

## CLINICAL TRIAL OPEN TO ENROLLMENT



### HIMALAYAS STUDY

CAPCR/REB #:23-5626 | ClinicalTrials.gov ID: NCT05023785

## Harmonized Interventions to Maintain health via Appropriate risk factor modification & Lifestyle changes in Adolescent & Young Addult cancer Survivors

#### PRIMARY AIM

To determine whether supervised Cardio-Oncology Rehabilitation [CORE], consisting of moderate to high intensity aerobic exercise training, cardiovascular disease (CVD) risk factor modification and enhanced online behavioral support, improves cardiorespiratory fitness (VO<sub>2</sub>peak; cardiac function, CVD risk factors and biomarkers, and patient-reported outcomes (PROs) at 6 month (primary time point), 12 months and 24 months compared to standard of care [CON] in pediatric, adolescent and young adult cancer survivors (PAYA-CS) with stage B heart failure (SBHF)

#### Inclusion Criteria

- Must be a PAYA-CS, defined as  $\leq 39$  years of age at the time of cancer diagnosis.
- Received cancer treatment(s) with known CVD risks (e.g., Anthracyclines, Trastuzumab, Radiotherapy).
- Be cancer-free & Age 18-45yr the time of enrollment
- Confirmed diagnosis of Stage B Heart Failure

#### Exclusion Criteria

- Physical or mental health concern that precludes safe and effective exercise participation.
- Have established CVD (except SBHF)
- Currently engaging in frequent high-intensity exercise
- Pregnancy

If interested, please contact any of the following study personnel:

**Principle Investigator**  
**Research Coordinator**

Dr. Paaladinesh Thavendiranathan  
Krishna Mohan Chirra

[dinesh.thavendiranathan@uhn.ca](mailto:dinesh.thavendiranathan@uhn.ca)  
[krishnamohan.chirra@uhn.ca](mailto:krishnamohan.chirra@uhn.ca)