

The Neo-ACT trial

Newsletter no. 1, December 2022

Jana de Boniface, Cecilia Ringborg, Renske Altena and Yvonne Wengström



First patient in

We are delighted to report that the first Neo-ACT patient has been randomized at Karolinska University Hospital in Stockholm!

Further sites opening enrolment in the near future are Capio St. Göran's Hospital and South General Hospital in Stockholm, Skaraborg Hospital, Sahlgrenska Hospital in Göteborg, Umeå University Hospital, Sundsvall Hospital, Västmanland Hospital and Helsinki University Hospital in Finland.



Recent data on exercise effect on pCR

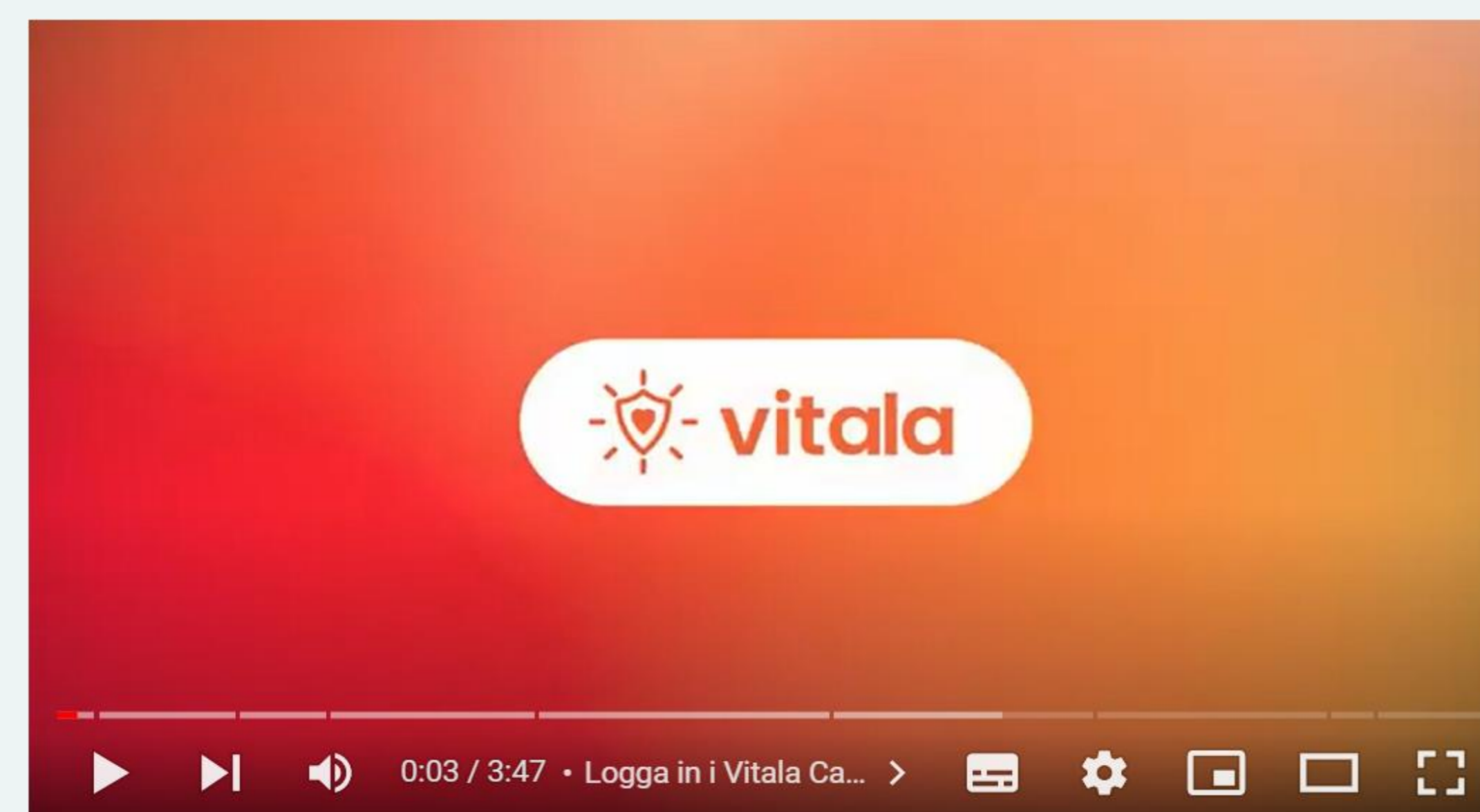
At the San Antonio Breast Cancer Symposium 2022, a subset analysis from the LEANer study presented data on 73 women receiving neoadjuvant chemotherapy, who were randomized to a home-based dietary and physical exercise intervention or usual care. At surgery, overall pCR was 52.5% in the intervention arm versus 28.1% in the usual care arm ($p = 0.037$).

<https://clinicaltrials.gov/ct2/show/NCT03314688?term=LEANer&cond=Breast+Cancer&draw=2&rank=1>

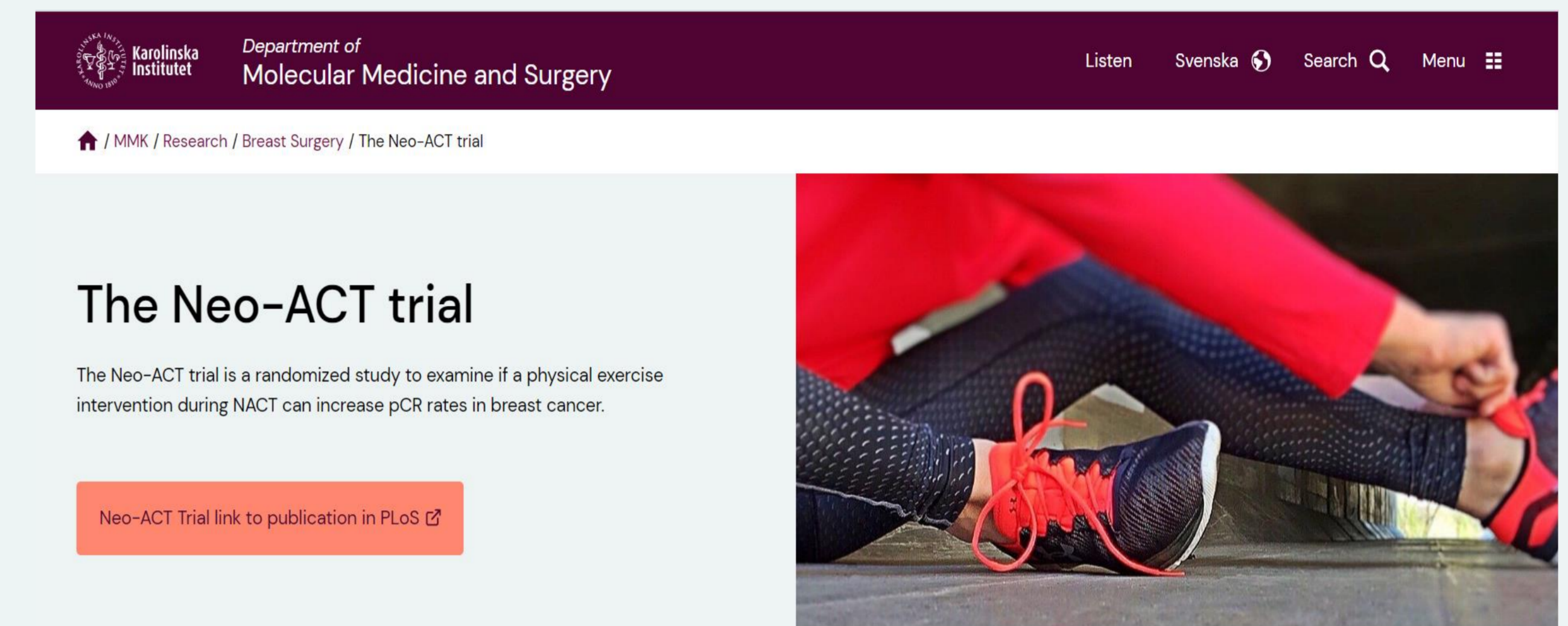
Mobile app Vitala

As a support for all trial physiotherapists, you can now watch a demo how to use the trial-specific Vitala mobile app to monitor your patients' activities.

And if you have not yet tried the app yourself – its general version is open for the public and free to download from App Store!



https://www.youtube.com/watch?v=zEOS_7rhQlk



The Neo-ACT trial

The Neo-ACT trial is a randomized study to examine if a physical exercise intervention during NACT can increase pCR rates in breast cancer.

[Neo-ACT Trial link to publication in PLOS](#)

Homepage

For any purposes and needs, please visit our trial homepage, continuously updated with all necessary links, documents and information. You will even find a link to our free-access protocol publication and patient-facing material to display in your waiting area.

<https://ki.se/en/mmk/the-neo-act-trial>

Thank you all for your interest and commitment. We are looking forward to an exciting time together!



Contact:

Trial management

Natalia.pohl@regionstockholm.se

Queries:

neoact@mmk.ki.se