

## **SIU Med School Receives NIH Grant to Study Exercise after Breast Cancer**

A physician at Southern Illinois University School of Medicine in Springfield has been awarded a second federal grant from the National Cancer Institute, a division of the National Institutes of Health, for the study of physical activity after breast cancer. Total budget for the two-year grant is \$348,109.

Dr. Laura Rogers, associate professor of internal medicine and member of the Simmons Cancer Institute at SIU, is the principal investigator for the project. The study will look at a randomized sample of breast cancer survivors who are not exercising and are tired or have trouble sleeping. Participants will be enrolled in a 12-week exercise program to study fatigue and sleeplessness. Results of the study may lead to a better understanding of the kind and amount of exercise certain breast cancer survivors may need to do.

A researcher since 1989, Rogers's research funding now totals \$4,249,017. Her previous research has focused on healthy lifestyles related to high cholesterol management, smoking cessation and osteoarthritis as well as breast cancer and exercise.

Rogers joined the SIU faculty in 2000. She completed a two-year faculty development fellowship in general internal medicine at the University of North Carolina (1990) and her internal medicine residency at the Medical College of Georgia (1987). She earned her master's in public health at the University of South Carolina (2000), medical degree at the University of South Florida School of Medicine (1984) and bachelor's at Erskine College (1980).

The Simmons Cancer Institute at SIU is focusing the medical school's efforts in cancer research, physician and public education, and treatment for patients from across central and southern Illinois. Its Web site is [www.siumed.edu/cancer](http://www.siumed.edu/cancer).