

EXERCISE THERAPY FOR CANCER SURVIVORSHIP

Presented by:

Omar Negrete, MBA, NSCA-CPT

Desiree Gallegos

Certified Clinical Cancer Exercise
Specialist (CCES) & Certified
Exercise Physiologist (ACSM EP-C)



Desiree,
How can I ever thank you
for all you've done for me?
Thank you for pushing me,
for helping me and giving
me a new lease on life!
You will never know how much
you've changed my life!
Praying for you and the next
chapter of your life! God bless
Suzanne ☺

New  Heart
Fitness and Health



- ▶ I have no financial disclosure to provide.

DISCLOSURE

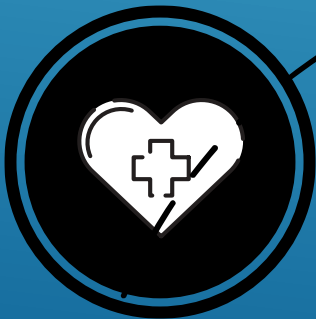
- ▶ Discuss why exercise is an important part of cancer survivorship
- ▶ Learn recommendations for exercise and survivorship
- ▶ Understand impact of exercise on survivorship
- ▶ Learn about how a program is implemented in Albuquerque, NM

LEARNING OBJECTIVES

BENEFITS OF EXERCISE

Recovery

Help recover from treatment more easily



Less Side Effects

Help tolerate treatment, fewer side effects



Daily living

Tolerate more activity during & after treatment



<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/physical-activity-and-the-cancer-patient.html>



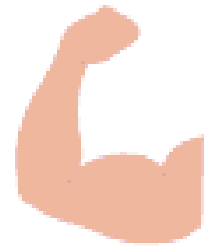
Sleep Better



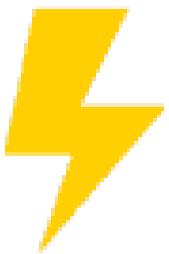
Reduced Health
Risks



Ease Depression
& Anxiety



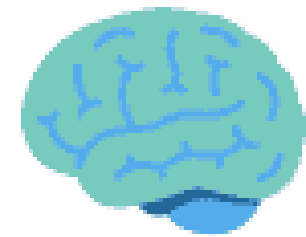
Stronger Bones &
Muscles



Boost Energy Levels



Maintain a Healthy
Weight

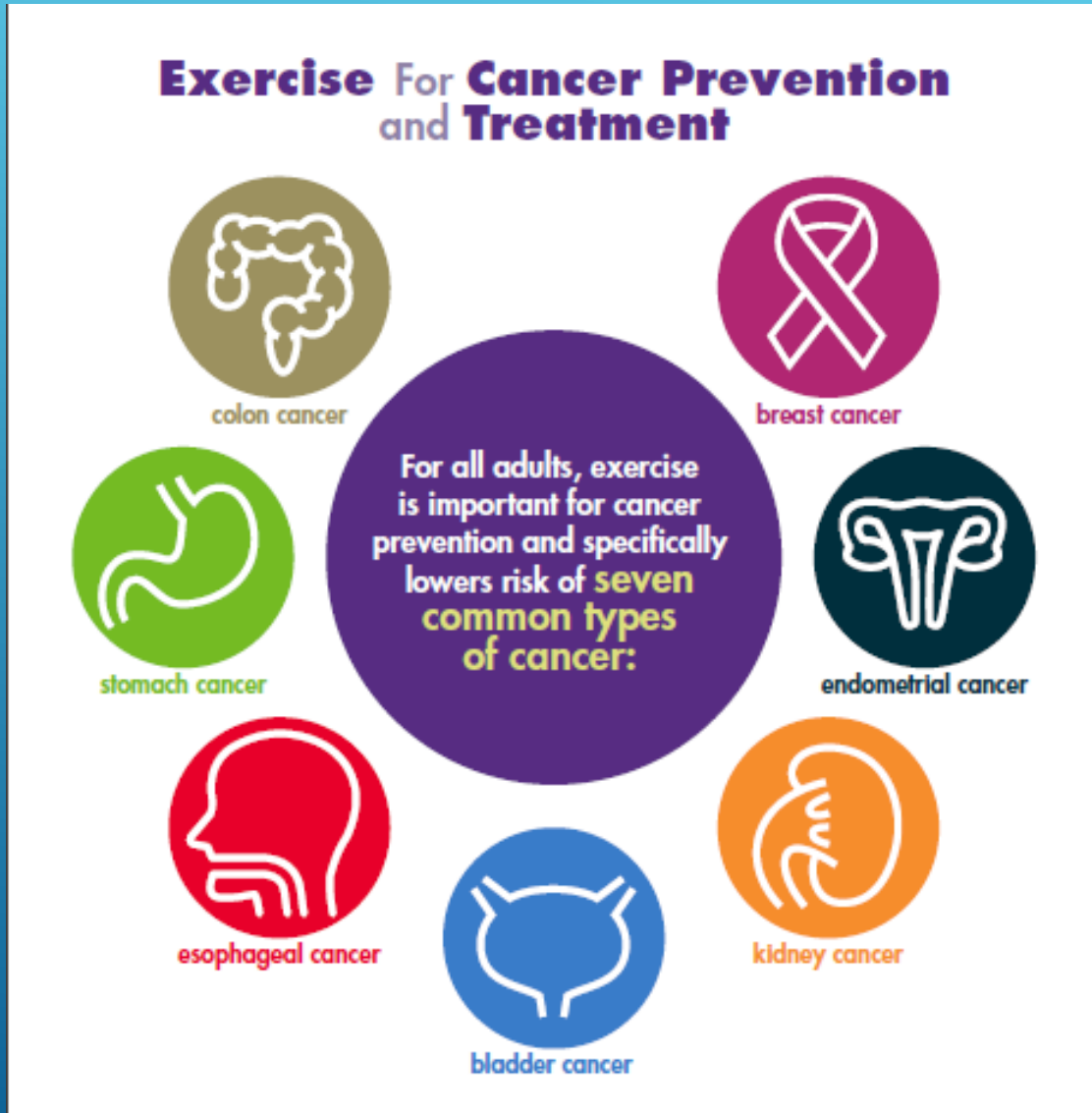


Increase Brain
Function

QUALITY OF LIFE

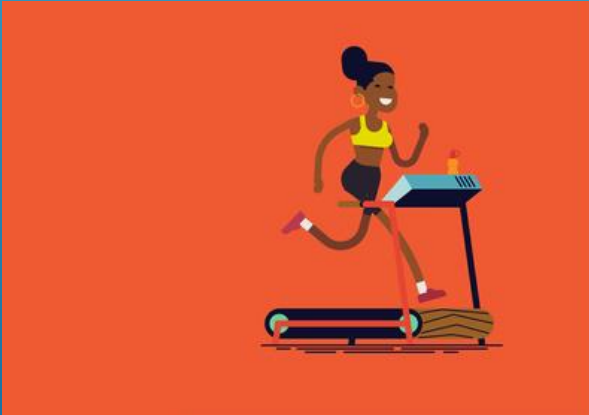
- ▶ **Physical Well-Being**
 - ▶ Energy levels, physical strength, weight/body composition, sleep quality, flexibility, functional mobility
- ▶ **Psychological Well-Being**
 - ▶ Focusing on health rather than illness, rediscovering strength & physical capabilities, exercising control and taking action, gaining a sense of normalcy
- ▶ **Social Well-Being**
 - ▶ Feeling understood by others, give & receive support, stronger social connections
- ▶ **Spiritual Well-Being**
 - ▶ Living meaningfully, becoming mindful

BENEFITS OF EXERCISE



- ▶ Prevent & lowers risk of certain cancers
- ▶ Improve survival after a diagnosis of breast cancer, colon, and prostate cancer
- ▶ Slow progression of cancer, help prevent reoccurrence
- ▶ Reduced risk of developing other conditions such as diabetes, osteoporosis, cardiovascular disease

IS IT SAFE TO EXERCISE DURING TREATMENT?



- ▶ **Yes!**
 - ▶ **Always talk to your doctor first**
- ▶ **Exercise on days or times of day you have the most energy**
- ▶ **Rest/recovery are just as important**
- ▶ **Listen to your body**
- ▶ **Important to be as active as you can**

HOW MUCH EXERCISE DO YOU NEED?



© Randy Glasbergen / glasbergen.com

"It's not easy fitting 60 minutes of exercise into my busy schedule. Today I took 360 ten-second walks."

- ▶ **Avoid inactivity; moving more & sitting less benefits nearly everyone**
- ▶ **Aerobic exercise either:**
 - ▶ 150-300 min week of moderate intensity
 - ▶ 75-150 min/week of vigorous intensity
- ▶ **Resistance Training 2x per week**

AEROBIC RECOMMENDATIONS

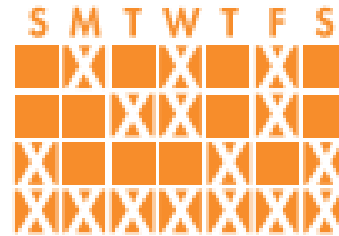
What?

Any rhythmic,
continuous activity!



How often?

3-5 days/week



How hard?

Fairly light to
somewhat hard



How much?

Start w/ a few
minutes. Gradually
build up to 30-60
total minutes over
the day.



Remember: Fit in 5 or 10 minutes here and there. Or go for 20-30 minutes. During treatment, several short sessions may work better than one long one. Be active however you can.

STRENGTH RECOMMENDATIONS

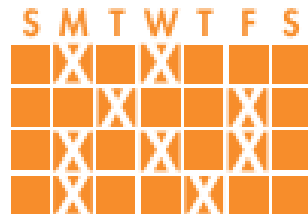
What?

Hand weights, resistance bands, weight machines or your own body (for example, kitchen counter push-ups chair squats).



How often?

2-3 days/week
*Rest day in between!



How hard?

Start with light effort.
Build up to medium or hard effort.



How much?

10-15 repetitions to start (for each major muscle group). Build up to 8-12 reps of challenging effort.



Remember: If you need it, get help from a certified exercise professional. They can teach you the right way to do exercises and how to breathe properly. If you have lymphedema, you may benefit from wearing a compression sleeve during strength training.

Rating of Perceived Exertion Scale (RPE)

0	Resting	You can probably do this all day but you would get bored after a while.	
1	Very Easy		
2	Easy		
3	Moderate	You should be able to hold a conversation but still feel challenged.	
4	Somewhat Hard		
5	Hard	I can still breathe okay but I cannot hold a conversation	
6			
7	Very Hard		
8		Having difficulty breathing,	
9	Very, Very Hard	Cannot continue for long.	
10	Can't Continue	I don't feel safe!!!	

STOP!

Rating of Percieved Exertion (RPE) Scale

- Way of measuring physical activity intensity
- Recommended at least a moderate to somewhat hart intensity (3 to 4)

Individualized Exercise

01

BREAST CANCER

- Focus:
- ROM of chest/shoulder
 - Strengthening upper body

02

LIQUID
CANCER

Focus:
Bodyweight & strength
training

03

PROSTATE/
GYNECOLOGICAL

Focus:
Pelvic floor &
core

04

DOX
TREATMENT

Focus:
Aerobic exercise

INDIVIDUALIZED EXERCISE

- Low intensity exercise
- Alleviate side effects
- Limit deconditioning
 - Maintain fitness/functional capacity

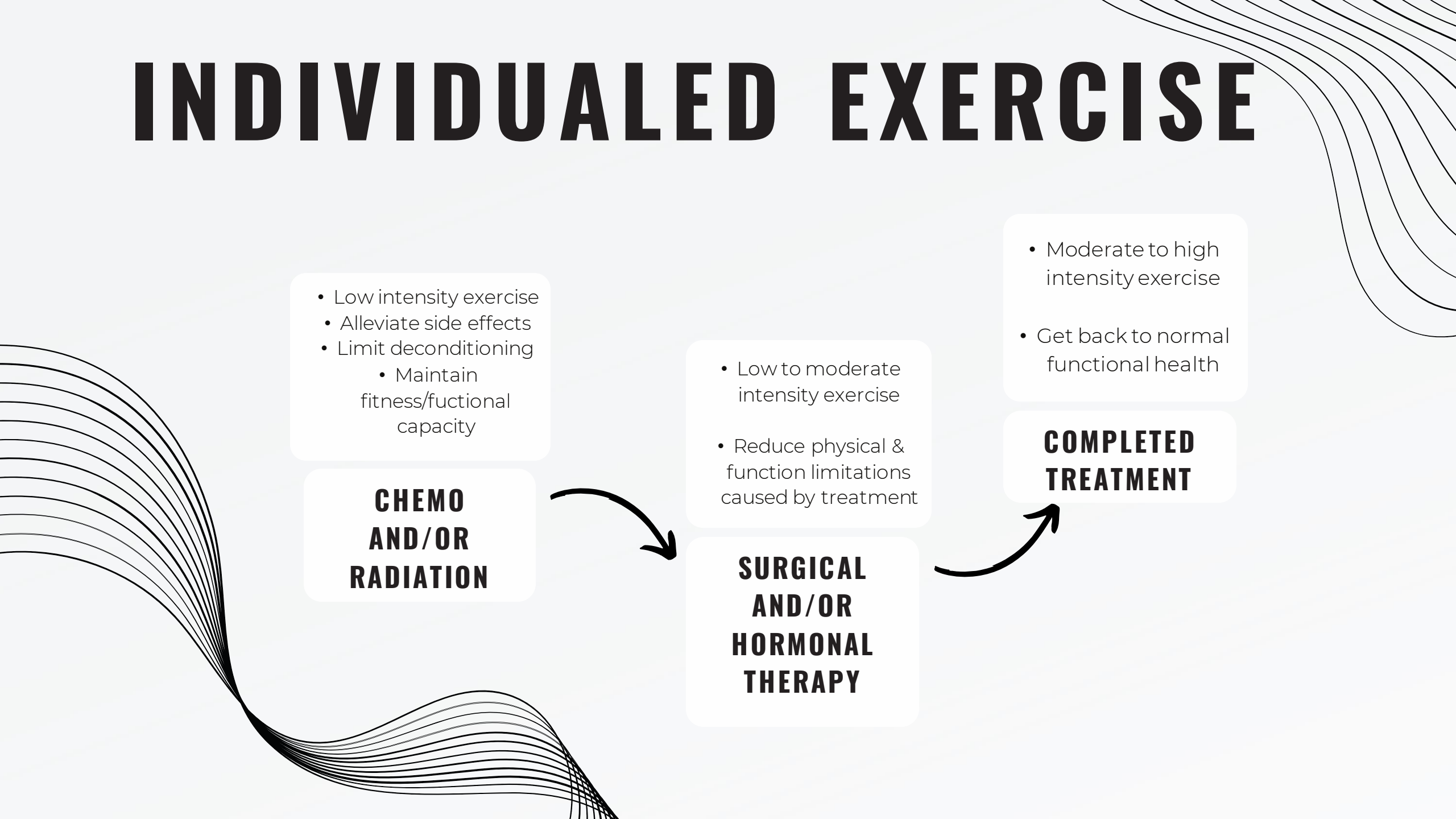
**CHEMO
AND/OR
RADIATION**

- Low to moderate intensity exercise
- Reduce physical & function limitations caused by treatment

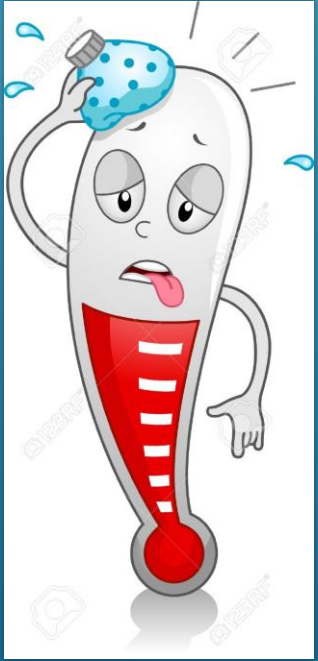
**SURGICAL
AND/OR
HORMONAL
THERAPY**

- Moderate to high intensity exercise
- Get back to normal functional health

**COMPLETED
TREATMENT**

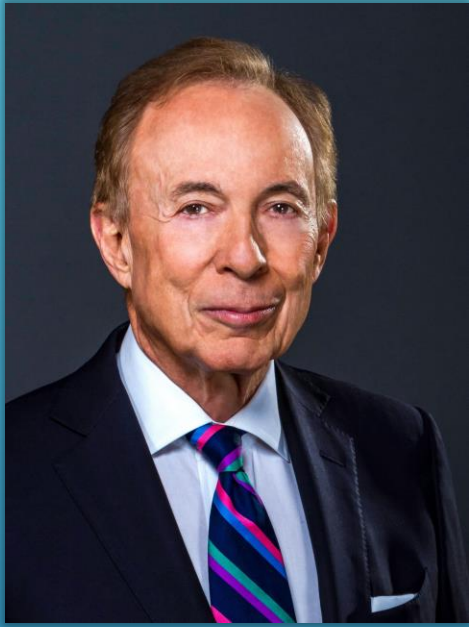


WHEN SHOULD YOU NOT EXERCISE?



- ▶ Extreme fatigue, anemia, ataxia
- ▶ Fever, infection
- ▶ Changes in arm/shoulder symptoms/swelling
 - ▶ Avoid upper body exercise until after medical evaluation





THE PROGRAM

- ▶ 1 month or 12 sessions
- ▶ Initial evaluation, walk test
- ▶ Consultation with physician, Dr. Barry Ramo
- ▶ Weekly meeting with exercise physiologist
- ▶ Nutrition Coaches available



EXERCISE SESSIONS



- ▶ Recommended 3 days/wk
- ▶ Individualized exercise prescription
- ▶ BP, HR, O2 saturation monitored before, during, & after exercise
- ▶ Up to 60 minute sessions
 - ▶ aerobic exercise
 - ▶ Resistance training
 - ▶ stretching & flexibility

EXERCISE & TYPE OF TREATMENT

- ▶ Chemo and/or radiation therapy
 - ▶ Low intensity exercise; RPE: 1-3
 - ▶ Alleviate side effects of treatment; maintain fitness/functional capacity and limit deconditioning

RPE		
1	VERY LIGHT	Low
2	FAIRLY LIGHT	
3	LIGHT	
4	SOMEWHAT HARD	Moderate
5	HARD	
6		
7	VERY HARD	High
8		
9		
10	VERY VERY HARD	

EXERCISE & TYPE OF TREATMENT

- ▶ **Surgical and/or hormonal therapy**
 - ▶ **Low to moderate intensity exercise;
RPE: 3-6**
 - ▶ **Reduce physical & functional
limitations caused by treatment**

RPE	
1	VERY LIGHT
2	FAIRLY LIGHT
3	LIGHT
4	SOMEWHAT HARD
5	HARD
6	
7	VERY HARD
8	
9	
10	VERY VERY HARD

EXERCISE & TYPE OF TREATMENT

- ▶ **Completed treatment**
 - ▶ **Moderate to high intensity exercise;
RPE: 4-8**
 - ▶ **People should be back to normal
functional health**

RPE	
1	VERY LIGHT
2	FAIRLY LIGHT
3	LIGHT
4	SOMEWHAT HARD
5	HARD
6	
7	VERY HARD
8	
9	
10	VERY VERY HARD

EXERCISING FOR A PURPOSE

- ▶ **Breast Cancer**

- ▶ **Focus:**

- ▶ **ROM of chest/shoulder**
 - ▶ **Strengthening chest/shoulder**



- ▶ **Liquid Cancers**

- ▶ **Focus:**

- ▶ **Bodyweight & strength training**

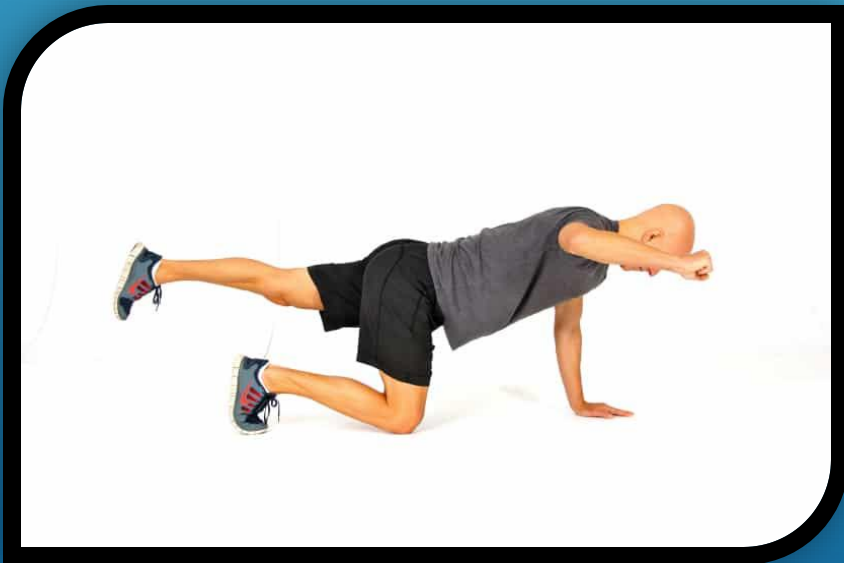


EXERCISING FOR A PURPOSE

- ▶ Prostate/Gynecological

- ▶ Focus:

- ▶ Pelvic floor
 - ▶ Core



- ▶ DOX (chemo) treatment

- ▶ Focus:

- ▶ Aerobic/cardiovascular exercise



WHAT HAPPENS AFTER YOU FINISH THE PROGRAM



- ▶ Create a plan for you to do at another gym or at home
- ▶ Continue at our gym
 - ▶ Silversneakers
 - ▶ Renew Active
 - ▶ Prime
 - ▶ Standard gym membership





THE EXERCISE SPECIALISTS

Thank you for having me!



601 Lomas Blvd NE
Albuquerque, NM 87102