

Are you tired of having a swollen arm or chest wall pain AND you are a Breast Cancer Survivor?



Please enroll in our study on **Breaststroke Swimming after Breast Cancer Radiation and/or Surgery, if you:**

1. Are at least 18 years old,
2. Are a female at birth,
3. Have been treated for breast cancer in the last **3** years and are still having pain and swelling

Why participate?

- Swimming participants will receive free pink bathing caps and swimming passes to swim 3 times a week for a minimum of 30 minutes, for 2 months.
- A kinesiologist will measure your range of arm motion and you will be asked to answer short surveys regarding your pain and quality of life.

Please note that this study has been filed with the following Research Ethics Boards: **OHSN-REB #20190304-01H**, **Bruyère REB # M16-19-034**, and **uOttawa REB #H-01-20-5400**

Please contact below for more information

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