

# BUILDING EQUAL ACCESS TOGETHER IN CANCER (BEAT-C) NEWSLETTER



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## RESEARCH TEAM SPOTLIGHT

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Marjanna Smith is a senior research associate at MedStar Health Research Institute. She studied epidemiology in school, and she has experience in research related to health equity, nutrition, and obesity. She enjoys research because it allows her to dive into an interesting question and think about the meaning

of what she finds. Marjanna does recruitment, data management, and quality assurance for the BEAT-C study.

## ORGANIZATION SPOTLIGHT:



Hope Connections for Cancer Support has been supporting people with cancer since 2007. They offer support groups, mind/body classes and educational and social programs free of cost to anyone who has been affected by a cancer diagnosis.

Their mind/body classes include gentle yoga, pink ribbon pilates, mind-body boxing, tai chi, strength and balance, and mindfulness for well-being. They offer a combination of in-person, hybrid, and virtual classes.

To learn more, visit [hopeconnectionsforcancer.org/](https://hopeconnectionsforcancer.org/) or reach out to [info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org) or (301) 634-7500.

## STUDY PROGRESS HIGHLIGHTS

A total of **179** patients have enrolled in the study so far.

**101** patients have completed the

6-month program, and **94 (93%)** of them reported feeling satisfied with the program.

**Sleep problems are common:** over half of the patients reported having trouble with sleeping in the last 7 days.

## Tips for Healthy Sleep

Many people have trouble sleeping after cancer treatment. Try these tips to improve your sleep.

1. **Track your sleep schedule. Try to go to sleep and wake up at the same time most days, even on the weekend.**
2. **Avoid caffeine (including Coca-Cola and chocolate) after 2pm, and be aware of consuming products with nicotine or alcohol in the evening.**
3. **If needed, take short naps (less than one hour) during the day.**
4. **Try to exercise or take a walk once a day.**
5. **Create a bedtime routine and try to avoid looking at screens before bedtime.**
  - Your routine can include reading or listening to a book, journaling, or meditating. Try the Insight Timer app for some free guided meditations.
6. **Tell your doctor about your sleep problems.**