





Physical Activity: What's New?




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Breast Cancer Survivorship


- More than 3,000,000 breast cancer survivors
 - Earlier detection
 - Advances in treatment
- Increased focus on follow-up care
 - Development of survivorship plans
- The New Normal...Life "A.C."



Opportunities to Further Enhance Survivorship

Physical / Physiologic	Psychosocial
<ul style="list-style-type: none"> • Fatigue • Cognitive impairment • Fertility • Prevention of recurrence or secondary cancers • Reduce breast-cancer specific and all-cause mortality 	<ul style="list-style-type: none"> • Quality of Life • Body Image • Sexuality • Stress • Depression • Anxiety

What Can You Do?



Physical Activity

- Any body movement that uses your muscles and requires more energy than resting
- Aerobic Exercise – any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature...overloads the heart and lungs causing them to work harder than at rest.
 - Moderate
 - Vigorous
- Resistance – exercises a muscle or muscle group against external resistance

Recommended Levels of Activity

Aerobic:

- 150 min/wk of moderate-intensity activity or 75 min/wk of vigorous-intensity activity or an equivalent combination
- Bouts of at least 10 minutes
- Spread throughout the week

Resistance:

- Breast: start with a supervised program of at least 16 sessions at a very low resistance; progress resistance at small increments.

What Kinds of Activities?

When is it Safe to Begin Physical Activity?

- From the day of diagnosis (or before)!
 - Helps maintain endurance, strength, and flexibility
 - May be necessary to reduce the level during treatment
 - Do something everyday even if only for a few minutes
 - Try to include large muscle groups
 - Include stretches

When is it Safe to Begin Physical Activity?

- Consult with physician
- After treatment, continue physical activity with a goal of achieving and maintaining recommended levels

Physical Benefits of Regular Activity

- Reduced risk of breast cancer recurrence
 - 24% decrease in breast cancer returning
- Reduced risk of breast-cancer specific mortality
 - 34% decrease in breast cancer deaths
- Improved physical functioning
- Reduced fatigue
- Reduced lymphedema
- Weight control
- Increased energy

Psychosocial Benefits of Regular Activity

- Improved quality of life
- Improved body image
- Increased sexuality
- Reduced anxiety
- Reduced depression
- Stress management

Tips for Staying Active

- Make it a habit
- Find something that you enjoy
- Build it into your day
 - Active transport
 - Short bouts
- Social Support
 - Family members
 - Support networks

What's New ...?

- ...about physical activity?
 - Not much...it always has been and generally will always be a good thing.
- ...in what we know about physical activity?
 - Lots
 - Physical Benefits
 - Psychosocial Benefits
 - Safe during treatment and after

What's New ...?

- We are learning more daily
 - subsets of the population not included in most prior studies
 - new modes of exercise
- ...about how we think about physical activity?
 - Hopefully something!
 - Inspired
 - Removal of fear or apprehension
 - New or renewed commitment to being active

Resources

- American Cancer Society (www.cancer.org)
- Susan G. Komen (www.komen.org)
- American College of Sports Medicine (www.acsm.org)
- Young Breast Cancer Survivorship Network (www.youngsurvivorsbhm.org)
- SurviveAL (www.surviveal.org)
-  @DrTiffanyCarson

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- www.cancer.org
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