Biographical Sketch

Dr. Laura Rogers is a Professor in the Department of Nutrition Sciences at the University of Alabama at Birmingham (UAB). She is also a Senior Scientist in the UAB Nutrition Obesity Research Center (NORC), Center for Exercise Medicine, and the Cancer Control and Population Science Program of the UAB Comprehensive Cancer Center. She completed her MD degree at the University of South Florida College of Medicine, internal medicine internship and residency at the Medical College of Georgia, and a Masters of Public Health Degree at the University of South Carolina. She is board certified in internal medicine and is a fellow in the American College of Physicians and American College of Sports Medicine. She has held prior faculty positions at the Medical College of Georgia, University of Tennessee Memphis, and Southern Illinois University School of Medicine during which she has participated in a variety of educational, research, clinical, and administrative activities. Dr. Rogers’ clinical interests focus on out-patient general internal medicine and weight management.

Dr. Rogers’ research interests focus on exercise promotion and benefits in chronic disease populations, especially cancer survivors. She has also examined diet and exercise counseling knowledge, attitudes, and behaviors among resident physicians and medical students. Her research program centers on translational, multi-disciplinary randomized trials involving exercise. Her published work has enhanced the knowledge base for understanding and successfully applying the social cognitive theory to exercise behavior in cancer survivors. Based on needs assessments, she designed and successfully pilot tested the BEAT Cancer intervention which is an effective theory-based intervention assisting breast cancer survivors in becoming and remaining more physically active. She is currently leading an NCI funded multi-center randomized trial testing the effectiveness of this intervention. Her other recent funded projects have included examining mediators of exercise effects on fatigue and sleep quality in breast cancer survivors and effects of resistance training during radiation therapy for head and neck cancer.

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Physical activity adherence after breast cancer diagnosis
Publications

- 2013
- 2012
- 2011
- 2010
- 2009
- 2008
- Pre 2008


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