

THE **kōwhai**
STUDY 

Younger Women's
Wellness after
Breast Cancer

ABOUT THE PROJECT

Research has shown that certain lifestyle factors and health behaviours can have a positive impact upon quality of life, chronic disease risk factors and other health related areas, for women after cancer.

A team of leading Australian and New Zealand health researchers are undertaking a study to pilot an Australian lifestyle intervention in New Zealand women. The intervention aims to improve health and wellness in younger women after treatment for cancer.

The research team is looking for women to participate who:

- Are New Zealand residents
- Are aged 18 to 50 years
- Have completed treatment for breast cancer (surgery, chemotherapy, radiotherapy) in the last 24 months (you can be on endocrine therapy)
- Have no metastatic disease
- Are able to speak and read English
- Are able to access the internet
- Own, or have access to, a computer or tablet device

WANT TO KNOW MORE?

If you are interested in finding out more about this study, please visit kowhaistudy.co.nz for further information. Alternatively, you can contact the Study Manager on 09 923 4927.



Cancer Trials New Zealand



**MEDICAL AND
HEALTH SCIENCES**



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