

Inside Integrative Medicine

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Exercise and Cancer Related Fatigue

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Do You Have Cancer-Related Fatigue?

Take a moment and ask yourself these questions: Have you or a loved one experienced fatigue since starting your cancer treatment? Are you or your loved one still experiencing fatigue during or after treatment has ended? Has cancer-related fatigue been common and does it interfere with your ability to enjoy life and do things you want and need to do?

Did You Know?

- Up to 80-90% of patients treated with radiation, chemotherapy, and other treatments experience cancer-related fatigue. It can affect one's social, spiritual, relational, work, and emotional life.
- Cancer-related fatigue is one of the most common and disabling adverse effects reported by patients during and after treatment and can persist for years.
- Exercise is preferable to drug-based options for preventing and treating fatigue.
- Low to moderate aerobic exercise has the strongest evidence for helping to reduce fatigue.
- To reduce fatigue, the American College of Sports Medicine recommends 3 times a week of 30 minutes per session of aerobic exercise, and 2 times a week of, 2 sets of 12-15 repetitions of strengthening/resistance exercise to work all major muscle groups at moderate intensity.

Exercise and Fatigue Principles

While exercise is one of the most beneficial ways to reduce cancer-related fatigue, certain principles must be kept in mind when exercising. Exercise pacing is a must and involves performing smaller, shorter, and more frequent bouts of exercise throughout the day and week, as opposed to longer, more isolated exercise sessions. This allows the body to recover from exercise, without excessively depleting energy stores. Also, you may feel an energy boost with shorter, more frequent bouts of exercise. It is also important to keep in mind that the exercise intensity should be moderate. If the intensity is too light, you may not perceive the benefits of exercise, but with overly vigorous intensity you may wear yourself out. You need to find what works for you. Simply being more physically active and incorporating movement into your day will also help.

What can I do now?

Exercise during and after cancer treatment is safe and recommended by the American Cancer Society, the American College of Sports Medicine, and the American Institute for Cancer Research. But how do you know where to start? That is where the Integrative Medicine Physical Therapy consultation can be helpful. Within the Integrative Medicine Center, 1-on-1 Physical Therapy consultations allow a Physical Therapist who is specialized in oncology care to create an individualized exercise plan while considering treatment related side effects and symptoms. The exercise counseling session allows time to develop a safe and effective exercise routine with the intent to empower and equip patients to further progress their exercise routines safely, effectively, and independently.

For more information, please contact the Integrative Medicine Center at 832-750-3685.



Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

Oncology Acupuncture Treatment

Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including nausea and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth. Cost: \$80 per treatment.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Treatments are \$55.

***Prices for IMC services may be subject to change depending on insurance coverage.

Health Psychology Consultation

A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms of stress, anxiety, and depression via MyChart/EpicZoom.

Yoga/Meditation Consultation

Yoga/meditation lowers stress, depression, and anxiety, improves sleep, memory, physical functioning, and overall quality of life, as well as increasing spiritual well-being. A yoga/meditation therapist would provide interventions via MyChart/Epic Zoom. Cost: \$50 per session.

Nutrition Consultation

A registered dietitian provides personalized nutrition counseling and education to help patients manage side effects and reach their goals during and after cancer treatment. Education emphasizes a whole food, plant-based diet for optimal health via MyChart/Zoom.

View audio and video resources online:
www.mdanderson.org/integrativemedcenter

How to Register for our Virtual Group Classes:

1. Call Integrative Medicine Center at 832-750-3685.
2. All classes are free.
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to the scheduled class.

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30-11:30	Yoga Nidra 3:30-4:30 2nd Tues.	Yoga for Health 10:30-11:30	Pranayama/Breathing 10:30-11:30 1st Thurs.	Yoga for Health 10:30-11:30
Healing Through Writing 2:00-3:00 2nd Mon.	5:00-6:00 4th Tues.		3:00-3:30 3rd Thurs.	

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Group Class Descriptions:

Yoga for Health: Features a gentle form of yoga, including stretching, breathing, relaxation, and meditation techniques.

Yoga Nidra: This is a guided meditation in the supine position to bring you into a state of deep rest.

Healing Through Writing: Using expressive writing as a tool to identify and process difficult emotions in a supportive environment.

Pranayama/Breathing: The practice of pranayama involves breath regulation through various breathing exercises.

Chicken Salad: No Mayo (plant-based)

Total Time: 15 minutes

Servings: 2

Website: <https://www.eatingbirdfood.com/greek-yogurt-chicken-salad/#wprm-recipe-container-57082>

Ingredients:

- 2 cups of cooked chickpeas/garbanzo beans
- ½ cup grapes halved
- ½ cup chopped celery
- ¼ cup diced red onion
- ¼ cup plain Greek yogurt + more if needed
- 2 tablespoons chopped salted almonds
- ½ tablespoon Dijon mustard
- 1 tablespoon chopped parsley
- ¼ teaspoon pepper
- ⅛ teaspoon fine sea salt

Instructions:

1. **Add ingredients:** Add chickpeas, grapes, chopped celery, onion, Greek yogurt, almonds, mustard, parsley, pepper and salt into a large bowl.
2. **Mix:** Toss to combine. Taste and add more yogurt, salt and pepper, if needed.
3. **Serve:** Enjoy right away or chill before serving. Serve with crackers for a snack or appetizer, on bread or a wrap for a sandwich or over a bed of greens.
4. **To store:** Place salad in an airtight container in the fridge. The salad will keep for 3-5 days.

