

## **FOR IMMEDIATE RELEASE**

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## **Groundbreaking NIH-Funded Clinical Trial Seeks to Address Sexual Health in Young Breast Cancer Survivors**

**Broken Arrow, OK & Little Rock, AR** - The University of Arkansas for Medical Sciences (UAMS) College of Nursing, the Winthrop P. Rockefeller Cancer Institute, and **Intimate Pathways Center for Sexual Health** are pleased to announce the launch of an innovative, NIH (National Institutes of Health)-funded clinical trial designed to support young breast cancer survivors facing sexual health challenges during survivorship.

The nurse-led study of “**Impact of a nurse-led mind-body intervention on sexual health for young women breast cancer survivors,**” offers personalized interventions to improve the quality of life for women aged 18-50 who have completed treatment and are navigating the complex journey of survivorship.

The study will recruit 42 participants who will be equally randomized to start the program either immediately or 16 weeks later.

### **A Nurse-Led, Evidence-Based Approach**

This trial is unique in its integration of **psychoeducation** and practical clinical interventions. The sessions are led by a nationally renowned leading Oncology Sexual Health Specialist Registered Nurse with certification in sexual health counseling and education, ensuring that participants receive expert, empathetic care tailored to their needs. The combination of mind and body-focused interventions provides a comprehensive approach to managing the physical and emotional effects of breast cancer treatment.

### **How to Participate**

If you or someone you know between the ages of 18 and 50 was diagnosed with breast cancer and has completed treatment, this study could be an opportunity to explore new options for improving sexual health in survivorship. Participants will receive eight free private online counseling sessions, recommended sexual health products, and compensation for their time.

For more information and to see if you qualify, visit <https://cancer.uams.edu/>

NIH Clinical Trials website link: <https://clinicaltrials.gov/study/NCT06307470>

## **About UAMS College of Nursing and Intimate Pathways**

The UAMS College of Nursing is dedicated to improving patient outcomes through innovative research. Intimate Pathways Center for Sexual Health in Broken Arrow, OK is a nonprofit center for women and their partners impacted by cancer, chronic illness, and life's transitions and has been supporting cancer survivors for over eight years, providing crucial support in an area that is often overlooked in cancer care.

Together, we are committed to enhancing the quality of life for young breast cancer survivors through compassionate care and cutting-edge research.

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