Active Survivorship

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What does “active survivorship” mean to you?
1) **What are the benefits of exercise?**

2) **How can exercise help cancer survivors?**

3) **What does research on survivors tell us about the importance of exercise?**

4) **How much and what should I do for exercise?**

5) **How can physical therapy help me?**

6) **What exercise programs are available for cancer survivors?**
General Benefits of Exercise

**PHYSICAL**
- Cardiovascular fitness
- Building muscle strength
- Cancer and chronic disease prevention
- Weight loss/control
- Improve balance
- Osteoporosis prevention

**EMOTIONAL**
- Decrease depression
- Energy boost
- Improve sleep quality
- Manage stress
How can exercise help cancer survivors?

- Side Effects From Treatment!
  - Fatigue
  - Decreased strength/muscle mass
  - Peripheral Edema
  - Lymphedema
  - Joint Restrictions
  - Peripheral Neuropathy
  - Scar Tissue Restrictions
What Do Survivors Notice?

- “I don’t feel rested when I get up in the morning.”
- “I need someone to help me with housework.”
- “I catch my toe often when walking.”
- “I can’t lift what I used to be able to.”
- “I can’t get my shoes on anymore.”
What do you notice?
Survivors and Exercise

- Results from the American Cancer Society’s Study of Cancer Survivors show only 30-47% of survivors are meeting physical activity recommendations.

(Blanchard, Courneya, Stein 2008)
Summary of Exercise Research

- What types of cancer have been studied?
  - Prostate
  - Breast
  - Lung
  - Colorectal
  - Gynecologic
  - Head/Neck
  - Lymphoma
  - Leukemia

- What has exercise improved in cancer survivors?
  - Aerobic fitness
  - Muscle strength
  - Pain
  - Depression
  - Fatigue
  - Quality of Life
  - Chance of Recurrence
  - Mortality
How much and what should I do for exercise?

• Be physically active as part of everyday life
• Be moderately physically active, equivalent to brisk walking, for at least 30 minutes every day
• As fitness improves, aim for 60 minutes or more of moderate, or for 30 minutes or more of vigorous, physical activity every day
• Limit sedentary habits such as watching television
US Dept of Health and Human Services: 2008 Physical Activity Guidelines for Americans

Adults:

- 2.5 hours/week of moderate intensity or 1.25 hours/week of vigorous intensity
- Should increase to 5 hours/week of moderate intensity or 2.5 hours/week of vigorous intensity
- 2x/week of strengthening of major muscle groups
ACSM Cancer Exercise Guidelines (2010)

• Roundtable convened by American College of Sports Medicine to determine safety and effectiveness of exercise training during and after cancer treatment.

What did they find?

1) Exercise training is safe during and after cancer treatments.

2) Results in improvements in physical functioning, quality of life, and cancer-related fatigue in several CA groups (breast, prostate, colon, blood, stem cell transplant, and gynecologic).

3) Survivors should follow the 2008 Physical Activity Guidelines for Americans, with specific individualized exercise prescription based on their disease and treatment related side effects.
American Cancer Society (2012)

- Achieve and maintain a healthy weight
- Be active on a regular basis
- Fill your plate with vegetables, fruits, and whole grains
General Exercise Recommendations

Cardiovascular

- Daily if possible, minimum of 30 minutes
- Warm-up/Cool-down
- Target HR Zone
- RPE (Rating of Perceived Exertion)
General Exercise Recommendations

Strength training

- 2-3x/week
- For arms, abdominals, and legs
- Slow, steady progression
General Exercise Recommendations

Stretching

• 2-3x/week
• Daily?
• Avoiding injury
• Importance of technique
• Yoga

www.emzr.com
General Exercise Recommendations

Balance

- Daily
- Important to train with age
- Fall prevention
Exercise Precautions

- Always consult with your MD or other practitioner to clear you for exercise
- Seek advice from a trained professional (PT, Certified Trainer)
- Blood lab values (platelets, Hct, Hgb)
- Chronic orthopedic injuries
- Metastases
- Heart conditions
- Lymphedema
- Neuropathy
Other Considerations

- Gradually increase time and intensity
- Proper hydration and rest
- Cross training
- Use of appropriate equipment
- Dressing properly
HELP!

- Join a team (accountability)
- Get your spouse, best friend, children, or animals to join in
- Exercise journal or log
- Local classes or support groups
- Join a gym
- Reward yourself!

The First Step... Is Always the Hardest.

www.foreverfitwomen.com
PHYSICAL THERAPY!

- Survivors should get consultation as soon as possible after diagnosis
- Focus on education, especially exercise precautions and safety
- Manual therapy (stretching, scar tissue mobility, etc.)
Exercise prescription and consultation for managing fatigue and improving endurance

Comprehensive individually tailored exercise program prescription which includes cardiovascular conditioning, strength training, and flexibility exercises
Seattle Area Exercise Programs

Cancer Lifeline
www.cancerlifeline.org

Team Survivor Northwest
www.teamsurvivornw.org

Gilda’s Club
www.gildasclubseattle.org

YMCA Exercise and Thrive
www.seattleymca.org
Exercise and Thrive Program

- 12-week, 2x/week, 90 min. strength and fitness program for survivors
- Training provided by Y and the SCCA / Hutchinson Center
- Focus: resistance exercise, teaching and support
  - 20 locations (King, Pierce, Thurston, Kitsap, Snohomish, Whatcom, and Olympic Peninsula)

[www.fhcrc.org/exerciseandthrive]
EXERCISE!

• “By exercising regularly, you are helping yourself to heal, potentially preventing new cancers from developing and preventing previous cancers from recurring, and at the same time lowering your risk of developing the most common life threatening medical condition – heart disease. The benefits of exercise are enormous.”

-Dr. Julie K. Silver
Acknowledgements and References


- Exercise Prescription; Leiserowitz & Watchie; Topics in Geriatric Rehabilitation, Volume 27, Number 3, 193-205.


- US Department of Health and Human Services: 2008 Physical Activity Guidelines for Americans

- American College of Sports Medicine Roundtable on Exercise Guidelines for Cancer Survivors; Schmitz et. al; Medicine & Science in Sports & Exercise 2010.

Questions?

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Thanks for coming
and stay active!