

H.O.P.E.

Helping Oncology Patients Exercise



2nd Quarter
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New Study Begins!!

By: Barbara Haas, PhD, RN
Research Committee Chair

The Cancer Foundation for Life® initiated a new study on May 1 that will be conducted at all 17 current sites. The new study is a refinement of the previous research that examined quality of life in persons participating in the FitSTEPS for Life® program. The previous study, which used the SF-36, will be phased out as current participants reach the two-year point.

Our data from the original SF-36 study indicates a significant improvement in all areas of quality of life for the participants in the FitSTEPS for Life® program. The initial two-year data was presented at the recent Oncology Nursing Society's 34th Annual Congress in San Antonio, where the abstract was selected as a top 25 abstract out of over 350 submitted. It was then one of six selected for two special sessions that included commentary over the presentation. The results generated a lot of enthusiasm and questions. Hopefully, that will translate into similar programs across the country!

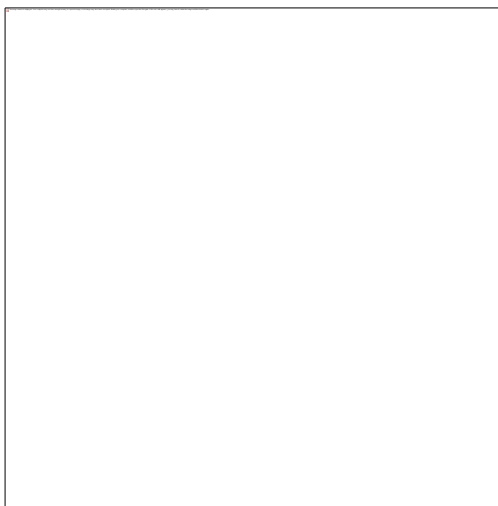
The new study will utilize the SF-8 as a quality of life measure. The advantage of the SF-8 is that it is much shorter for patients to complete. Like the SF-36, it has well-established reliability and validity. The new study will also include a comparison group and will collect information about attrition and cost of the program. We look forward to your participation in the study, whether as a FitSTEPS for Life® participant or a referring health care provider! For questions about any of the research conducted through FSFL please contact the chair of the CFFL Research Committee: Dr. Barbara Haas at 903-566-7021 or bhaas@uttyler.edu.

Nick Rognlie - Volunteer and Participant

I am a lung cancer survivor of over 5 years.

When my cancer was diagnosed, I was in very good physical condition. My doctors provided me with a very aggressive program of chemotherapy and radiation after a resection to remove some of the cancer cells. Once the treatments were completed, I was put on oxygen 24/7, for the remainder of my life.

Dr. Kimmel gave a presentation on how exercise can vastly improve a patient's deteriorated physical health as a result of the cancer treatment at a support group meeting.



About a week later I was sitting in my home with oxygen tubing strung all over the house, up and down stairs, to provide access to the oxygen. I called Dr. Kimmel, and on the same day, at about 5 p.m., he showed up at my home. He put together a progressive exercise program without oxygen.

I kept up with the program although it was not void of "speed bumps." About eight to nine months later, **I was oxygen free**, except for some outdoor activities such as hiking in the mountains.

This is why I volunteer at CFFL. I find it enjoyable to help others who have been

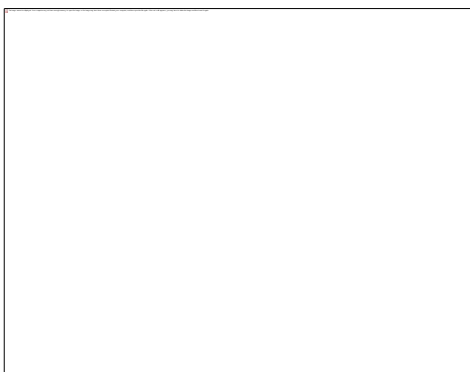
through similar experiences.

Home Component Program - Pedometer

By: Matthew Ebert
Clinical Director

So, what's your motivation to exercise? Many of you will say it's to feel better and lose weight. For others, a simple Doctor's recommendation may be the first step. However, the motivation to make a lifestyle change cannot be forced out of a person and it won't simply appear as some sort of epiphany over time. It is something only you can feel. It emerges from taking control of your life and your body. It's kind of like when you were a child and did well on a test you studied hard for, or landed that first job you aspired to get. Simply stated, motivation comes from the desire to reach new goals through hard work and perseverance. Most of you have been motivated enough to come exercise in a FitSTEPS for Life® (FSFL) facility. Now, I challenge you to continue changing your overall way of life.

Although this is titled the "Home Component Program," let's think of it more as an extension of the FSFL program. If you really think about it, how many exercises being performed in the exercise facility can be translated to your daily life? We walk, stretch, get in and out of chairs (albeit generally green seated safety squat machines), and a number of extensions of daily movement. The next few H.O.P.E. newsletters are going to focus on some things that can be translated both in the facility and at home. Let's begin with the



pedometer!

The pedometer is without a doubt the greatest exercise tool to track your overall level of physical activity. It's a simple tool, measuring the oldest form of exercise; WALKING. And best of all it is small, inexpensive, easy to use and available at your FSFL exercise center.

A pedometer is an instrument that clips to your waist band or belt, and records every step you take during the day as well as how many calories you've burned, the distance you've walked in miles and even the speed you're walking. This tool will encourage you to be physically active all day long, not just while you are visiting a FSFL facility. Just consider how many steps you take while walking through the store, or garden in your yard. Studies show that individuals who have an overall physically active lifestyle have lowered risks of developing cardiovascular disease, diabetes, osteoporosis, and some cancers.

It is very easy to start adding the pedometer to your exercise routine. It is also easy to begin setting new exercise goals. The first week you wear the pedometer, record your steps each day on your exercise log. At the end of the week calculate the total amount of steps for the week, and then challenge yourself to walk more steps the following week. Or, while walking around your block at 2.0 mph one week, try for 2.2 mph the following week.

Remember, being healthy isn't a decision you make once, it is one you must make every day. Over time, you'll begin to realize your own actions generate the motivation you need to be successful. The pedometer is just one more reminder of that promise you made to yourself; the promise to live each day to the fullest and accomplish new goals.

Easy Salmon & Veggies

4 (6oz.) pieces of salmon fillets
4 tsp. fresh lemon juice
2 Tbsp. extra-virgin olive oil
2 red potatoes, boiled until tender
and sliced

1 cup snow peas, blanched in boiling water for 1 minute
2 carrots, thinly sliced and blanched in boiling water for 1 minute
1/4 small zucchini, sliced
4 tsp. chopped fresh dill, basil, thyme or parsley
1/4 small fennel bulb, thinly sliced (optional)
2 tsp. chopped fresh ginger (optional)
Salt and pepper

Preheat oven to 400 degrees. Cut 4 sheets of aluminum foil into rectangles 10x16 in. Arrange one piece of salmon in the middle of each sheet, slightly to the left corner. Sprinkle 1 tsp. lemon juice and 1/2 tsp. ginger on each piece, and season with salt and pepper to taste. Top each salmon fillet with 1/4 of the olive oil and 1/4 of the veggies. Fold foil over salmon to form rectangle, and crimp all edges tightly. Bake foil packets on cookie sheets in preheated oven for 15 minutes until salmon is just cooked through. To serve, place a packet on a dinner plate. Slash top of packet with an X to open, sprinkle with some freshly chopped herbs. (optional alternative veggies include 1 cup peas, 1 cup corn, 8 stalks blanched asparagus, and 1/3 sliced rehydrated sun dried tomatoes - not oil packed). Makes 4 servings.

This delicious recipe is included in the FitSTEPS for Life® Nutrition Manual along with other recipes and nutritional information. The Nutrition manuals are available for purchase. If you would like more information please call our office at (903) 561-0149 or (972) 664-0523.

East Texas News

***The East Texas Celebration of Life, a party celebrating our patients' success, was held on March 17th. We had great attendance and a wonderful time. For those of you able to attend; thank you. If you were not able to attend, we hope to see you next year.

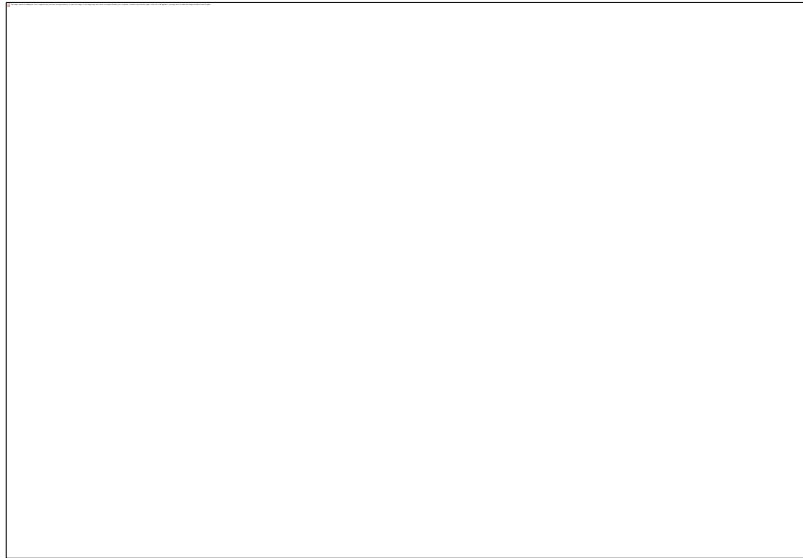
***FitSTEPS for Life® Bullard center, located at Bullard Southern Baptist Church, has expanded!! Two treadmills and an elliptical have been added after removing one wall and repainting. We are very excited about this expansion as the Bullard location is very quickly becoming one of our busiest centers! Thank you to the church and our volunteers for making this expansion happen!

***The National Volunteer Week Annual Luncheon was held on April 21st for the East Texas Volunteers. Fourteen

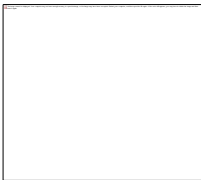
volunteers came dressed in their favorite 50's attire to celebrate that "Volunteers Rock." They enjoyed 50's food including hamburgers, hot dogs and root beer floats while listening to the hits from the decade. They were entertained by a presentation from Richard Luna of Pollard United Methodist Church and a special thank you from Dr. Kimmel.

Volunteers were also able to have their picture taken in front of a 1950 Bentley.

Awards were given to numerous volunteers for their hard work and dedication in accumulating a total of over 1,900 hours. LaVerne Minton received the Volunteer of the Year Award for her dedication to the Bullard location with 136 volunteer hours. We are very appreciative of the work our volunteers do; our program would not be possible without their support.



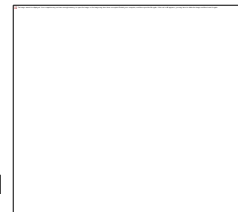
***FitSTEPS for Life® will be closed on May 25th for Memorial Day and July 3rd for Independence Day.



If you know of something new and exciting at your center, please call (903) 561-0149 to share your news!

Dallas Area News

***One way FitSTEPS for Life® is able to provide a free program for all of our participants is by having volunteers. All of our Dallas area centers are seeking new volunteers. We ask that our volunteers are friendly, kind and supportive to all the participants visiting the center. Responsibilities may also include light clerical duties such as filing, faxing, etc. If your skills are more administrative, the Dallas area office in Richardson could always use an extra set of hands. Please call (972) 664-0523 for more information.



***FitSTEPS for Life® will be closed on May 25th for Memorial Day and July 3rd for Independence Day.

**If you know of something new and exciting at your center,
please call (972) 664-0523 to share your news!**

A New Life

By: Dr. Gary Kimmel

Medical/Executive Director

Being told you have cancer is a terrifying experience. It suddenly makes you aware of your mortality and presents many uncertainties. Am I going to die? Will I have a lot of pain and suffering? Will I be sick from the treatment? Will I be able to continue those activities that I enjoy and continue to work? I hadn't planned on leaving my loved ones so soon! Instantaneously life becomes provisional. We realize that we are not in control of life's moment to moment experiences, let alone our destiny. Faced with this new and unexpected challenge, you have the freedom to choose the attitude with which you embrace your future. You can be a victim and let the remainder of life be an existence, anxiously waiting what fateful event you're going to experience. Or, discover a new life filled with renewed hope, purpose and meaning.

"It's only when we truly know and understand that we have a limited time on earth-and that we have no way of knowing when our time is up, we will begin to live each day to the fullest, as if it was the only day we had" stated Dr. Kubler-Ross. Thus, being diagnosed with cancer is not the end, it is a new beginning. It is enormously gratifying to observe the influence FitSTEPS for Life® has on enabling cancer patients to create and experience this new life.

The Cancer Foundation For Life® is privileged to share in the journey of creating your new life.



"Should you shield the canyons from the windstorms; you will never see the beauty of their carvings" Dr. Kubler-Ross.



Nelleke Adair - Administrative Manager

My name is Nelleke Adair and I have had the blessing of working for CFFL since December of 2008. I first learned about CFFL when my husband Josh was called to be the Student Minister at Bullard Southern Baptist Church in Bullard this past July. As many of you know, BSBC-Bullard is one of our 16 FitSTEPS for Life® (FSFL) centers. In December, I became the clinical staff in

Bullard until February 2nd. On February 3rd, Josh and I were blessed by the birth of our daughter, Addison Micah. In March, I returned to the BSBC center on Mondays and have added responsibility in the CFFL office as the Administrative Manager during the rest of the week.

To back track and give you a little history, I was actually born in the Netherlands and moved to Mt. Vernon, TX when I was 4. I graduated from Mt. Vernon High School and went to Austin College in Sherman, TX, to play basketball and double majored in Exercise and Sports Science and Business Administration. I am currently working on my MBA at the University of Dallas.

After college graduation, I interned with the Cooper Aerobics Center in Dallas, TX. I worked as a fitness specialist for Cooper for a year and a half and then had the opportunity to be a trainer at their newest state of the art facility at Craig Ranch in McKinney. I have worked in the fitness industry since my senior year in college, but have been active and in love with fitness and athletics since I started playing organized sports at an early age. I truly believe exercise is the best medicine you can give yourself and love sharing that with those I have the opportunity to work with. My current role at CFFL allows me to utilize both of my majors, work one-on-one with FSFL participants and help the foundation expand to reach and touch as many lives as possible. Thank you for believing in exercise and in FSFL because without you we would not have this wonderful program to share with others. I look forward to meeting each of you in the future. Keep up the great work and tell someone about the difference FSFL has made in your life!

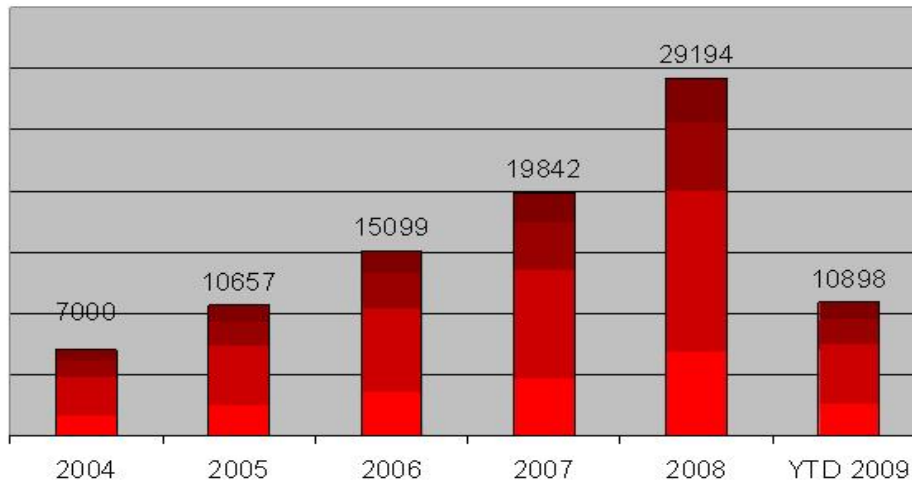
Expansion & Effectiveness in Texas

By: Wendy Lowry
Office Manager

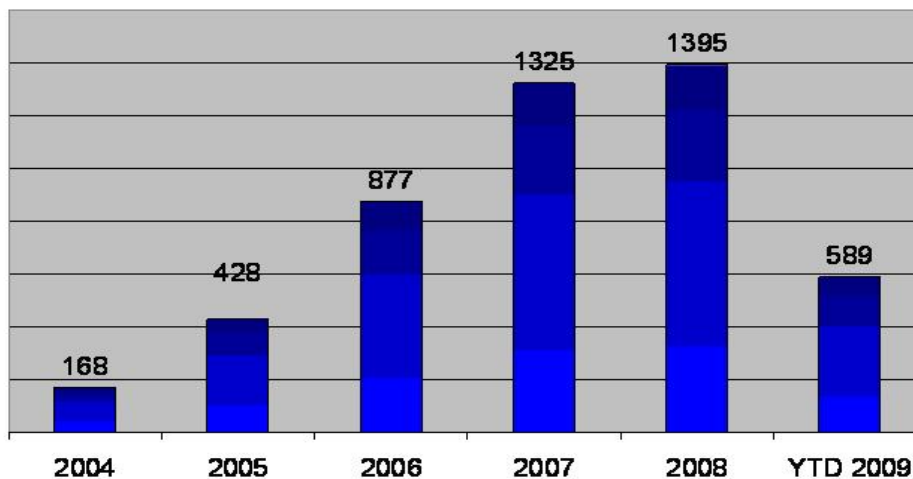
Expansion:

In the last 8 years, CFFL has expanded the FitSTEPS for Life® (FSFL) program to 16 different locations in Texas! Each one of our centers increased in attendance, especially in the last few months. We owe a majority of this increase to the referring physicians in East Texas and Dallas. In the last couple of years we have increased our referring physicians in the Dallas area from about 50 oncologists to a staggering 114 oncologists, including 12 different practices! The graphs below illustrate the growth that FSFL is experiencing. The red graph is participant encounters (how many times people come into a center) and the blue graph is physician new patient referrals. Remember, the last bar of both graphs represents the first three months of 2009. We anticipate between 45,000-50,000 patient visits and over 2,000 new patient referrals to the FSFL program in 2009.

Total Encounters 2004 - March 2009 = 92,690



Total Referrals 2004 - March 2009 = 4,782



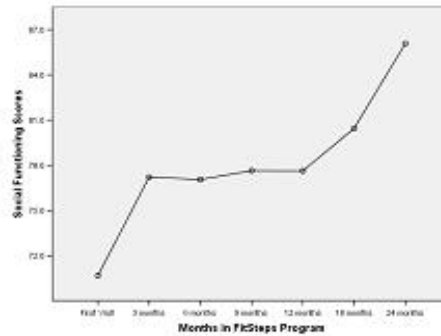
Effectiveness:

FSFL has a mission to improve the quality of life of our participants and increase survivorship. Our current research study measures this through the standardized Quality of Life survey called the SF-36. Cancer patients are asked to participate in the research by taking a survey on their initial visit and then every three months for one year. We now have two year data that shows statistically significant improvement in eight performance areas including physical functioning, role-physical, bodily pain, general health, vitality, social functioning, role-emotional, and mental health. The analysis of the data is done at the University of Texas - Tyler by CFFL board member and research director, Barbara Haas, PhD, RN. She has presented the results in conferences nationally (Boston, MA) and internationally (Vienna, Austria). Dr. Haas is presenting FSFL data at the international ONS meeting in May. The graphs below are excerpts from Dr. Haas' presentation showing the drastic improvements in physical and social functioning.

Physical Functioning



Social Functioning



CFFL is so thankful for all of you - our participants, volunteers, referring physicians and staff. Without the effort of everyone involved we would not grow or have the research to continue to change and touch as many lives as possible.

**If FitSTEPS for Life® has helped you,
Thank your doctor!!!**

If you would like additional information about our program, please call your local office or visit us at [FitSTEPS for Life®](#)



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Until next time, FitSTEPS for Life Staff®