancer Institute

<http://lombardi.georgetown.edu>  
Lombardi CancerLine: 202.444.4000

# Brief Introduction

- Assistant Professor of Oncology
  - Office of Minority Health and Health Disparities Research
  - Cancer Prevention and Control Program
- PhD in Kinesiology
  - Exercise physiology/psychology
- 3-time Olympic swimmer for South Korea (96, 00, 04)

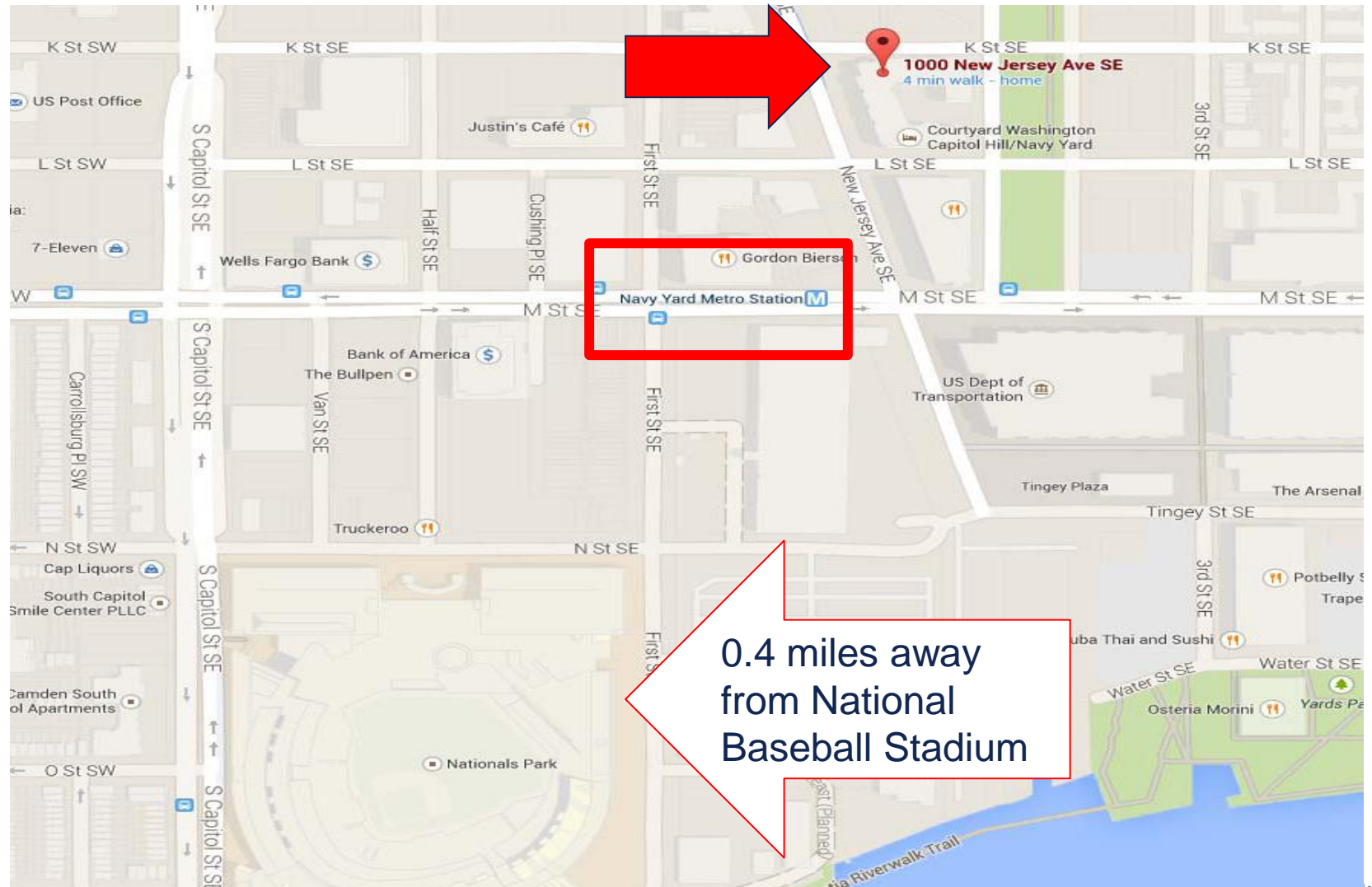


# Office of Minority Health and Health Disparities Research

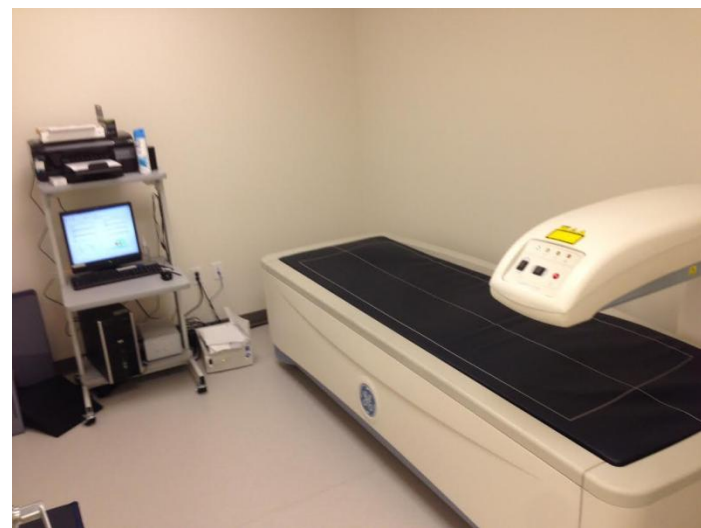
- Program led by Dr. Lucile Adams-Campbell



# Located near Navy Yard Metro Station (Green line)



# Some of our facilities



# Some ongoing studies

## QUIT & FIT



We are looking for **African American women** to join a 12-week study looking at how to quit smoking and help prevent weight gain through exercise. If eligible, you will be part of the study for 12 weeks and be able to earn up to \$50 in gift cards.

You may be eligible if you are:

- 18-69 years old
- Currently smoke at least 5 cigarettes per day
- Smoke daily for the past year
- Physically able to exercise

To find out if you are eligible, please call:  
**202-687-5367**

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PI: Dr. Lucile Adams-Campbell  
1000 New Jersey Avenue  
Washington, DC 20003

## F E R C E

Focused Intervention on Exercise to Reduce Cancer



**Do you want to reduce your risk of diabetes, heart disease and breast cancer?**

You may be eligible for a 6-month research study looking at exercise and weight loss and the reduction of health risks. Are you:

- A postmenopausal African American woman?
- Between 45- 65 years of age?
- Able to attend 3 or more one-hour sessions over a 6-month period?
- Able to come to a community site near the Navy Yard metro station?

*If eligible, you will have the opportunity to participate in the study and earn up to \$75 in grocery store gift cards!*

To find out if you are eligible, please call:

**202.687.5367**

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## POWER

Preventing Obesity in Women with Exergaming Routine



**DO YOU WANT TO Wii FIT YOUR WAY TO LOSE WEIGHT AND REDUCE THE RISK FOR BREAST CANCER? IF ELIGIBLE, YOU WILL BE PART OF THE STUDY FOR 6-MONTHS AND OVER THAT TIME YOU WILL HAVE THE OPPORTUNITY TO EARN UP TO \$100 IN GROCERY STORE GIFT CARDS.**

You may be eligible for the POWER study if you are:  
• African American Female

• Live at a community site location by the Navy Yard metro station. You may be asked to attend at least 3 times a week for 6 months at this site.

**202-687-5367 for more information**

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## S.T.R.O.N.G.

Strength Training Routine to fight Obesity and Non-activity for Gentlemen



We are looking for **MEN who want to lose weight and become more fit**. We invite you to join an exercise research study looking at how strength and conditioning exercise may help possibly lose weight and reduce the risk of prostate cancer. If eligible, you will be part of this research study for 8-weeks. As an eligible participant you will have the opportunity to learn more about your health.

You may be eligible if you are:

- Male and between ages of 35-65 years old
- Currently inactive (less than 60 minutes a week of exercise)
- Able to come to a community site located by the Navy Yard metro. You may be asked to attend 3 or more 1-hour long sessions at this site

To find out if you are eligible please call: **202-687-5367**  
or email: [bhk26@georgetown.edu](mailto:bhk26@georgetown.edu)

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# Research study pictures



# Internship opportunities

Do you have skills/interests in?

- Cancer research
- Exercise/Nutrition
- Obesity
- Film making/editing
- Website development

## MIGHTY

Mitigating Issues related to ADT by Getting in SHape and Training to be HealthY



Are you between the ages of 40 to 75 and receiving **Hormonal Treatment/Androgen Deprivation Therapy (ADT) for Prostate Cancer?**

If so, you may qualify for an **8-week exercise study** to improve health and reduce side-effects related to ADT. If you qualify, you will receive free health check-ups, 8-weeks of free aerobic and weight lifting exercise sessions, and up to \$100 worth of gift cards and exercise equipment.

If you are interested, please call **202-687-5367** or email at **[bhk26@georgetown.edu](mailto:bhk26@georgetown.edu)**

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American Cancer Society Young Investigators  
Award

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# THANK YOU!

If interested or have any questions, please  
feel free to email me at:

[Bryan.Kim@georgetown.edu](mailto:Bryan.Kim@georgetown.edu)