

# TO YOUR HEALTH

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## Cancer And Exercise

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Cancer is the second leading cause of death in the United States, behind only heart disease. For most Americans who do not use tobacco, the most important cancer risk factors that can be changed are body weight, diet, and physical activity. At least 18% of all cancers diagnosed in the US are related to excess body weight, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus could be prevented. Along with avoiding tobacco products, staying at a healthy weight, staying active throughout life, and eating a healthy diet may greatly reduce a person's lifetime risk of developing or dying from cancer. These same behaviors are also linked with a lower risk of developing heart disease and diabetes. Although these healthy choices can be made by each of us, they can be helped or slowed by the social, physical, economic, and regulatory environment in which we live. Community efforts are needed to create an environment that makes it easier for us to make healthy choices when it comes to diet and physical activity.

Did you know you benefit from even small amounts of moderate activity throughout the day? Regular physical activity is easier to fit in than you realize and can lower your lifetime risk for cancer – and heart disease and diabetes, too.

The [American Cancer Society \(ACS\)'s physical activity for cancer prevention recommendations](#) for adults are based on the latest scientific information to help reduce the risk of developing cancer.

**Adults:** Get 150 to 300 minutes of moderate intensity or 75 to 150 minutes of vigorous intensity activity each week (or a combination of these). Getting even more activity is ideal.

**Moderate activity** is anything that makes you breathe as hard as you do during a brisk walk. During moderate activities, you'll notice a slight increase in heart rate and breathing, but you may not break a sweat.

**Vigorous activities** are performed at a higher intensity and generally use large muscle groups. They cause a noticeable increase in heart rate, faster breathing, and sweating. Being more physically active than usual, no matter what your level of activity, can have many health benefits. It's also important to limit the time you spend sitting or lying down, such as time spent on your phone or computer, or watching TV. No matter what kind of activity you choose, the important thing is to get moving. Try to look for opportunities to be active throughout your day.



In 2020, 19.3 million new cancer cases were diagnosed. Cancer patients may experience fatigue, depression, anxiety, reduced quality of life and sleep problems. Cancer treatments cause numerous side effects and have a negative impact on all body systems. Physical activity is important for cancer patients. There was a review from the National Institute of Health (cancer.gov) to analyze recent studies on the role of physical activity in cancer patients and emphasize its' importance. The review included 36 papers published in

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English between 2017 and 2021. The findings from these studies show that physical activity decreases the severity of side effects of cancer treatment, reduces fatigue, improves quality of life, has a positive impact on mental health and improves aerobic fitness in cancer patients. Moreover, it reduces the risk of cancer recurrence and death. Physical activity is recommended for patients with any type of cancer and at all stages of treatment. The type of physical activity should depend on the condition of the individual patient.



One must tailor an exercise program carefully though if you are undergoing or have completed treatment. Talk to your primary care physician before

commencing an exercise program. Once medical clearance has been approved during treatment, it remains imperative to exercise as your energy levels will allow, since treatment of cancer does take more energy expenditure than one might expect. Post-treatment exercise programming involves taking time to return to your previous level of exercise. Consult with your healthcare team about what is the right way for you since all cancer survivors are uniquely different and need individualized plans. Your exercise plan needs to consider the following:

- The type of cancer you have
- The treatments being used
- The side effects experienced
- Your level of fitness
- Any other health problems you might have

As you incorporate exercise programming into your plan for management, be sure to make it easy, yet challenging as well as functional. Ultimately, the goal is to keep up your level of fitness and be able to do the things you want and need to do. Be as active as possible to keep it safe, simple and fun.



### Special Presentation

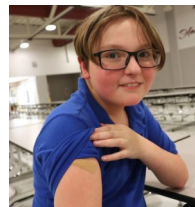
Amy Cohen, Shine Counselor, will be doing a presentation on:

**Medicare Updates**  
**on Thursday November 2<sup>nd</sup> at 2:00pm**  
**in Auditorium Right**

**Prior Registration is required.** Please contact Maeve Lobo at the Clinic.



### VACCINE CLINIC



A Vaccine Clinic will take place on 10/18/23 in the auditorium. The sign up deadline is 10/11/23. Emails were sent out to Independent Residents with an address. The Clinic can also sign you up.

### Telephone Calendar



Residents can call **781-276-1909** for the daily activity of events. The messages change every day at 4:00pm. The calendar of events for the weekend and a Monday holiday are included in the Friday Calendar.

- Maeve Lobo, LICSW