

Dear Madam,

Welcome to **CARDIOCARE!**

Your doctor considered that you are an ideal candidate to take part in this pioneering research carried out in several countries in Europe concerning women with breast cancer. This means that **your care team will grow and include additional research officers and nurses to help you through the steps you are about to follow.**

This leaflet has been created to guide you through the steps that will follow once you agree to participate in **CARDIOCARE**.

### The first steps

Your oncologist has talked to you about the study, and she/he introduced to you to the **CARDIOCARE** team of our Center so that the recruitment process initiates before the start of your treatment. You will discuss with our representative from **CARDIOCARE** about the

program's details and procedures that concern you. Once you have been fully informed and accepted to participate in **CARDIOCARE**, it is necessary to sign the informed consent form.

### Enrolment and initiation

Upon your enrolment in the study, you will be asked to answer some questionnaires<sup>1</sup> related to your health and habits. At the same time, you will receive two devices that will be returned at the end of your monitoring period. The first device is a smartwatch and the other one is a chest-strap monitor. These two devices will be connected to your mobile phone where we will install the **CARDIOCARE** application. If you do not possess a mobile phone that supports the application, you will be given one. The **CARDIOCARE** representative will then provide you with quick training for the proper use of the application and devices so that accurate information about your health is collected. Furthermore, a hand-grip test will be performed every 6 months.

In addition to the above, you will be asked to provide information related to your health and care-plan such as your treatment<sup>1</sup>, vital signs<sup>1</sup> (blood pressure, pulses, etc.) and samples of blood<sup>1</sup> and stool<sup>1,2</sup>. Moreover, as part of the standard of care, we will refer you to the program's associate Cardiologist<sup>1</sup> to perform your routine echocardiogram (ECHO) and electrocardiogram (ECG), as well as to the Centre's Psychologist, if you wish to use their services.

Finally, there is a chance that you will be assigned to the intervention group. Patients in the intervention group will receive advice (e.g., about cancer), prompts (e.g., for cognitive enhancement games) and encouragement to perform easy fitness exercises through their application and smartwatch.

The **CARDIOCARE** team will be by your side and will provide monitoring of your health for up to 18 months after you have joined the program.

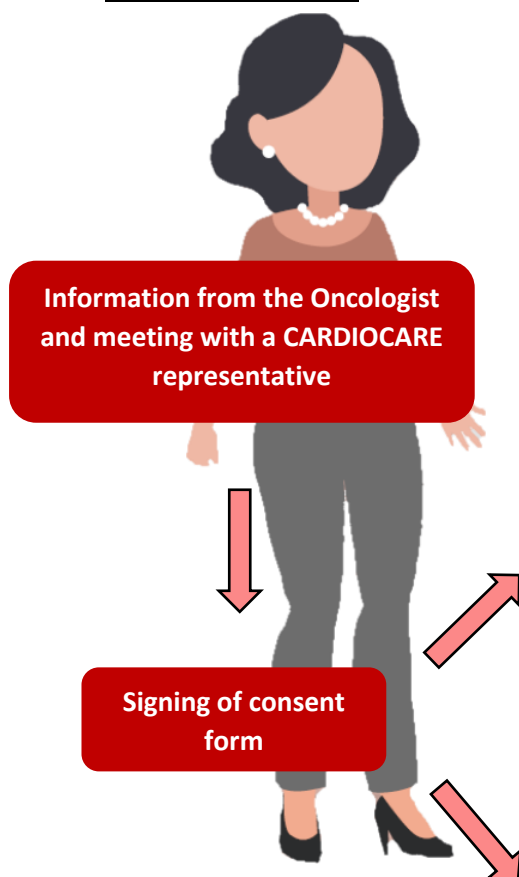
### Benefits

- Personalized care plan and the possibility of your participation in:
  - ◊ *Your health monitoring*
  - ◊ *Optimizing your physical condition*
  - ◊ *Your psychological adaptation to the management of the disease*
- The ultimate goal of **CARDIOCARE** is the mitigation and early management of cardiotoxicity that may result from the treatment of breast cancer which this will in return benefit in:
  - ◊ *Limiting the need for hospitalisation*
  - ◊ *Enhancing quality of life*

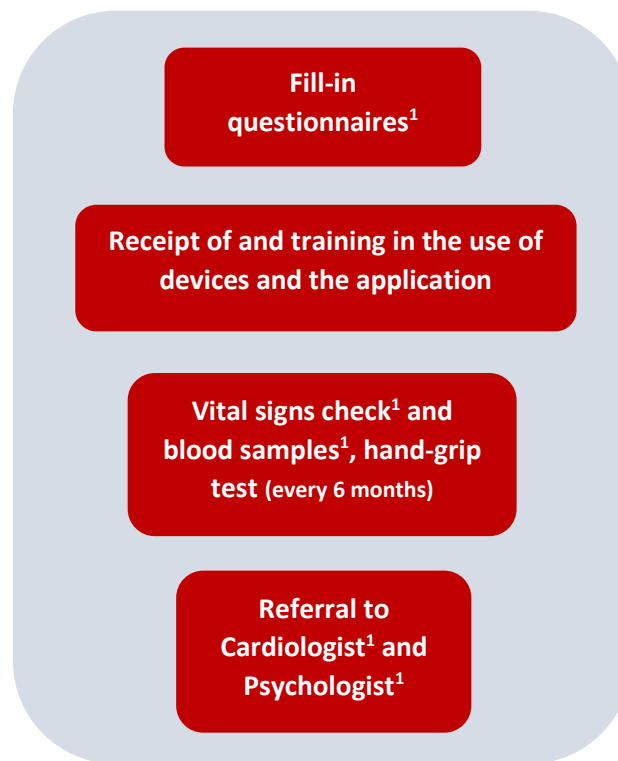
<sup>1</sup>From enrolment, and almost every 3 months

<sup>2</sup>By randomised selection

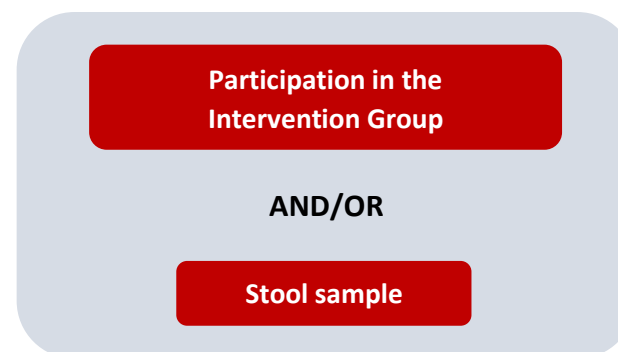
## THE FIRST STEPS



## ENROLMENT AND INITIATION



**IF YOU ARE RANDOMLY SELECTED:**



<sup>1</sup>From enrolment, and almost every 3 months



**An interdisciplinary approach for the management of the elderly multimorbid patient with breast cancer therapy induced cardiac toxicity**

**A PROSPECTIVE CLINICAL STUDY**

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