

THE DAILY MOVEMENT

THE RIGHT EXERCISE ADVICE, FROM THE EXPERTS

EXERCISE FOR CANCER

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We all know exercise is good for our health. But how does this relate to cancer? As research continues to evolve, we are learning more about the powerful effects exercise can have on cancer. It is known that higher rates of physical activity is related to lower cancer rates and more recently it has been shown that cancer survivorship is significantly improved in people who maintain or undertake exercise during treatment.

Of course, different forms of cancer respond differently to exercise, and much more research is needed to fully understand the relationship. The evidence is considered 'strong' for colon/colorectal and breast cancers and 'probable' for prostate cancer. A dose-response relationship is evident in these cancers too, meaning cancer risk decreases with the more exercise we do. What is reassuring is that there is no evidence to suggest that exercise is harmful in any way, only beneficial.

Exercise can help in a variety of ways too. Some of these include reducing the side effects of treatment and others are related to the actual physiology of cancer growth. So what are some of the benefits to expect?

1. Improved survivorship
2. Reduced fatigue.
3. Increased bone density, muscle mass and physical strength.
4. Greater immune function.
5. Reduced side effects of chemotherapy treatment
6. Reduced anxiety and depression.
7. A sense of control over your health and outcome.

We understand that the thought of exercising may seem daunting. You most likely have more questions than answers. What exercise should I do? How do I get started? In this issue of The Daily Movement, we will delve deeper into the types of exercise that are most effective, plus some helpful tips to get you going.

DID YOU KNOW??

1 in 3 men and 1 in 4 women will be directly affected by cancer before the age of 75. In addition, cancer costs more than \$4.5 billion in direct health system costs.

These high figures support the requirement for cost-effective treatments and prevention of cancer. As exercise can be incorporated at little to no cost and for most healthy populations is safe to implement and self-monitor, it is a real option for reducing healthcare costs in Australia. More research is constantly emerging to support the implementation of exercise within the treatment of cancer.

TRUE OR FALSE?

- 1 There are more than 100,000 new cancer cases each year in Australia.
- 2 If you are tired you should rest more.
- 3 Cancer related mortality rates are reducing.

TURN OVER TO FIND
OUT THE ANSWERS



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WHAT EXERCISE AND WHY

It is important to remain as active as possible, while the realistic amount of exercise will vary between people, recommended guidelines are exercising 3-7 days per week with 20-30 minutes at a moderate intensity. For those who are deconditioned or experience high fatigue, it is recommended to do small amounts of exercise regularly, breaking it up throughout the day. Resistance training will benefit muscle mass, strength and power which are reported to help with symptoms such as nausea, fatigue and pain. Aerobic training reduces the intensity of symptoms related to fatigue levels and helps maintain activities of daily living. Flexibility training helps to reduce depression and anxiety while maintaining joint range of motion.

Resistance Training



Resistance training involves activities like lifting weights or using your own body weight as leverage to stress and build your muscles.

Aerobic Training



This is the type of exercise that will get you huffing and puffing. Think things such as a brisk walk and cycling

Flexibility training



Refers to stretching, these movements can be both static or movement based. This helps keep our joints moving as they should.



YOUR CHECKLIST FOR A PERFECT LIFESTYLE AND EXERCISE PLAN

- Incorporate resistance training and aerobic exercise into an exercise plan
- Reduce prolonged sedentary behaviour. Monitor your step count.
- Form a weekly plan of WHEN and WHAT exercise will occur. Scheduled recovery time can be helpful.
- Be flexible, listen to your body and energy levels, particularly if you are currently undertaking treatment.
- No more than 2 consecutive days without exercise.
- If further guidance is needed or you are not seeing the results you expect, see an Accredited Exercise Physiologist.

TIPS FOR GETTING STARTED

- ✓ Work around your fatigue levels. Understanding and listening to your body is key. Exercising at the time of day when you are feeling the least fatigued will be most beneficial, adherence will be higher, with more effort in sessions resulting in better outcomes.
- ✓ Remember to listen to your treating medical staff. Programs need to be adjusted according to your treatment schedule, the presence of side-effects and other contraindications. It's important to consider your functional and physical ability. The best exercise is individualised for you.



TRUE OR FALSE ?

- 1 True.** This statistic is from a 2019 AIHW report. This reinforces how prevalent cancer is in Australia.
- 2 False.** While it is crucial to ensure you get enough sleep and rest, particularly around treatment times, too much can be detrimental to outcomes. Cancer-related fatigue differs from normal fatigue in that more rest doesn't alleviate fatigue symptoms. The benefits of regular exercise as explained on the front page of this publication help to combat this fatigue.
- 3 True.** The cancer mortality rates peaked in 1989. Since then, women's mortality rates have reduced by 35 in 100,000 and males have reduced by 92 in 100,000.