



The Cancer Exercise Program Newsletter



Fall 2009

Breast Cancer patients with cancer-related lymphedema can benefit from weight lifting.

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It is already well established that breast cancer survivors who exercise aerobically 3-5 hours per week (following treatment) are 50% more likely to survive the disease than women who exercise very little or not at all. Until recently, weight lifting was not recommended for women with breast-cancer-related lymphedema for fear of exacerbating the limb swelling. A new study now suggests slow progressive weight lifting decreases incidences of limb swelling, reduces symptoms, and increases strength in breast-cancer survivors with cancer-related lymphedema.

The subjects in this weight lifting study were 141 breast-cancer survivors with a history of unilateral non-metastatic breast cancer 1 to 15 years before study entry and did not participate in weight lifting in the previous year. Participants were required to wear their compression garments while exercising. Each subject performed a 1-repetition maximum for the bench press and leg press, in addition to the measurements of limb volume taken by water displacement and by certified lymphedema therapist at baseline and at 12 months.



The subjects were divided into two groups. One group was the control and asked not to change their exercise level during study participation, and the other group was a weight-lifting group that received supervised instruction for the first 13 of 52 weeks of training. The exercises were performed two days a week and participants progressed up to 3 sets of 10 repetitions per exercise. The exercises performed were seated rows, chest press, lateral and front raises, bicep curls, tricep pushdowns, leg press, back extensions, leg extensions, and leg curls.

The breast cancer survivors in the control group saw no change in arm and hand swelling while the group that lifted weights for 12 months decreased the number and severity of symptoms while increasing their strength. In conclusion, these women were well monitored and found the exercise to be very beneficial. The same kind of care is taken here at THE CANCER CENTER @ BMH. Please feel free to contact your Cancer Exercise Specialist if you have any questions or would like to get started (765) 751-5304.



For more information on **The Cancer Exercise Program:**

- Contact Matthew Douglass @ (765) 751-5304
- Visit us on the web at www.thecancercenteratbmh.org. Click on Supportive Services in the right hand column. Then click on The Cancer Exercise Program in the right hand column.



Exercise counts



Everyday we all participate in some form of physical activity which results in burning the calories we get from the foods we eat. This balance of energy expenditure through physical activity and calories consumed through diet supplies our energy to perform activities of daily living. Some people tend to be more active busy-bodies and need lots of calories while others are less active spending more time sitting and relaxing and therefore use fewer calories. Regardless of which lifestyle has more appeal, our bodies are working non-stop to fulfill the energy demands we place on them.

So, how many calories will your activity burn? The following numbers are the calories burned in a workout or daily activity. Numbers are estimated for a 150 lb. person, and will vary depending on weight, body composition, and level of intensity. (American Cancer Society)



Activity

Approximate # of Calories used per hour of activity

Sleeping	45
Watching TV	72
Sitting	81
Vacuuming/mopping	150
Strolling	206
Playing with kids	216
Light Cleaning	240
Office Work	240
Walking (Brisk)	297
Yoga	360
Dancing	370
Heaving cleaning	432



As a Cancer patient/survivor, please keep in mind it is crucial to get the most nourishing foods in your daily diet and try to get some form of physical activity on days you feel able. If you are interested in speaking with the Cancer Center dietician or Cancer Exercise Specialist, please call 765-751-5304.



Hungry after your exercise?

Try one of these savory sandwiches!



Strawberry and Cream Cheese

1 tbsp. reduced fat cream cheese
1/4 tsp. Honey
1/8 tsp. freshly grated orange zest
2 slices thin whole-wheat bread
2 med. Strawberries, sliced

*Combine cream cheese, honey, orange in a bowl. Spread bread with mixture, then layer with strawberries.

PB&J with Banana

2 slices cinn.-raisin bread
1/4 cup peanut butter
1 banana, sliced
2 tbsp. Your favorite jam

*Spread P.B. on one slice of bread and top with banana. Spread jam on other slice. Put together.

Peanut Butter Baconwich

1/4 c. Peanut butter
3 slices of bacon
1 large apple, sliced and cored
1 tbsp. Lemon juice
2 slices of bread

*Combine P.B. and bacon and spread on slices of bread. Splash apple slices with lemon Juice and add to sandwich.

GO FISH!



Experts Offer Tips on Choosing Healthy, Cancer-Fighting Fish

AICR cuts through confusion with advice on making choices that are good for you– and good for the environment

Washington, DC:

By now, most Americans have heard the message to limit red meat in their diets and eat more fish for better health.

According to Karen Collins, MS, RD, nutrition advisor to the American Institute for Cancer Research (AICR), “Fish is a great choice because it is naturally low in saturated fat. Some fish are also high in omega 3 fats, which are heart-healthy and help reduce inflammation throughout the body.” Chronic inflammation has been linked to increased cancer risk.

Here’s an AICR guide to help you make fish and seafood choices that are win-win:

High in Omega 3’s

- *Wild Salmon (fresh, Frozen or canned)
- *Artic Char
- *Sable fish (Black cod)
- *Sardines
- *Atlantic Mackerel
- *Farmed Rainbow trout and Striped Bass
- *Mussels
- *Barramundi



Low Saturated Fat

- *Pacific Halibut
- *Alaskan Pollock
- *Catfish
- *Tilapia or shrimp from U.S. Farms
- *Wild Shrimp
- *Clams
- *Oysters
- *Bay Scallops



Preparing Fish and Seafood

- Limit or avoid breaded, battered and fried seafood options to keep calories and saturated fat low and to avoid trans fats
- Before Cooking, remove the skin and fat where contaminants may be. Cook on a rack or grill which allows fat to drain.

Special recommendations for women of childbearing age and children under the age of 12:

- Avoid swordfish, shark, tile fish and king mackerel
- Consume up to 12 ounces per week of a variety of other seafood



“Fish makes a tasty and lean entrée with a healthy dose of B vitamins and minerals including potassium, magnesium and selenium. Simply baked or broiled with lemon and herbs, it’s a welcome break from chicken and can help you and your family limit red meat—as recommended by AICR,” says AICR nutritionist Alice Bender, MS, RD.

Cancer & Health Awareness

(American Cancer Society)

September

- National Ovarian Cancer Month
- Childhood Cancer Month
- Gynecologic Cancer Awareness Month
- Prostate Cancer Awareness Week (Sept. 10-16)
- Leukemia and Lymphoma Awareness Month
- Take a Loved One for a Check-up Day (Sept. 22)

October

- National Breast Cancer Awareness Month
- National Mammography Day (Oct. 16)

November

- Great American Smokeout (Nov. 29th)
- Lung Cancer Awareness Month
- National Family Caregivers Month
- Pancreatic Cancer Awareness Month



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Edifier

“Inaction breeds doubts and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”

-Dale Carnegie

Celebrating More Birthdays!

The American Cancer Society, the Official Sponsor of Birthdays, recently joined forces with The Culinary Institute of America (CIA), the world's premier culinary college, to reinvent the birthday cake. Because healthy living is key to creating a world with less cancer and more birthdays. The cakes have been modified to have less sugar and fats and are deemed to be healthier in order to give the body more of what it needs to grow. There are new recipes for each of the following cakes and I would be glad to provide you with a copy or visit the website below.



- 1) New Red Velvet Cake
- 2) Chocolate Raspberry Cake
- 3) Blueberry-Pomegranate
- 4) Low-Fat Chocolate Cake with Icing
- 5) Gluten Free Strawberry Angel Food Cake

http://morebirthdays.com/morebirthdays/cake_contest.asp

If you are interested in how exercise might benefit you and have been diagnosed with any type of cancer at any point in your life, The Cancer Exercise Program may be right for you!

The Cancer Exercise Program uses light to moderate exercise and strength training to help you reduce fatigue, increase energy, increase endurance and strength, improve mood, and increase quality of life. The program is tailored to your specific needs and goals. The exercise is monitored by an exercise physiologist and you are guided each step of the way!

For more information, please call Matthew Douglass at

(765) 751-5304 today!

