

# National Cancer Institute of Canada Clinical Trials Group

The EXcel research study is coordinated by the National Cancer Institute of Canada Clinical Trials Group (NCIC CTG), with the support of Pfizer Inc and in cooperation with women's health and cancer centers in Canada, the United States, and Spain. The NCIC CTG is a research organization funded by the Canadian Cancer Society. It conducts national and international clinical trials of cancer management and prevention, and has facilitated many important research studies around the world.

**With the help of women like you, great strides have been made in fighting cancer.**

NCIC CTG is inviting women to participate in the EXcel research study. Together, we can try to find the best way to prevent breast cancer.



Working together to prevent breast cancer

For more  
information  
about clinical trials  
and the EXcel  
research study,

Visit:  
[www.excelstudy.com](http://www.excelstudy.com)

or call toll-free:

**in Canada:**

the Canadian Cancer Society's *Cancer  
Information Service: 1 888 939-3333*

**in the United States:**

the National Cancer Institute's Cancer  
Information Service: **1 800 4-CANCER**

Worldwide,  
every  
**30 seconds**  
another woman is  
diagnosed  
with breast  
cancer

You can help find a way  
to prevent it. Be part of  
the EXcel research study.



Working together to prevent breast cancer

## How common is breast cancer?

Breast cancer is the most common form of cancer in women.\* In 2004, more than 1.2 million people worldwide were diagnosed with this disease.<sup>1</sup> Breast cancer can occur in adults of any age. By working together on this research study, we may find a way to prevent breast cancer.

## How can breast cancer be prevented?

Scientific evidence suggests that certain treatments may help prevent breast cancer. However, the only way to find out for sure is to test them on healthy women who, for a number of reasons, may have a greater-than-average risk of developing breast cancer. We closely monitor their health over a period of time to see what effect this treatment has. Only by gathering information from many women can we find out how well this treatment works.



## Why should I participate?

If you participate in this research study, you may be one of the first to benefit. It is only when individuals agree to participate in these research studies that scientists can discover exactly what benefits exist. It is possible that by taking this treatment, you may be decreasing your risk of developing breast cancer. Even if you do not directly benefit, you will be contributing to the knowledge base that will help future generations of women worldwide.

## What is the ExCel research study?

It is a clinical trial, that is, a type of scientific research study. The purpose of the ExCel research study is to discover whether a certain treatment can help prevent breast cancer.

Join the more than 4,500 postmenopausal women who will participate in the ExCel research study. They will come to a variety of medical centers in Canada, the United States, and Spain. At the end of this research study, scientists will have important information that may provide tools to prevent breast cancer.

\*Certain kinds of skin cancers called non-melanomas are more common than breast cancer, but they are generally not included in cancer statistics because they are rarely life-threatening.

<sup>1</sup>Projected figures from the World Health Organization, 2004.



## Who can participate in this study?

Women must be 35 years of age or older and be postmenopausal (not having monthly periods). They must be at *increased* risk for developing breast cancer. Some of the factors that could increase a woman's risk are:

- Age
- Family history of breast cancer
- Number of breast biopsies
- Age at first menstrual period
- Age at time of first child's birth

These factors can be used to calculate a woman's risk of developing breast cancer. Before you actually participate, you will have the opportunity to discuss all elements of this research study, including your risk factors, with a nurse, doctor, or other healthcare professional in your community. If you have had cancer (except non-melanoma skin cancer) within the past 5 years, or if you are on hormone replacement therapy, you cannot take part in this research study.

## How will I participate?

You will begin by talking with the research team in your community; this includes nurses, doctors, and other healthcare professionals. They will ask you a series of questions about your medical history and general health to determine whether you are eligible for this study. You may have a mammogram and/or bone mineral density test.

If all baseline tests indicate that you would be a good candidate for the ExCel research study, you will begin taking 1 pill each day for several years. The pill may be exemestane or a placebo (inactive substance). Your health will be closely monitored.

