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H.O.P.E.

Helping Oncology Patients Exercise



In This Issue

[Holiday Closings](#)

[Doctor's Corner](#)

[Exercise & Emotional
Health](#)

[CFFL Inspirational
Calendars](#)

[Recipe](#)

[Featured Exercise](#)

[East Texas Christmas
Party](#)

[Featured Staff](#)

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Hello,

Tradition has it that it is this time of year that we "give thanks". Thanks for our families, our health, our homes, our communities, our country. But as we all know, with the dreaded disease of cancer looming overhead, sometimes it is hard to consider just what it is for which we are thankful.

So allow me for just a moment to remind you... As I drive around town and notice the beautiful trees changing colors, I am thankful that I can experience this wonder yet again. When I hear my granddaughter's familiar giggle, I am thankful for choosing the roads I've taken in order to have her in my life. When my husband flashes that great smile of his, I'm thankful for the love in my life. When our family gathers around the table to celebrate a holiday I am thankful we are all together once again.

But this year, I have another gift for which to be thankful. It is CFFL. I am so very thankful for being given the opportunity to work, laugh and even cry with all of you that are involved in this wonderful organization. From the Board of Directors to the patients, volunteers and staff, everyone cares about what we are doing and are constantly searching for ways to make things better for cancer survivors.

Of course, I can't begin to say how grateful I am to all the donors who make our mission a reality. Without you and your compassion we would not be here. But it is, YOU, the patients, for which I am most thankful. Thankful for your courage, your determination, and your resolve to never give up. I am so thankful we have each other...

See you soon,

Pam Lisner
Executive Director

Donations

If you would like to make a donation please call 903-561-0149 for more information

Holiday Closings

Cancer Foundation for Life® and the FitSTEPS for Life® centers will be closed on December 24th, 2008 through January 4th, 2009. Please verify exact closings dates for your location. The CFFL Staff would like to wish everyone a safe and Happy Holiday. We look forward to seeing you back after the holidays.



Doctor's Corner

I have always been an advocate of including exercise in the care of my patients as part of their well-rounded therapy. However, I also address other issues such as nutrition and supplementary vitamin therapy in order to maximize the performance status and quality of lives.

Recently we have heard a lot of buzz about vitamin D3 deficiency, also called the "sunshine vitamin." The lack of vitamin D3 leads to muscle and joint pain with stiffness, fatigue, dry skin and thinning of the hair. More importantly, studies have linked low vitamin D3 to increased risk of heart attacks, cancer of the breast, ovary, prostate, stomach, bladder, esophagus, kidney and lung. Low levels of vitamin D3 are also associated with high blood pressure, stroke, diabetes, periodontal disease, rheumatoid arthritis, multiple sclerosis, macular degeneration, mental illness and chronic pain. Understandably if a person has pain all over and fatigue, that would discourage them from exercising. Thus, detecting vitamin D3 deficiency and treating it is very important in order to optimize the quality of life and improve patient outcomes.

You need to ask your doctor to measure your levels. The test is called 25 Hydroxy-D and the recommended goal is to achieve a level of 50. However, normal range is between 20 and 100. This supplement is sold over the counter and, on average, the patient will need 1000 units per day of vitamin D3 to take in addition to their daily vitamins and calcium supplement. The vitamin D3 is also known as cholecalciferol. If the levels are extremely low, the patient may need a boost of vitamin D2, called ergocalciferol, which are 50,000 units once a week for 8 weeks. This is a prescription. The patient would continue the vitamin D3 1000 units per day in addition to that.

The source of vitamin D basically includes 20 minutes in the summer noon sun without sunscreen which will deliver 20,000 units of vitamin D. Equivalent to that is drinking 200 glasses of milk a day. Neither of these options will be viable for many of our patients and I think that oral supplementation of vitamin D3 is a much better option. Most multivitamins have about 400 units of vitamin D3 and calcium preparations with vitamin D usually have that same amount. Most patients will need to take a total of 2000 units per day. This would be equal to vitamin D3 multivitamin and calcium preparation with an additional vitamin D3 tablet containing 1000 units. This will give them about 2000 units total per day which should bring them into the therapeutic range. Special attention needs to be paid to patients with a darker complexion, such as African American, Hispanic and Asian patients who have increased melanin in their skin that blocks absorption of the sun. That is probably part of the reason we see very little skin cancers in those patients and decreased aging of the skin. It is vital to replace the vitamin D3 in those patients and they frequently require high doses such as ergocalciferol which is 50,000 units per week for eight weeks and then continue 1000 units of vitamin D3 daily thereafter.

Sometimes simple things can fix those aches and pains allowing our patients to maximize their ability to exercise and make them more independent, less tired and decrease their rate of recurrence and potentially increase their survival. Education and empowering our patients is very important for me and I hope this information will be useful to you. Don't stop. Keep on walking and keep on exercising.

S. J. Vukelja, M.D
Tyler Cancer Center

Exercise & Emotional Health Written by Linda Stultz



Exercise is as beneficial and important to your emotional health as it is to your physical health. While you can see and feel the physical changes to your body, many people don't recognize the mental and emotional changes that occur from exercise. A sense of satisfaction is achieved when you commit to a self-improvement exercise routine. You set aside personal time for you. You actually look forward to your workout time, not only for your body, but also for your mind. Exercise is a way to release stress and relax from the pressures of life. This type of physical release is as important as sleep to replenish your body. They say, "Patience is a Virtue." Exercise is a great way to achieve that virtue while strengthening your body at the same time. Take a walk, go for a bike ride or do some stretches and weight lifting. Our minds need to be strengthened and conditioned just as much as our bodies. Starting a healthy exercise program will keep our body and soul young and strong.

Today's busy lifestyle demands so much from our body and our mind. Exercise is a natural way to fight back and recondition ourselves for a longer, healthier life.

Exercise is a personal thing. You don't need to keep up with someone else. You need to work at your own speed to achieve the maximum benefit for your body without injury. That's why many people today choose a personal trainer to guide them. Working out in a busy gym or in a structured class is OK for some people. When you are in a group of people, you have many different levels of ability. Many people push themselves to "keep up with the group" and that's when injuries occur. Start at your own speed and you will feel the satisfaction of your progress as you become stronger and feel better.

CFFL Inspirational Calendars

We are pleased to announce the arrival of the first ever Cancer Foundation for Life® Inspirational Calendar. This Calendar includes pictures of our participants and an inspirational quote for every month.

They are available at all the exercise centers and if you would like more information please call 903-561-0149. The cost of the calendar is \$10.00.



Recipe

Turkey and Wild Rice Casserole

1/2 cup natural long grain and wild rice
2 cups water
1/4 tsp. salt (omit on low salt diet)
8 oz. fresh sliced mushrooms
1 cup skim milk
1 tsp. chicken bouillon granules
1/16 tsp. pepper
1 Tbsp. low-fat, hydrogenated margarine
2 Tbsp. flour
2 cups cooked, cubed turkey
1/4 cup sliced raw almonds
1/2 cup sliced water chestnuts
4 Tbsp. sliced pimento



Wash rice. Add water and salt, bring to boil, cover and simmer about 1 hour until water is absorbed. In large skillet, sauté mushrooms in margarine. Stir in flour. Add milk, bouillon and pepper. Cook until thickened, stirring constantly. Add turkey, pimento, water chestnuts and rice. Mix and pour into 7in x 11in baking dish. Sprinkle with almonds. Cover and Bake on 350 for 30 minutes. Uncover and bake about 3 more minutes. Cut into 6 servings, 2in x 3in.

Makes 6 Servings

Per Serving (1 cup):

Calories: 233g

Fat: 7.7g

Saturated Fat: 2g

Cholesterol: 45mg

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.

Featured Exercise- Pilates Class

Written by: **Matthew Ebert, Clinical Director**

I love getting the chance to talk about Pilates, because only then do I get to use the word "powerhouse" and it's a pretty fun word to use. You may be thinking to yourself, "How can Pilates be the exercise of the month, it's a whole group of exercises?" Well, this may be true, but...wait for it...it's a whole group of exercises strengthening your powerhouse. Pilates uses the word powerhouse to identify core muscles, such as the muscles of the stomach and back. These central muscles control balance and movements we use in activities of daily living.

Pilates originated in Germany during the First World War. Its initial purpose was to be used in rehabilitation programs. Pilates exercises focus on precise movements and body control, eventually building flexibility and strength. Deep, controlled breathing is also a key element of Pilates. Pilates instructors will tell you that it's about the quality, not quantity of your movements. It's about understanding your own body's strengths and weaknesses. The wonderful thing about Pilates is that you can make it as easy or difficult as you want and can tolerate.

Attending CFFL's professionally designed Pilates classes enables you to receive many benefits. Some of the main benefits are improved posture, increased core strength, improved balance, improved coordination and circulation and increased lung capacity, among others.

CFFL is working to increase the number of Pilates classes offered in 2009. If you are interested in attending these classes, please talk to your Clinical Staff member today. We hope to see you there!



East Texas Christmas Party

There will be a patient sponsored Christmas Potluck Lunch on **Monday December 8th, 2008** at the **First Christian Church in Tyler, Texas** from **11 a.m. to 1 p.m.** There will be music, dancing and door prizes. Come fellowship with other participants and enjoy the wonderful food.



For information about the Dallas area Christmas party please call 972-664-0523.

Featured Staff



My name is Lacy Allen and I am a full-time clinical staff member for the Cancer Foundation for Life®. I work at the exercise center inside the First Christian Church in Tyler, Texas. I am originally from Mexia, Texas but moved to Tyler to attend the University of Texas at Tyler. I joined the CFFL team in January of 2008 after completing my Bachelors degree in Health and Kinesiology. In my spare time I like to shop, workout, see a good movie or spend time with friends and family. I enjoy working with people and it is a really rewarding experience to be at FCC every day and see the participants improve in such a positive way. It is awesome to see people that have never exercised suddenly look forward to coming to the center to work out. I have had the privilege to watch the foundation grow and expand its program since January. I am very excited about the future of this wonderful program and am glad to be a part of it.

If you would like additional information about our program please contact your local office.

East Texas Area Locations

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Tyler, TX 75711

903-561-0149

903-561-7975 (fax)

cancerlife@sbcglobal.net

Dallas Area Locations

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**Until Next Time,
CFFL Staff**