

Do you have lung-cancer? Do you suffer from breathlessness? **Yoga might help.**



Researchers at Western Sydney University are currently looking for people aged 18 years and over, who have been diagnosed with lung cancer and are suffering from breathlessness to participate in a research study.

The study aims to determine if a yoga program specifically designed for adults diagnosed with lung cancer can improve breathlessness, the immune system, mental health and quality of life.

Who can join?

People can join this study if they:

- are 18 years of age or older.
- have been diagnosed with non-small cell lung cancer.
- are currently experiencing shortness of breath (dyspnoea).
- have adequate general health to undertake yoga.
- are not currently practicing yoga.
- are able to communicate in English.
- have regular access to a web camera and reliable internet connection.

What's involved?

The study is approximately 10 weeks in duration. Participants randomly assigned to the yoga group will complete an 8-week yoga program consisting of one day face-to-face and one day online yoga. The program is instructed by a qualified yoga therapist. Measurements will be taken before and after the yoga program.

How to get involved?

For more information, please contact:
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This clinical trial has been approved by the Western Sydney Human Research Ethics Committee (Approval number H16272).



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