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H.O.P.E

Helping Oncology Patients Exercise

Hello,

As Halloween approaches, I tend to get excited. I love decorating the house and shopping for the candy I plan to give out to all the "Trick or Treater's". And I only buy the kind that if left over, we like to eat. Then I have to consider just how much exercise I'm going to have to put in to overcome the leftovers!

And that is when my mind begins to race as to when I'll get the extra time to exercise more, how I'll get it done at least 3 times a week, what incentives I can use on myself to make the added effort, etc., etc., etc. And then I remember I need to make the effort because I'll feel so much better.

As you know, statistics have shown that exercise helps all of us to feel better on a day to day basis. It increases our stamina, reduces our fatigue, and actually improves our mental capacity. For those of you trying to endure your cancer treatments, as difficult as it is to make yourself get up and exercise, it is you that need it the most. Exercise has proven to improve nausea, weakness and a host of other maladies that unfortunately come with cancer treatments.

So remember this, enjoy Halloween, the children, and even the candy. But get back to your closest CFFL center to exercise and improve your quality of life.

See you next time,



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If you would like to start receiving our newsletter electronically please provide the office or a staff member with an email address.

New Website!



IT'S FINALLY HERE!!

Please take a moment to look at our new, improved and UPDATED website!

Check back often to see more exciting things happening for the Foundation.

www.cancerfoundationforlife.org

Doctor's Corner

There have been many important new findings in cancer treatment in recent years. While some of the effective treatments for cancer have troubling risks, side effects, and expenses, it is exciting to recognize the benefit of exercise as a part of cancer treatment.

Those who take up exercise after cancer treatment find that they feel better when they exercise regularly. There have been several studies that have documented improved strength, stamina, and sense of wellbeing for cancer patients with exercise. But in the past several years there are now results from studies that show improved survival and a lower risk of cancer recurrence as well.

There have been three large studies of similar design that show this result. One of the studies enrolled nurses in the US, the second enrolled doctors in the US, a third enrolled people in Melbourne, Australia. In all three studies a lot of information was collected about each person when they were enrolled. Each person participated in interviews and surveys about their medical history, medications, diet, and physical activities at the beginning of the studies. There was continued follow-up of everyone for as long as 20 years. After many years, it was possible to look back in each study at the information about those in the study who had developed colon cancer or breast cancer and compare the survival after treatment based on level of physical activity and exercise. These studies showed that there were fewer cancer recurrences for those who reported higher levels of physical activity and exercise.

Many cancer patients go through treatment lasting months with surgery, radiation, and chemotherapy in order to have the best chance for cure. The remarkable finding in these studies is that the additional decrease in risk of cancer recurrence can be as much as is sometimes achieved with adjuvant chemotherapy. Now there is research directed at understanding how physical activity can have this effect. But it is not likely that there will be a pill or an injection that will be just as good.

CFFL gives cancer patients in our community a big boost toward enjoying the health benefits of regular exercise. CFFL has the answers for the first three questions about an exercise program - what kind of exercise, where to find a program and a facility, how to pay for it. The individual attention given in designing an exercise program for each person in FitSTEPS for Life is another feature that makes the program effective. There is also the bonus of friendship and support that everyone finds in this program.

I am very pleased that we now have the FitSTEPS for life program in Dallas and that our patients are starting to use it.

James F Strauss, MD.

Presbyterian Hospital of Dallas

Good Morning Texas

October 29, 2008 - Sarah White, Dallas Clinical Director, will be appearing on Good Morning Texas with Dr. Maria Juarez from The Cancer Institute in Duncanville, Texas. They will be speaking about the importance of exercise for oncology patients! Tune in to WFAA, Channel 8, in the Dallas / Fort Worth Metroplex and to KLTV, Channel 7, in the East Texas area.



Recipe

Pumpkin Dip

6 ounces cream cheese (1/3 less fat)

1/2 cup brown sugar

1/2 - 1 cup canned pumpkin

2 teaspoons maple syrup

1/2 teaspoon cinnamon



Beat cream cheese and brown sugar until blended. Add remaining ingredients. Serve with fruit, ginger snaps or graham crackers.

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

Swiss Ball

By Matthew Ebert, Tyler Clinical Director

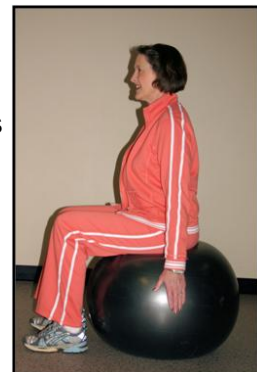
So, how many of you have walked into a FitSTEPS for Life® facility and thought to yourself, "What in the world is that big ball for? I'd definitely fall off of that." Many of you were thinking, "How could something that reminds me so much of playing in my childhood be used for exercise?" Well, the Swiss Ball really is a great form of exercise and chances are you can safely use it no matter how unstable you feel you may be. After all, with the Swiss Ball you can incorporate many new and enjoyable exercises to your workout.

Swiss Ball exercises are used to develop core muscle strength (muscles of the stomach and back). These are among some of the most important muscles for keeping your independence. The idea behind the ball is that your body responds to its instability, forcing you to engage muscles to remain upright. Core strength affects balance, agility, and stability as well as helps to prevent back pain. Also, when doing exercises on the Swiss Ball, your body releases many natural endorphins, making you feel happy while you're exercising. And to be honest, sometimes I think my body releases endorphins while watching you bounce on the giant ball, because it also brings a smile to my face.

Things to Keep In Mind:

A properly sized and inflated ball positions your thighs parallel to the floor. Legs should always begin hip width apart with your knees directly over your ankles. Sit as straight as possible, with relaxed shoulders. Always maintain tightening of the abdominal muscles and continue normal breathing during exercise. Remember, there are a lot of exercises that can be done on a Swiss Ball. It's important to keep it simple at first (basic bounce) and advance from there.

If you have questions about how to begin using the Swiss Ball, please ask a staff member for help. Bounce!



Featured Staff



My name is Tameika Masters, and I am currently the Dallas Clinical Manager. I am originally from Fort Worth, TX but moved to the Denton/Lewisville area to attend the University of North Texas. I completed my degree in Kinesiology in 2004 and later received my Masters in the same area of study in 2006 from Texas Woman's University. In my spare time I enjoy reading, watching or attending football games and spending time with my family. I started with CFFL in December 2006, and I have enjoyed working with the organization since the beginning. In being part of the CFFL expansion from Tyler to Dallas, I have had the opportunity to watch the program grow from three locations in the Dallas area to currently having nine. It's rewarding to see how this program impacts the lives of our patients. When I start a new patient and notice their attitude and personality change within a few visits into the facility, I feel a sense

of accomplishment knowing that I helped make that person feel important. I also enjoy seeing the relationships that are developed as a result of being in the program.

Exercising Outdoors

Posted by Liesbet B.

The benefits of outdoor exercise

With technology and information more and more of our time is spent inside. We travel from one box to the next. We sleep inside we eat inside we step into our cars and move to our next compartment all without going outside. There is a growing body of research showing the health benefits of being outside. Speeding the recovery from medical procedures and increasing energy levels to better mental clarity and longer attention span, the list of known benefits is compelling. Our modern lifestyle has developed to the point where going outside has become an "option"; the effects of this are just beginning to be understood.

The benefits of exercise can be summed up as putting more years in your life and more life in your years. The health effects are numerous and lack of exercise is being touted as one of the most significant factors in our burgeoning health care costs. The surgeon general is recommending at least 5 hours of physical activity each week; estimates are that 60% of us fall short of that minimum.

Spending time outside and exercise are both utilized as stress reduction techniques. Either one will boost energy levels and increase one's sense of well being.

The combination is greater than the sum of its parts. Achieving two compatible necessities at once, time is saved. Outdoor exercise tends to encourage more complex movements often performed on varied ground surfaces. This creates a greater development of coordination and the muscles which stabilize the body. Increased strength in movement has a better correlation to life's challenges of carrying kids or running up the stairs than does the isolated muscle strength created through restricted movement patterns.

To get started just open the door and step out. Walk, hike, run, ride a bike, play with your kids, join a soccer league, train for a triathlon, join an outdoor boot camp, the choices are virtually endless. Combined with healthy eating habits you will not only gain health and vitality for yourself but set the example for your family and friends. Happy Trails!



Thanksgiving Holiday



The FitSTEPS for Life ® centers will be closed Thursday, November 27th and will re-open on Monday, December 1st. We hope you have a wonderful holiday and hope to see you soon.

If you would like additional information about our program please call your local office or visit us at www.cancerfoundationforlife.org

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**Until Next Time,
CFFL Staff**