

LET'S GET PHYSICAL: THE ROLE OF PHYSICAL ACTIVITY IN COLON CANCER SURVIVORSHIP



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Top 5 questions

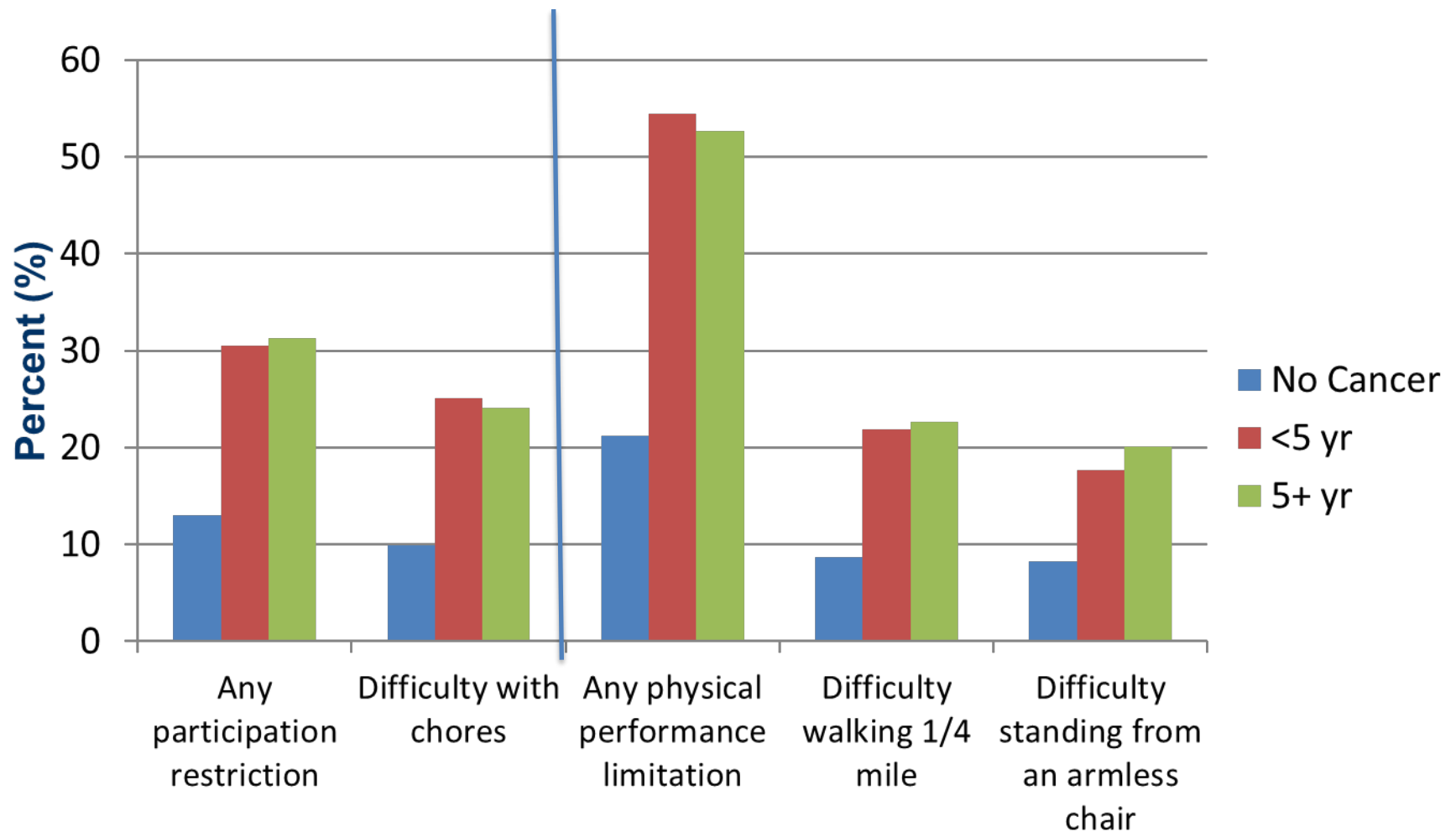
- 1. Exercise for people with cancer?**
- 2. Is exercise safe?**
- 3. Will exercise reduce the risk of cancer coming back?**
- 4. What counts as exercise?**
- 5. How do I get started?**

Question 1

Exercise? For people with cancer?



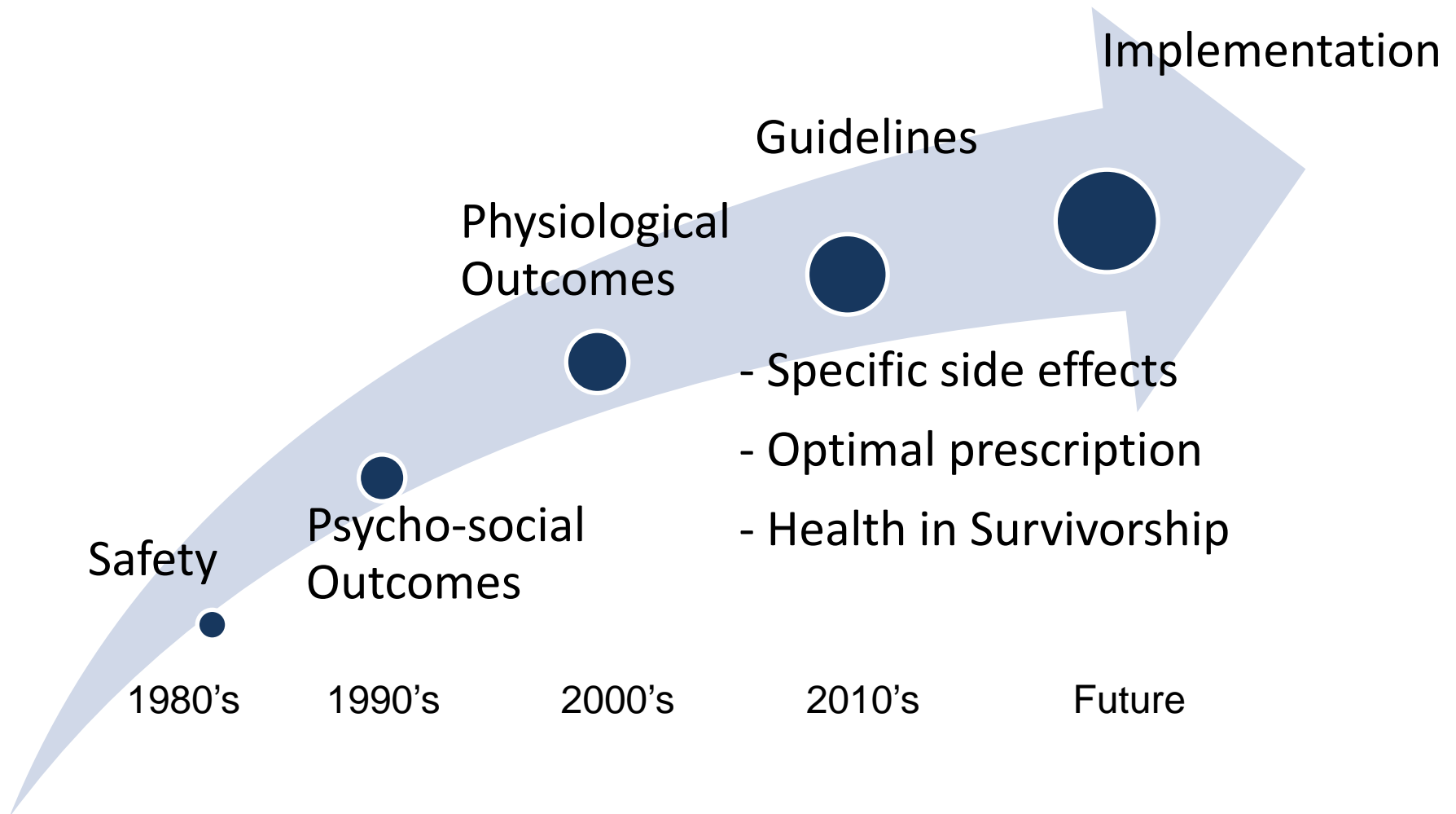
Do we need to promote exercise?



Physical Activity helps to:



Trajectory: Exercise & Cancer Research



SPECIAL COMMUNICATIONS

Roundtable Consensus Statement

**American College of
Sports Medicine
Roundtable on Exercise
Guidelines for Cancer
Survivors**

Schmitz K et al. Med Sci Sport Ex 2010; 2(7):1409-26

ACSM Guidelines

- “Avoid inactivity”
- “Return to daily activities as soon as possible after surgery”
- “Continue normal activities and exercise as much as possible during and after non-surgical treatment”
- “Recommendations are the same as age-appropriate guidelines...” for Americans

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.

**There is a drop in physical activity following
diagnosis**

Meeting the PA Guidelines?

Despite the evidence supporting the benefits of exercise, very few cancer survivors are currently meeting the PA guidelines

- 10% during treatment (Rock et al, 2012)
- 20-30% after treatments (Rock et al, 2012)
- <15% prostate cancer survivors (Galvao et al 2015)
- <35% breast cancer survivors (Phillips et al 2012)

150 minutes of moderate-to-vigorous physical activity per week & 2 resistance training sessions

Question 2

Is exercise safe?

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

But there are some exceptions...



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.

<http://www.cancer.ca/en/cancer-information/cancer-journey/living-with-cancer/physical-activity-during-cancer-treatment/>



Safety precautions

Some general safety precautions for people with cancer include:

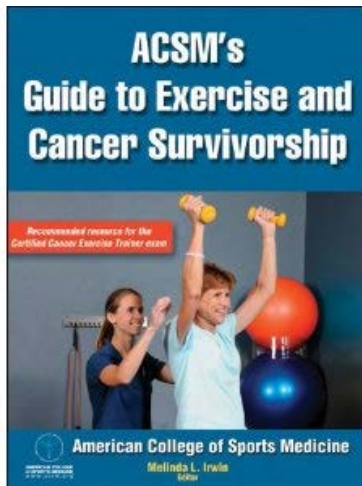
- Don't exercise if you have anemia or if mineral levels in your blood, such as sodium or potassium, are not normal.
- Avoid public places, such as gyms, if you have low white blood cell counts or a weakened immune system.
- Avoid uneven surfaces or any weight-bearing exercises that could cause falls 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.

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.”



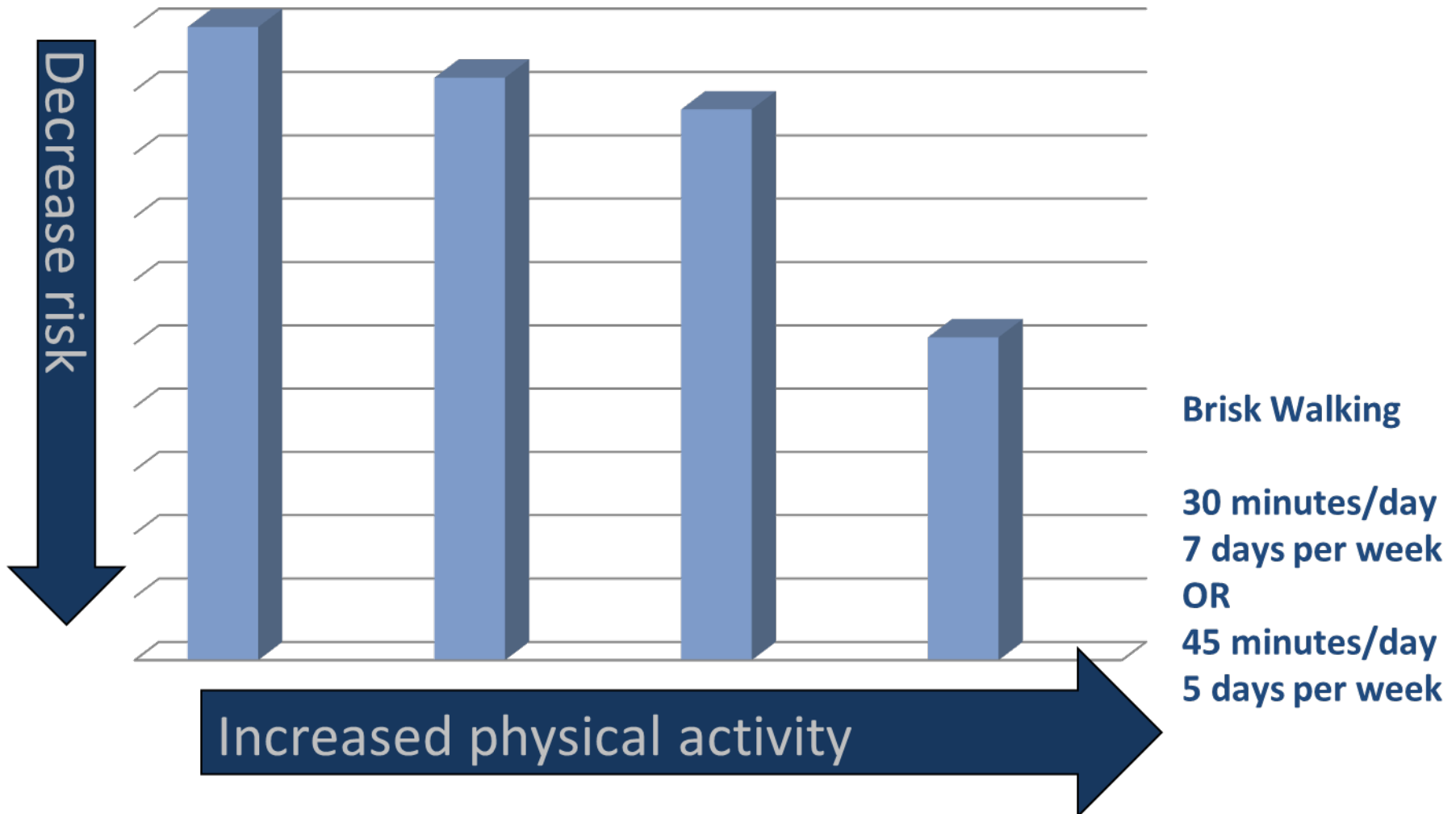
Question 3

Will exercise reduce the risk of cancer coming back?

Research on Recurrence? Survival?

- Few studies available
- All observational
- Difficult to assess

Physical activity



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

We may know more in the future



CHALLENGE TRIAL

962 participants

42 Centres around the world

Usual Lifestyle vs. Exercise Support Intervention
For 3 years

Follow at 3, 5 and 10 years

First 250 participants:

- Increase in physical activity levels
- Improved physical fitness, muscle strength/endurance & agility

Courneya et al. Can Epi Biomark Prev 2016; 25:969-77



Bottom Line

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

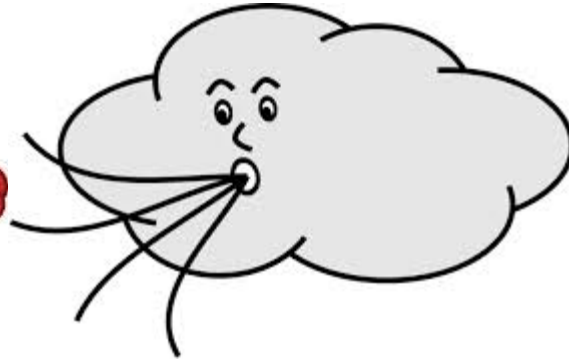
Question 4

What counts as exercise or physical activity?

Activities “count” as exercise or PA if:



Causes your heart to beat a little harder



Causes you to breath a little faster



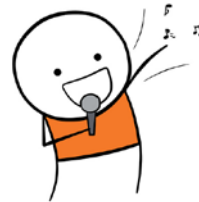
For at least 10 minutes blocks

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

Question 5

How do I get started?

General Advice to get started

- 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.

Who can you ask?



Unsure how to
SAFELY
be physically active
during and after
cancer treatments?

Call
8-1-1

Qualified exercise professionals with
cancer-specific training now at
HealthLink BC

Just a phone call away

Physical Activity Services for cancer at HealthLink BC are free and can help you to:

- Start exercising **safely**
- Understand how to use physical activity to **reduce and manage** treatment side effects
- Develop an **individualized** physical activity plan

Call
8-1-1

Ask for Physical Activity
Services for cancer

Hours: Monday to Friday 9am to 5pm



HealthLinkBC

www.healthlinkbc.ca/physicalactivity

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
- Call Healthlink BC again!



Search

Get Walking!

Walk Programs

Start Your Own Walking Program

Tools & Resources

Interactive Walks & Facilities Map

BCRPA Home

Walk

City

Name

Search

504 Results Found:

Login or Register

View Results by List

Sort By: City

test walk



City: 100 MILE HOUSE

Abbotsford Exhibition Park Trail

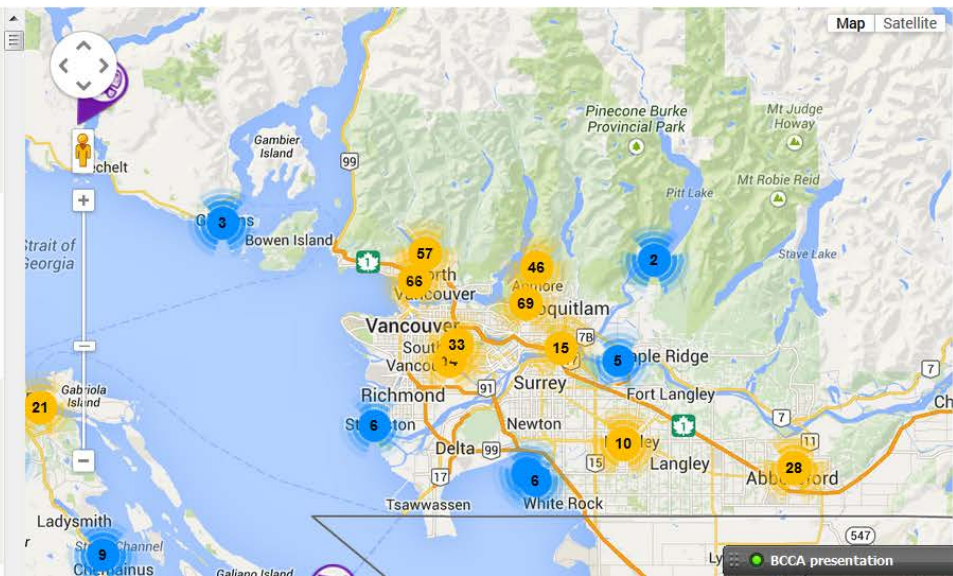


City: ABBOTSFORD
Length (km): 2.3

Discovery Trail



City: ABBOTSFORD
Length (km): 10



<http://walkbc.ca/>

Who else can help?

- Concerned about other aches and pains slowing you down:
 - “Find a Physio” link at www.bcphysio.org (“oncology”)
- Want to find someone to work with in the community?
 - ACSM Certified Cancer Exercise Specialist OR ACSM Certified Exercise Specialist or Trainer (American College of Sports Medicine)
 - CSEP Certified Exercise Physiologist or CSEP Certified Personal Trainer (Canadian Society for Exercise Physiology)

A new type of prescription



Take home messages

- 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!