

Let's Get Physical: The role of physical activity in cancer survivorship

Kristin Campbell, BSc. PT, PhD
University of British Columbia, Vancouver, Canada

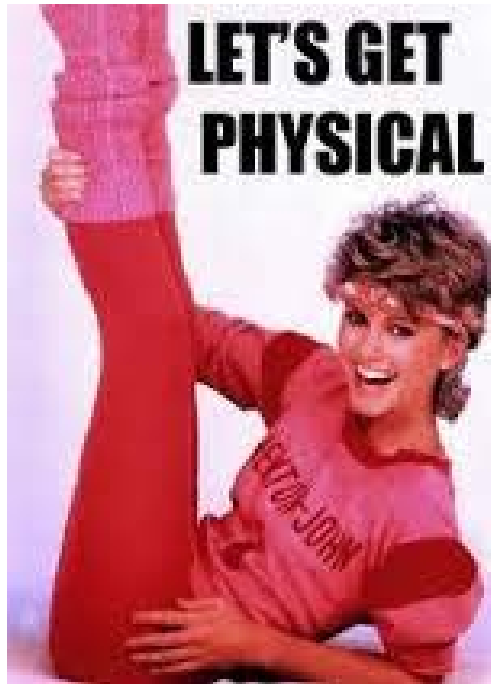
Kristin.campbell@ubc.ca
@cepl_ubc
www.cepl.rehab.med.ubc.ca



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Today's session



1. **Background –**
Dr. Kristin Campbell
2. **Current research–**
Dr. Prue Cormie
3. **The real deal –**
Alice and Christine



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

The role of physical activity in cancer survivorship - Top 5 questions



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

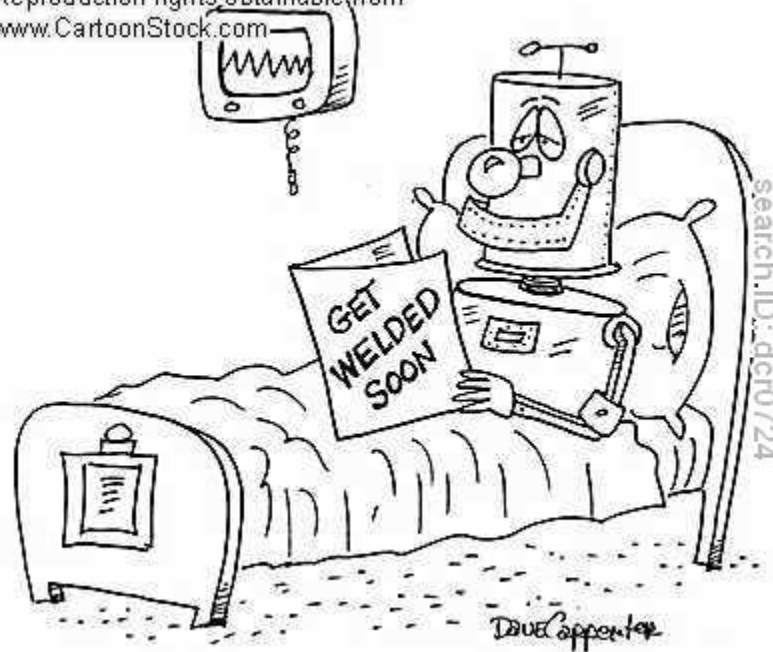
- 1. Exercise for people with cancer?**
- 2. Is exercise safe?**
- 3. Will exercise reduce the risk of cancer coming back?**
- 4. What counts as exercise?**
- 5. How do I get started?**



Question 1

Exercise? For people with cancer?

© Original Artist
Reproduction rights obtainable from
www.CartoonStock.com



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

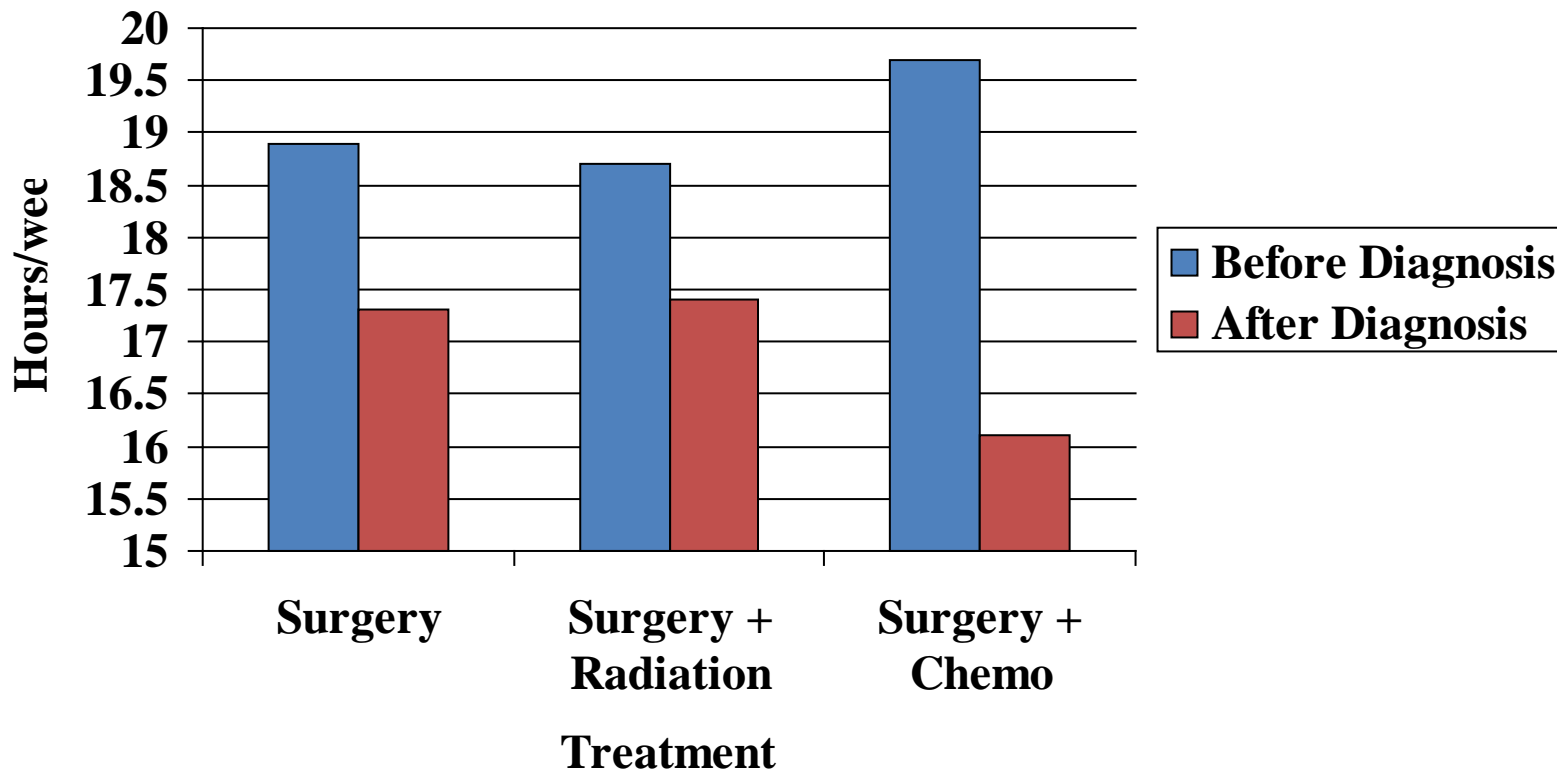
There is a drop in physical activity following diagnosis



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Total Physical Activity Before & After Diagnosis in Breast Cancer Survivors



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Irwin et al. Cancer 2003;97:1746-57

Physical Activity helps to:

- Reduce stress & improve mood
- Boost your energy
- Reduce some side effect like fatigue
- Improve physical fitness & strength
- Improve sleep
- Improve overall health

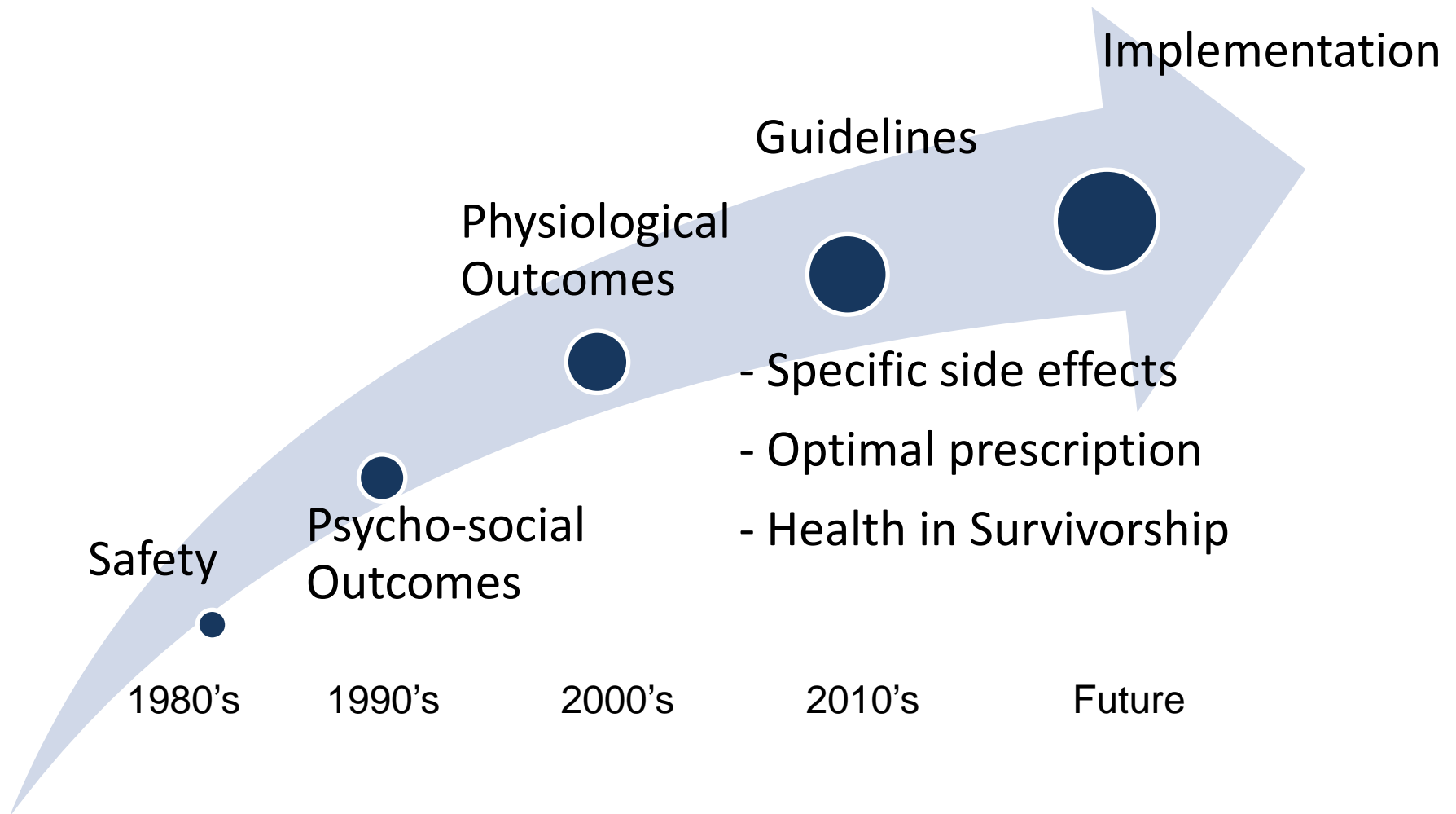


a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Canadian Cancer Society, www.cancer.ca

Trajectory: Exercise & Cancer Research



Question 2

Is exercise safe?



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

**Research now suggests
that exercise is safe for
cancer survivors, during
and after treatment**

**But there are some
exceptions...**



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Check with your doctor

You will need to check with your doctor before starting any exercise program. This is true even if you exercised regularly before being diagnosed. After your doctor has said it's okay, you might also meet with a physical therapist or another healthcare professional with experience in this area. They can help you develop an exercise program that is safe, effective and fun for you.

Although exercise is safe for many people, there are some exceptions. For example, if you're at risk for infection or anemia you may not be able to exercise. This is why you need to talk to your doctor before starting.



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Safety precautions

Some general safety precautions for people with cancer include:

- Don't exercise if you have anemia or if mineral levels in your blood, such as sodium or potassium, are not normal.
- Avoid public places, such as gyms, if you have low white blood cell counts or a weakened immune system.
- Avoid uneven surfaces or any weight-bearing exercises that could cause falls or injury.
- If you have osteoporosis, arthritis, nerve damage or cancer that has spread to the bone, do not use heavy weights or exercise that puts too much stress on the bones.
- Avoid swimming pools if you are receiving radiation therapy as chlorine can irritate skin in the treatment area.



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Question 3

Will exercise reduce the risk of cancer coming back?



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Research on Recurrence? Survival?

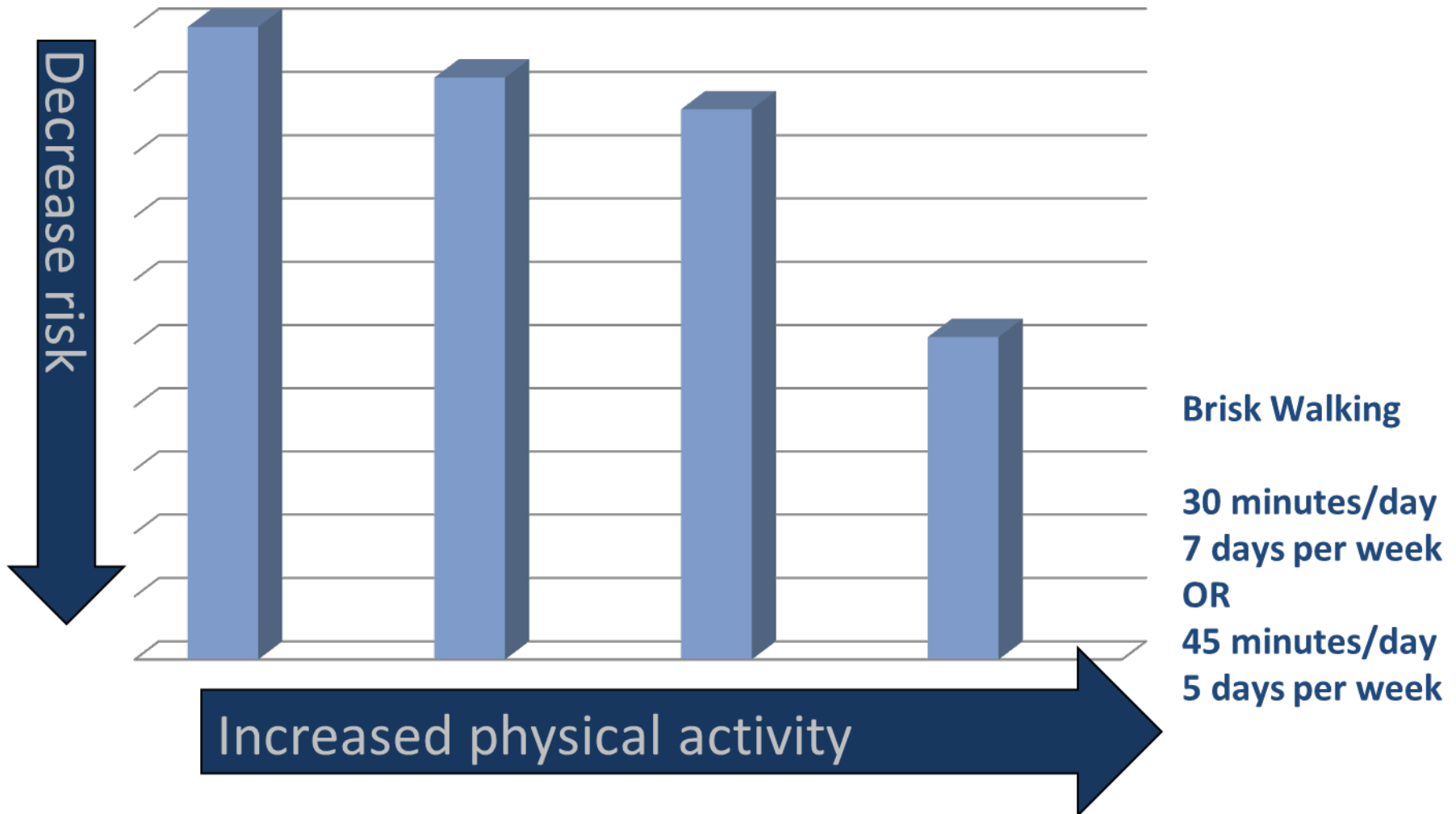
- Few studies available
- All observational
- Difficult to assess



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Physical activity



Meyerhardt et al. JCO 2006; 24(22) 3527-3534

Bottom Line

- **Some evidence from observational studies**
- **More research needed**
 - Cancer type, stage
 - Other factors
- **Exercise lowers your risk of other chronic diseases**



Question 4

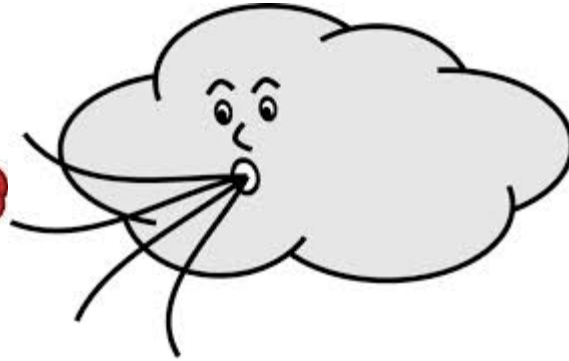
What counts as exercise?



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Activities “count” as exercise if:



Causes your heart to beat a little harder

Causes you to breath a little faster

For at least 10 minutes blocks



a place of mind

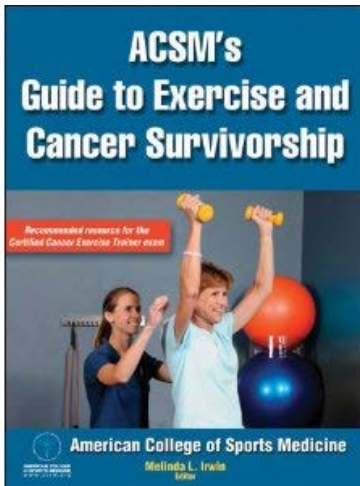
THE UNIVERSITY OF BRITISH COLUMBIA

What is recommended for cancer survivors?



Canadian Cancer Society
Société canadienne du cancer

- “Be as active as possible during treatment and recovery”
- “Try exercising when you have the most energy”



- “Some individuals may require modifications and may require greater supervision for safety.”
- “Recommendations are the same as age-appropriate guidelines for Americans”



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Canadian Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

Moderate Intensity?

Talk Test:

- Can talk in **full sentences** without getting short of breath, you are working at a safe level.
- Can sing**....maybe too easy
- Can not talk** in full sentences....too hard!

This is “moderate” physical activity



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Question 5

How do I get started?



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

- Talk to your doctor
- Start slow. Start with something simple like walking and slowly increase how often and how long you walk.
- Try to exercise a little or do some type of activity each day, even if you are feeling unwell. Sometimes just a few minutes of gentle stretching can make you feel better.
- If you don't have the energy to exercise for a long period of time, break it up into a few shorter sessions throughout the day.



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

How do I keep it up?

- Make a plan
- Then make a plan on how to stick to the plan
- Use goals to stay motivated
- Choose the right exercise for you
- Find and overcome your exercise roadblocks



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

www.physicalactivityline.com

Physical Activity Families Older Adults Home About FAQ Fact Sheets News

Keep Moving!

What is the Physical Activity Line ?

The Physical Activity Line (PAL) is British Columbia's primary physical activity counselling service & your FREE resource for practical & trusted physical activity & healthy living information.

"Our mission is to improve your health through evidence based physical activity guidance tailored to your needs & lifestyle"

Search This Site

Forms

- > Order a Move For Life DVD
- > PAR-Q+

Testimonials

- > Health Professionals
- > General Public

Monday –Friday: 9 am-5 pm
Toll Free Number: 1-877-725-1149
Lower Mainland: 604-241-2266

<http://physicalactivityline.com/>



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA



Search

- Get Walking!
- Walk Programs
- Start Your Own Walking Program
- Tools & Resources
- Interactive Walks & Facilities Map
- BCRPA Home

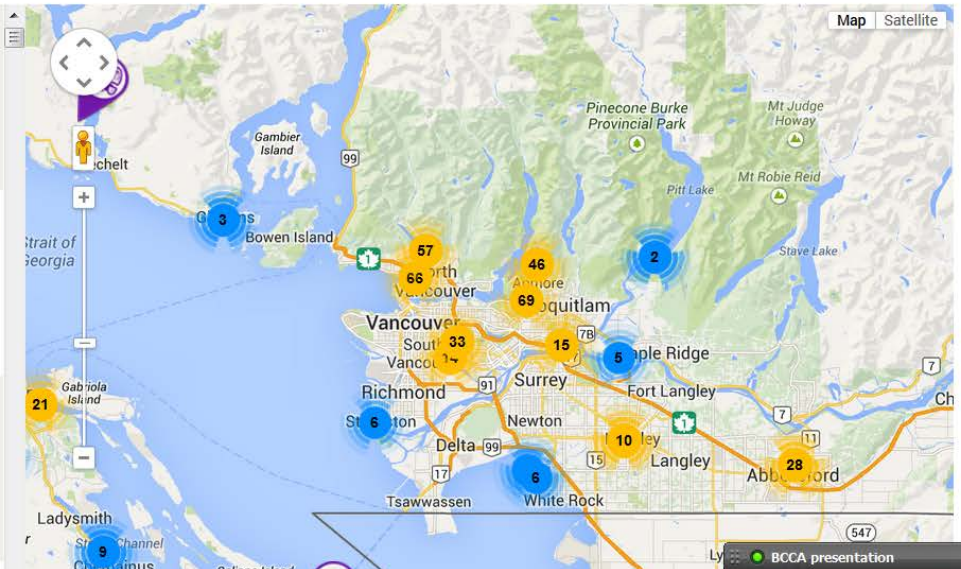
Walk: [dropdown] City: [input] Name: [input] Search

504 Results Found:

Login or Register View Results by List

Sort By: City [dropdown]

- test walk**
City: 100 MILE HOUSE
- Abbotsford Exhibition Park Trail**
City: ABBOTSFORD
Length (km): 2.3
- Discovery Trail**
City: ABBOTSFORD
Length (km): 10



<http://walkbc.ca/>



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Who can help?

1. “Find a Physio” link at www.bcphysio.org (“oncology”)
2. ACSM Certified Cancer Exercise Specialist OR ACSM Certified Exercise Specialist or Trainer (American College of Sports Medicine)
3. CSEP Certified Exercise Physiologist or CSEP Certified Personal Trainer (Canadian Society for Exercise Physiology)



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Take home message

- **Physical activity has many health benefits**
- **More research needed to understand the role in reducing risk of cancer recurrence**
- **Some exercise is better than none**
- **Move more!**



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA