

CAN INTERMITTENT FASTING IMPACT YOUR CANCER?

A small study in people with CLL has shown that intermittent fasting may slow cancer growth and improve energy levels and sleep quality. This study aims to confirm these findings by following more patients who are intermittent fasting.



STUDY REQUIREMENTS

- Follow the 16:8 Method for 6 days per week
- For 3 or 6-months (you decide the length)
- Monthly blood draws and 2 questionnaires
- Optional stool samples, end of study interview

ARE YOU ELIGIBLE?

We are seeking participants with cancer AND control participants without Cancer.

- With cancer: Diagnosis of CLL or SLL
- Without cancer: No cancer diagnosis or history of cancer
- Age 18-85
- Not on medication that must be taken with food
- No diagnosis of diabetes
- No anti-cancer treatment within the past 3 months
- Not expected to start anti-cancer treatment in next 3 months

WHAT IS THE 16:8 METHOD?

Eating for 8 hours per day, then having water, black coffee, or tea for the remaining 16 hours in the day.

Does Timing Matter? A Trial of Time-Restricted Eating in Haematological Malignancies

Principal investigator: Eleah Stringer, MSc, RD, CSO

Clinical & Research Dietitian

Nursing & Allied Health Research & Knowledge Translation

BC Cancer- Victoria

250-519-5523

eleah.stringer@bccancer.bc.ca

Study Oncologist: Dr. Nicol Macpherson

nmacpher5@bccancer.bc.ca



Michael Smith
Health
Research BC



250-519-5523



<http://www.bccancer.bc.ca/our-services/centres-clinics/bc-cancer-victoria/research-initiatives>