
FOR IMMEDIATE RELEASE:

***'The Breathing Gym'* Used in \$1 Million Research Study Funded by The National Cancer Institute.**

Chandler, Arizona [August 18, 2008] Researchers from the Indiana University Simon Cancer Center and the IU School of Nursing are researching the use of exercises from *'The Breathing Gym'* in a study examining techniques to help menopausal and post-menopausal women manage and reduce hot flashes. Dr. Debra Burns and Dr. Janet Carpenter from IUPUI are using a series of exercises from music education's most popular tactics book, *The Breathing Gym*, in an effort to find effective non-drug treatments for hot flashes.

The National Cancer Institute has funded a \$1 million research grant for this study. Cancer treatments often reduce or eliminate the effectiveness of traditional hot flash treatments. Researchers hope to find effective non-drug treatments for hot flashes, particularly regimens that can coincide with pharmaceutical cancer treatments.

The Breathing Gym is a book and DVD publication co-authored by Patrick Sheridan and Sam Pilafian, music professors at Arizona State University. *The Breathing Gym* is the world's best-selling breathing method for instrumental improvement. It is currently used by more than 6500 high schools, 3600 middle schools, 4800 elementary schools and 1100 universities worldwide. In their clinic schedule, the co-authors have brought *The Breathing Gym* to more than one million people.

For additional information on *The Breathing Gym*, contact Patrick Sheridan at 602.327.3765. *The Breathing Gym* is available from the publisher Focus on Music at www.focus-on-music.com.

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PRINCIPAL RESEARCH CONTACTS:

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BIO: Prior to joining the faculty at IUPUI in 2004, Dr. Burns completed a postdoctoral research fellowship funded by the National Institutes of Health National Center for Complementary and Alternative Medicine. Her research training focused on alleviating symptoms distress and improving the quality of life of cancer patients in active treatment. She maintains an active research program exploring the various benefits of music therapy for cancer patients. She has presented nationally and internationally on these topics.

Dr. Burns is an active member of the American Music Therapy Association and has recently co-authored a text entitled Music Therapy Reimbursement: Best Practices and Procedures. She is also an active reviewer for Music Therapy Perspectives and the Indiana University Cancer Center Scientific Review Committee.

RESEARCH INTEREST: To create and test music-based interventions that improve the cancer experience, this includes music during procedural support, for symptom control, and to improve quality of life throughout the cancer continuum.

PRINCIPAL RESEARCH CONTACTS:

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Title of Research - Breathe-intervention for Hot Flashes, Interference, and Associated Outcomes

BIO:

Dr. Carpenter's research focuses on cancer symptom management, with an emphasis on hot flashes and other menopausal symptoms in breast cancer. She has been funded by the Oncology Nursing Society Foundation, National Institutes of Health, Department of Defense, and Walther Cancer Institute. She is currently funded as Principal Investigator by the Department of Defense and the National Cancer Institute and serves as Co-Investigator on grants from the National Cancer Institute and National Institute of General Medical Sciences. Dr. Carpenter has over 50 refereed publications and has presented her research nationally and internationally. She is currently or has previously served as a grants or scholarships reviewer for the Department of Defense Behavioral and Social Sciences study sections, the California Breast Cancer Review Program, the American Cancer Society, the Oncology Nursing Society Foundation, and the National Institutes of Health. She has received several honors and awards including the North American Menopause Society Vasomotor Symptoms Research Award (2007), the Oncology Nursing Society/American Cancer Society State of the Science Award (2005), the Susan Baird Oncology Excellence in Writing Award in Nursing Research (2003) and the ONS New Investigator Award (1999).

Principal institutions involved:

NATIONAL CANCER INSTITUTE

The National Cancer Institute (NCI) is a component of the National Institutes of Health (NIH), one of eight agencies that compose the Public Health Service (PHS) in the Department of Health and Human Services (DHHS). The NCI, established under the National Cancer Institute Act of 1937, is the Federal Government's principal agency for cancer research and training. The National Cancer Act of 1971 broadened the scope and responsibilities of the NCI and created the National Cancer Program. Over the years, legislative amendments have maintained the NCI authorities and responsibilities and added new information dissemination mandates as well as a requirement to assess the incorporation of state-of-the-art cancer treatments into clinical practice.

The National Cancer Institute coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients. Specifically, the Institute:

- Supports and coordinates research projects conducted by universities, hospitals, research foundations, and businesses throughout this country and abroad through research grants and cooperative agreements.
- Conducts research in its own laboratories and clinics.
- Supports education and training in fundamental sciences and clinical disciplines for participation in basic and clinical research programs and treatment programs relating to cancer through career awards, training grants, and fellowships.
- Supports research projects in cancer control.
- Supports a national network of cancer centers.
- Collaborates with voluntary organizations and other national and foreign institutions engaged in cancer research and training activities.
- Encourages and coordinates cancer research by industrial concerns where such concerns evidence a particular capability for programmatic research.
- Collects and disseminates information on cancer.
- Supports construction of laboratories, clinics, and related facilities necessary for cancer research through the award of construction grants.

INDIANA UNIVERSITY PURDUE UNIVERSITY - INDIANAPOLIS

Indiana University-Purdue University Indianapolis is an urban research and academic health sciences campus, with 22 schools and academic units which grant degrees in over 200 programs from both Indiana University and Purdue University.

IUPUI was created in 1969 as a partnership by and between Indiana and Purdue Universities, with IU as the managing partner. With over 29,000 students, IUPUI is the second-largest campus in the Indiana University state wide system.

IUPUI is IU's home campus for state wide programs in medicine, law, dentistry, nursing, health and rehabilitation science, and social work.

- The IUPUI campus ranks among the top 15 in the country in the number of first professional degrees it confers and among the top seven in the number of health-related degrees.
- The campus offers more than 200 academic programs - from associate degrees to doctoral and professional degrees.
- Over 29,000 students attend IUPUI representing 49 states and 122 countries

[INDIANA UNIVERSITY SIMON CANCER CENTER](#)

The Indiana University Melvin and Bren Simon Cancer Center is a patient care, research, and educational organization within the Indiana University School of Medicine, located on the school's main campus in Indianapolis.

Established in 1992 as the IU Cancer Center, it has been an NCI-designated Cancer Center since 1999 and is the only center with such distinction in Indiana that provides patient care. It changed its name in 2006 to reflect the philanthropic support of the Melvin and Bren Simon family.

Our physicians and scientists are primarily faculty of the IU School of Medicine, but also include representatives from the Schools of Nursing, Allied Health and Dentistry, and the Purdue University School of Science.

Our physicians combine their resources and talents, working together as a team with patients, nurses, allied health professionals, as well as basic and behavioral scientists to address the full spectrum of patient needs - physical as well as emotional, psychological and spiritual.

Our research is vigorous, innovative and devoted to taking an improved cancer care into the future.

And our educational programs ensure that this innovation and quality of care become the mantra of the health professionals and scientists of tomorrow.

Our mission is to advance the understanding, prevention and treatment of cancer throughout Indiana and the world with patient-centered care, acceleration of promising science and collaborative educational programs.

The benefits to our patients are clear: a wide range of innovative treatment options, expert teams of diverse professionals focused on their specific cancer type, and attention to all cancer care needs in one setting.

INDIANA UNIVERSITY SCHOOL OF NURSING

Since its founding in 1914, The School of Nursing at Indiana University has evolved into the largest multi-purpose nursing school in the country. The School of Nursing offers a full range of academic degrees in addition to postdoctoral research training and extensive continuing education offerings.

In 1922, the school founded the Alpha Chapter of Sigma Theta Tau International, which has evolved into a quarter-million member nursing honor society that includes practicing nurses, instructors, researchers, policy makers, executives, entrepreneurs, and others. In 1945, our first master's level nursing courses were offered, with the MSN program becoming fully accredited in 1957. In 1965, nursing was formally recognized as Indiana University's tenth school and IU Northwest became the first regional campus to offer nursing courses. The Doctor of Science in Nursing (DNS) program was approved in 1976, with the first doctoral students admitted in 1978 and the first DNS degree awarded in 1981. Distance education courses were first offered in 1985. The transition from a DNS program to the current PhD program was approved in 1995, with the first PhD students enrolling in 1996.