

# WE FOCUS ON

October 2011

"Someone told me my chemo symptoms sounded like a really bad hangover! Their suggestion that Gatorade was good for hangovers led to my drinking gallons of it, which helped steady that queasy shakiness." -Jane Vaughan

# FITNESS

## EXERCISE & CANCER-RELATED FATIGUE

Every year, cities across the United States host events to raise awareness about breast cancer and money to support the ongoing research with hopes that a cure for the disease will be found. This month's newsletter is dedicated to everyone whose lives have been changed by breast cancer.

### WORKING IT OUT!

Cancer related fatigue is the most commonly reported side effect of radiation treatments among patients with various diagnoses. While it is not completely understood, the severity of the fatigue increases with the length of treatments, and this is thought to be a result of physical deconditioning. Guidelines have been established, but no clear methodology for effective treatment exists.

As little as three months of resistance training with bands can help to alleviate the development and reverse the severity of cancer related fatigue, according to a University of Rochester School of Medicine and Dentistry study.

### Not Sure Where to Start?

Study participants began with walking. They were also instructed to do a series of 11 upper body exercises with resistance at a moderate level of intensity. If you are interested in starting your own, home-based exercise program, please contact the We Focus on Fitness Center at 646-935-2266. We're here to help.



#### Questions?

Email me at [hwilliams@chpnet.org](mailto:hwilliams@chpnet.org) for the answer in next month's letter.

1. Mustian, K.M., Peppone, L., Darling, T.V., et al. A 4-week Home-Based Aerobic and Resistance Exercise Program During Radiation Therapy: A Pilot Randomized Clinical Trial. *Jour Support Oncology*. 2009 Sep-Oct; 7(5): 158-167.