



Feeling Your Best Through Treatment and Beyond

Carol A. Harrison, M.Ed.

Sr. Clinical Exercise Physiologist, Cancer Exercise Trainer

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Let's first take a look at those factors that can help improve well-being, improve likelihood of a positive outcome and help lessen chance of recurrence.

- Reduced BMI
- Reduced Fatigue
- Adequate Sleep
- Good Support System
- Spiritual Well-being
- Reduced Stress

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Reduced BMI

Obesity is complex and is not a one size fits all thing.

Nonsuccess in the past is not a sufficient reason not to try in the present and in the future.

Argument for lowering BMI:

- Overall evidence supports poorer outcomes for those who are obese, i.e., BMI 30 or over.
- One study found colon cancer deaths and recurrences (combined with second primaries) to be more common in patients with BMI \geq 35 compared to those in the 25 or below BMI range. (ACSM's Guide to Exercise and Cancer Survivorship).

How do I to reduce my BMI?

“Healthy” nutrition

Dieticians and nutritionists are here at MD Anderson to advise and assist you based on your needs and the recommendations of your oncologist(s).

Take advantage of these resources!

How do I to reduce my BMI?

Adequate Hydration

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

About 15.5 cups (3.7 liters) of fluids a day for men

About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20% of daily fluid intake usually comes from food and the rest from drinks. **Your body loses fluids when you have a fever, vomiting or diarrhea.** Drink more water or follow a doctor's recommendation to drink oral rehydration solutions. Other conditions that might require increased fluid intake include bladder infections and urinary tract stones.

-Mayo Clinic

How do I to reduce my BMI?

Solid exercise program

Several studies have shown that exercise lessens feelings of fatigue, improves physical functioning, can improve quality of life and can lessen psychological distress.

The exercise recommendations for colorectal cancer survivors are the same as age-appropriate physical activity guidelines.

How do I to reduce my BMI?

The American Cancer Society has a Nutrition and Physical Activity Guideline for Cancer Survivors. These Guidelines call for cancer survivors to:

- Avoid inactivity and return to normal daily activities as soon as possible after diagnosis and treatment.
- Take part in regular physical activity.
- Start slowly and build up the amount of physical activity over time.
- Build up to 150-300 minutes of moderate (or 75-150 minutes of vigorous intensity) activity each week.
- Exercise several times a week for at least 10 minutes at a time.
- Include resistance training exercise at least 2 days per week.
- Do stretching exercises at least 2 days each week.

How do I to reduce my BMI?

Exercise Programming: The programming should take the following into account:

- Prior history of exercise
- What are you physically capable of doing while undergoing and recovering from treatment?
- What are your physical problems or limits resulting from treatment?

Note: Nutritional deficit/imbbalances can make starting or maintaining an exercise program challenging.

How do I to reduce my BMI?

Special Precautions:

- Special precautions with metastasis to the bone.
- Physician permission recommended for patients with an ostomy prior to contact sports.
- Stop exercise and consult physician in case of hernia, ostomy related systemic infection.
- Advisable to avoid excessive intra-abdominal pressure for patients with an ostomy.
- For patients with a stoma, start with low resistance and progress resistance slowly to avoid herniation at stoma.
- If a stoma is present modifications will be needed for swimming or contact sports.

How do I to reduce my BMI?

Your formula for developing a successful exercise program:

The FITT Principle

- Frequency: How often
- Intensity: How hard
- Time: How long
- Type: What to do

Have a goal for each exercise session. Make it interesting. Not an all or nothing thing but an incremental approach to your larger goal. What is that larger goal??

How do I to reduce my BMI?

Frequency:

Activities that you enjoy doing 3 to 4 days a week. What is your best time of day to exercise?

The real question: When and how often you are most likely to remain consistent?

Intensity:

How challenging should it be?

Ex: Aerobic-type activity should make you slightly “breathless” but not perceived as too hard to complete. Aim for moderate to somewhat hard intensity.

Ex: Resistance training should challenge your muscles beyond what they do on a regular basis.

Time:

How long should you take?

Starting with 20 minutes (smaller bouts if needed) of aerobic-type exercise and about 10 minutes of resistance training can be a good place to start.

Type:

What should you do?

Aerobic type: Activities that you enjoy doing 3 to 4 days a week (dance, walking, cycling (indoor or outdoor), kickball, pickle ball).

Resistance type: Include squats with body weight, wall pushups, arm curls using a gallon water jug, crunches (if not restricted), use of weights and use of resistance tubes (bands).

How do I to reduce my BMI?

Resistance Type (cont.)

Resistance training should challenge the muscles beyond what they are used to so that strength and endurance are developed.

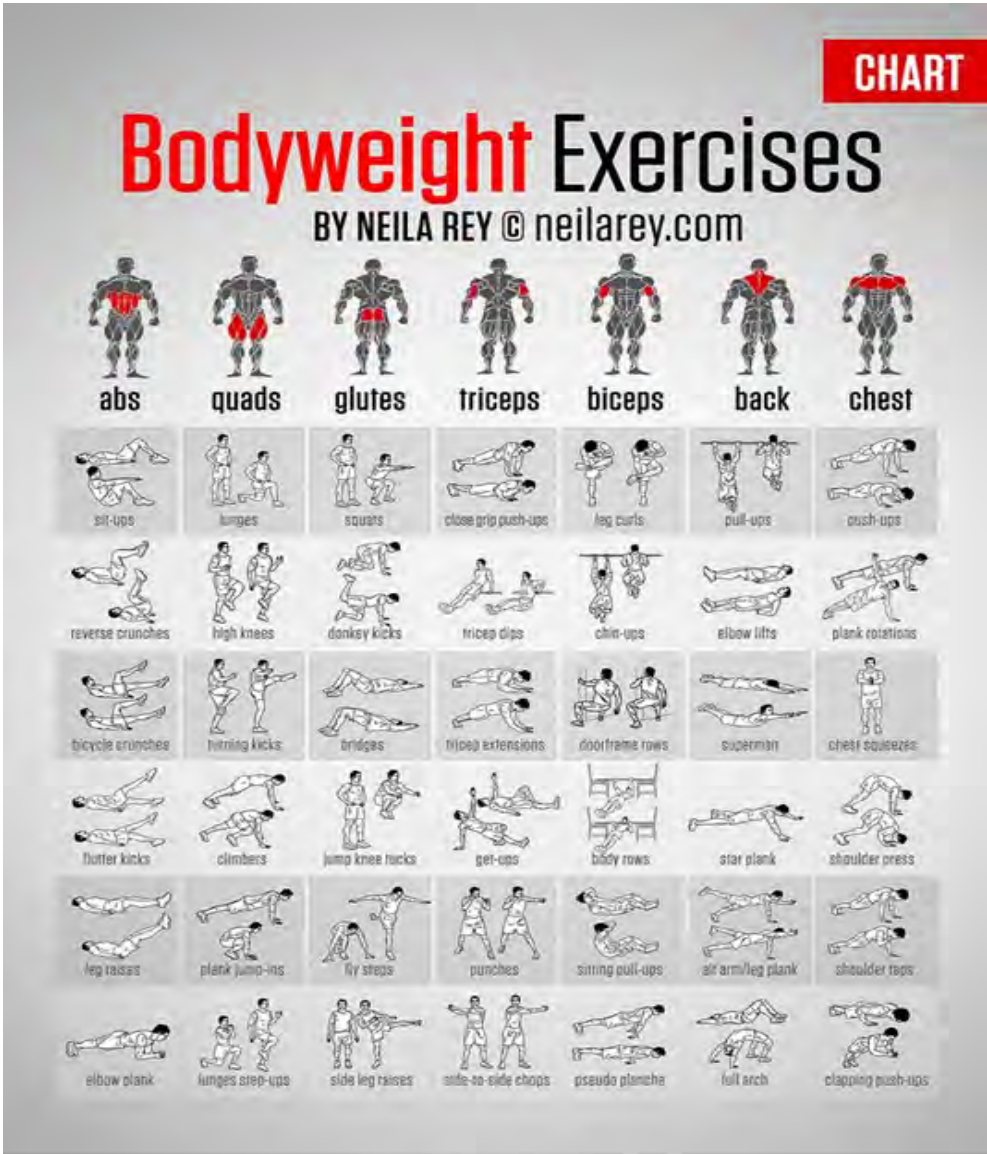
Exercise caution if :

- **Metastasis to bones:** Start gradually and consistently with your physical exercises to strengthen muscles and joints.
- **Stoma :** Start with low resistance and progress resistance slowly to avoid herniation at the stoma.

How do I to reduce my BMI?

Resistance Type (cont.)

Some body weight resistance exercises



How do I to reduce my BMI?

Resistance type (cont.)

Tubes



Dumbbells



- ❖ Brief bouts of exercise throughout the day can be very effective.
- ❖ Track your progress. It can be very encouraging!

Fatigue



Fatigue, diminished cognitive function, sleep dysfunction, psychological distress, and fear of lymphedema have all been cited as barriers to exercise. (ACSM Guide to Exercise and Cancer Survivorship).

Fatigue is a common side effect of most cancers including colon cancer, whether from treatment modalities or the effects of the disease itself.

For many survivors, fatigue continues even after treatment ends. The entire sequelae takes a toll mentally and physically.

Not only is fatigue common, but it seems to have a larger effect than other symptoms on patients and survivors' quality of life.

Exercise can improve or make more tolerable cancer-related fatigue (CRF). Exercise also has the potential to reduce the associated stress.

Begin with short bouts.

Fatigue (cont.)

Studies have shown that a regular exercise program can help alleviate cancer related fatigue (CRF) by:

- Increasing energy levels.
- Increasing strength.
- Improving ability to do everyday tasks.
- Improving sleep.
- Reducing stress and anxiety.

Adequate Sleep

Sleep dysfunction is one of the most common challenges faced by cancer survivors, colorectal cancer included. Sleep problems can affect multiple dimensions of life whether a cancer survivor or not. This in turn can create cognitive function challenges, psychological distress and fatigue.

What's may be directly responsible for the sleep disturbance when faced with cancer?

- Pain
- Nausea
- Anxiety
- Depression
- Obstructive Sleep Apnea often experienced by cancer survivors
- Inflammation in the body, which is common in cancer, can contribute to sleep disturbance
- Chemotherapy

Adequate Sleep

Address the treatable causes with you care team. Many/most of the above-mentioned challenges are treatable. No issue, no discomfort is too small.

Regular exercise can improve sleep quality and duration of sleep:

- Helps reduce stress and anxiety
- Can help regulate your body's natural sleep-wake cycle (circadian rhythm).

Note: Know your body. ***Exercising too close to bedtime has been known to interfere with sleep in some individuals. Avoid vigorous exercise one to two hours before bedtime.***

Good support system

Good support system (friends, family)

Do you have or can you enlist an exercise 'partner' who is:

- Committed
- Available
- Has Shared interest
- Forward thinking
- Available outside of exercise

Spiritual well being

The following is from the National Cancer Institute: Spirituality in Cancer Care (PDQ®)–Patient Version

Spiritual and religious well-being may help improve quality of life.

It is not known for sure how spirituality and religion are related to health. Some studies show that spiritual or religious beliefs and practices create a positive mental attitude that may help a patient feel better and improve the well-being of family caregivers.

Spiritual and religious well-being may help improve health and quality of life in the following ways:

- Decrease anxiety, depression, anger, and discomfort.
 - Decrease the sense of isolation (feeling alone) and the risk of suicide.
 - Decrease alcohol and drug abuse.
 - Lower blood pressure and the risk of heart disease.
 - Help the patient adjust to the effects of cancer and its treatment.
 - Increase the ability to enjoy life during cancer treatment.
 - Give a feeling of personal growth as a result of living with cancer.
 - Increase positive feelings, including:
 - Hope and optimism.
 - Freedom from regret.
 - Satisfaction with life.
 - A sense of inner peace.
- Spiritual and religious well-being may also help a patient live longer.
- Reduced stress

Reduce stress

Psychological stress tends to be highest shortly after diagnosis and in the early phases of treatment. Although anxiety and depression can or may dissipate over time, it still diminishes quality of life and treatment is available for this.

MD Anderson social work services.

Contact Information

Phone: 713-792-6195

Locations:

Main Building, Floor 2, near The Park, B2.4650

Hours: Monday-Friday, 8 a.m.-5 p.m.

So, what if:

The very things you are told to do to reduce stress, cause stress? Mainly because, try as you might, you are unable to accomplish “those things”.

- Get more sleep: I’m trying but it’s not happening
- Lose weight: Eating healthy and moving more but the weight is ‘refusing to budge,
- Eat healthier: I am, but most foods proposed I hate.
- Exercise more: Suppose I’m just too fatigue to exercise???

Find a place of ‘rest’. Rest from the demands of what should be, so that you can find comfort (a sense of success and achievement) in what be.

What (do you think) can/will work for you realistically?

Realistically can mean different things for different people depending on where they are and how they currently see themselves.

Be kind to yourself!

Thank You!

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