

## **AMBER Study Appointment Locations and Test Descriptions**

- **Clothing** - Bring shorts/track pants and a short sleeved/sleeveless top to change into. Running shoes are the recommended footwear.
- **Transportation** - Participants may park above or underground at the Cross Cancer Institute. Bring \$14.00 to pay for parking. This will be reimbursed by study staff. If you would prefer to take public transportation, the fare will be reimbursed by study staff.

### **BLOOD DRAW**

- Meet the study staff who will be holding a yellow folder in the front lobby area by the reception check-in desk. They will have your blood kit for you and escort you to the lab.
- This procedure takes place in laboratory medicine on the main floor.
- First priority is a fasted blood draw (only water and medications to be consumed in previous 12 hours). Due to individual circumstances a non-fasted draw may be completed.
- If further testing is to be completed after the blood draw please bring a light breakfast or money to purchase on at the Cross.

### **FITNESS/ LYMPHEDEMA MEASURES**

- Meet the study staff who will be holding a yellow folder in the front lobby area by the reception check-in desk. Study staff will then escort you to the basement, room 0061 to complete testing.
- Testing will take approximately 2.5 hours to complete and will include measurements of arm volume, shoulder range of motion, sensation, balance, body composition, abdominal endurance, grip strength, flexibility and treadmill test.

### **DXA SCAN**

- Meet the study staff who will be holding a yellow folder in the front lobby area by the reception check in desk. They will escort you to the X-ray department on the main floor.
- Please be there about 10 minutes before your appointment to allow time to change.
- Women of reproductive age may be asked to undergo a pregnancy test.
- The appointment will take approximately 30 minutes in total.

### **QUESTIONNAIRES**

- The package of 4 questionnaires will consist of baseline health, diet, general health and physical activity questions. These will take approximately 3 hours to complete.
- Please check that you have not accidentally missed any questions.

### **ACCELEROMETERS**

- You will be given two activity monitors that you will wear on your waist and thigh for seven days from the time you get up in the morning until the time that you go to bed.
- The purpose of these activity monitors is to collect information about your usual day-to-day activity.

## MUSCLE STRENGTH/ ENDURANCE TEST

- Participants will be escorted by study staff to the Research Transition Facility building on the University of Alberta campus, very close to the Cross Cancer Institute. The tests will take place in the Behaviour Medicine Fitness Center, Room 1001 on the main floor.
- Testing will be completed on the chest press and leg press machines.
- This appointment will take approximately 1 hour to complete.

