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Volume 1
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H.O.P.E.

Helping Oncology Patients Exercise



Hello! Welcome Back!

Our first newsletter turned out to be a great success! Thanks to all of you who responded so favorably. We will continue to try to keep you as informed as we can with regard to our news as well as "keeping fit".

Here we are, talking about exercise during one of the hottest months of the year. Just the effort it takes to get out into this heat - and then to ask you to exercise? We are however, trying to keep our centers cool. But just in case, maybe there are some exercises you can do at home during these hot months. Ask one of our staff members about what you can do at home with a stretch band and/or a Swiss ball.

We begin each and every day by thinking about our patients and how we can better help them. Obviously one way is to offer more locations so it can be as convenient as possible to get to a center. Not only are the gas prices hurting us, but traffic affects all of us as well. And when it takes 30-40 minutes just to get to a center, it means you have to block off a whole morning or afternoon! Since our last newsletter we have opened two new fitness centers in the Dallas area. One at Presbyterian Hospital and one at our Office address in Richardson. That makes 16 total (8 in Dallas and 8 in Tyler) and we're still growing; we plan to open a location in Duncanville by September 1st! Hopefully one of these locations will be good for you.

Stay cool, and see you soon,
Pam Lisner
Executive Director

In This Issue

[Open House](#)

[Kimmel's Korner](#)

[Cancer Related Fatigue](#)

[Recipe](#)

[Meet Our Staff](#)

[Featured Exercise](#)

[GrandParent's Day Celebration](#)

[5K Coming](#)

Quick Links

[Cancer Foundation for Life](#)

[Join our Mailing List!](#)

Open House



Cancer Foundation for Life® is proud to announce the Grand Opening of our new office and 8th Dallas area exercise center. We will be hosting an **Open House** on Friday, August 22, 2008 from 11:00 a.m. to 4:00 p.m. at 301 S. Sherman St., Ste 113, Richardson, TX 75081.

Kimme's Korner

Treating and Healing

Contemporary oncology has significantly improved the opportunity of patients to be cured or live longer in remission. However, this does not necessarily result in healing.

The rendering of a diagnosis of cancer changes one's life permanently. The realization that life is provisional, that eventually we must all experience the end of life paradigm is initially over whelming. The cancer experience usually results in the reassessment of one's priorities and values. It will certainly influence and frequently changes what is perceived as meaningful in life. Successful treatment results in a cure or remission. Healing achieves the restoration of a cancer survivor to a life of purpose, meaning and hope in the future. Physicians are the most powerful influence in healing cancer patients.

FitSTEPS for Life® partners with the oncologist to enhance the patient's opportunity to experience healing. Together we can empower individuals to participate in becoming well and create relationships with other survivors to encourage living with hope and meaning.

Cancer Foundation for Life® looks forward to partnering with you to improve the cancer experience. Give us a try. Refer your patients and decide for yourself if our program enhances the healing process. Remember it's free.

"Yesterday is a cancelled check. Tomorrow is a promissory note. Today is the only cash you have. Spend it wisely."

We are here to help with "today's" spending.

Gary T. Kimmel, M.D,

A handwritten signature in black ink that reads "Gary".



Cancer Related Fatigue

What is Cancer Related Fatigue (CRF)?

The term cancer related fatigue (CRF) refers to fatigue that is caused by cancer or cancer treatments. It differs from everyday fatigue because it does not respond to rest. It may vary in intensity from person to person, but for some individuals this fatigue is so severe that it significantly decreases their quality of life. It may also be described as "debilitating" meaning it limits one's ability to even accomplish minor daily tasks. These daily activities may become exhausting leaving no energy to do the things you used to enjoy.

How common is it?

It is estimated that 72-90% of all cancer patients report severe and debilitating fatigue and nearly all cancer patients experience some type of fatigue (mild to moderate) at some point. In fact, cancer patients report fatigue as the number one side effect of treatment. It is more prevalent than pain or nausea. However, CRF is not limited to those currently undergoing treatment. Cancer survivors may be affected by CRF even up to 5 years post treatment.

Causes of CRF

There are multiple causes of fatigue. Mental stress, anxiety, pain, or depression may contribute to fatigue. Negative changes in sleep patterns or diet also increase fatigue. Cancer treatments cause fatigue in many ways as well. Cancer treatments are targeted to kill cancer cells, as these cells die they must be removed from the body and this takes energy. Healthy cells are often damaged as well and the body must work hard to repair and regenerate healthy cells. Many chemotherapy drugs inhibit the body's ability to produce red blood cells (RBC). RBC's carry oxygen to muscles and tissues so they can do work. If your supply of RBC's gets too low (a condition called anemia) you will feel fatigued and tire out very easily. If you are taking chemotherapy, your doctor is already checking your blood to see if you might be anemic.

Another cause of fatigue is inactivity. Years ago, doctors would prescribe excessive rest for cancer patients as they endured treatment. This only increased fatigue and decreased muscle mass and endurance causing a downward spiral of deterioration. This not only affects patients physically but also mentally, causing an increase in depression.

Can CRF be treated?

This type of chronic fatigue is suffered silently by many patients and survivors. They feel they should not mention it to their doctor because there is nothing that can be done to help. However, depending on the cause of the fatigue, there are things that can be done to help reduce fatigue and increase quality of life.

How can CRF be treated?

By receiving the H.O.P.E. Newsletter; you either know, or will know the answer to this question. When performing exercises like the ones recommended in the FitSTEPS for Life® program, you are not only doing your body a great service but most likely feeling less fatigued. This program is designed specifically to use low to moderate activity to increase energy, muscle mass, and endurance. However, the most important thing is to remember consistency is the key to feeling less fatigued. By exercising 3 or more days a week you will achieve significant physical and psychological benefit. As always, ask a FitSTEPS for Life® staff member if you have any questions about how to maximally benefit from each exercise session.

Matthew Ebert,
Tyler Clinical Director

**Information above was found on the following websites: www.webmd.com/solutions/chemotherapy-nausea/fodd and www.eurekalert.org/pub_releases/2008-04/cfta-ecc@40908.php

Recipe

Pasta Salad with Sun-Dried Tomatoes & Vegetables

1 pound dried whole grain macaroni shells or dried fusilli
10 oz package frozen peas, cooked according to package and drained well
3 oz. sun-dried tomatoes (not oil packed), rehydrated* and chopped
2 bell peppers cut into julienne strips
1/2 cup plus 2 Tbsp. Reduced-Fat Italian dressing
Salt and pepper to taste



Cook pasta according to package instructions, rinse with cold water and drain well. In a large bowl, combine the pasta with the remaining ingredients. Chill 1 hour covered and serve.

To rehydrate tomatoes: pour boiling water over tomatoes and let stand 20 minutes. Drain and pat dry

Per Serving:

Calories: 392 g

Fat: 5 g

Sodium: 99 mg

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.

Meet Our Staff



My name is **Rachel Bryant**. I grew up in Richardson, Texas where I was on the cross country team and was part of the health science magnet, a program our school offered to students interested in the medical field. I moved to Tyler to attend the University of Texas at Tyler to work on a degree in Health and Kinesiology, which I completed earlier this year. I enjoy being outdoors, traveling to beautiful places, rock climbing, mountain biking, hiking, and attempting to garden. Most days in my spare time I enjoy a cup of tea and a good conversation with a friend or being entertained by my two dogs. I started working for CFFL® in October of 2005 and have enjoyed being in a number of our East Texas clinics over the past few years.

This past June I had the opportunity to start working in our **HOPE Room**, an inpatient clinic on Mother Francis' Oncology and Hematology floor. This particular location is unique in that it serves patients who are going through complications during their cancer treatment that put them in the hospital. With the Cancer Foundation for Life® available right there on their floor they are able to participate one on one with me in which ever conditioning activities they are able to do. From my experience so far in the **HOPE Room**, many of the patients are remarkably determined, positive and encouraging when it comes to having this program available to them. It is very rewarding to be able to go into a new patient's room and offer them a chance to get out of their bed and walk or simply use the stretch-band. I think many of them find this part of their doctor's orders something to look forward to, or at least that's how they feel once they have physically done something good for themselves.

Featured Exercise

FitSTEPS for Life® Exercise of the Month

Walking

I know what you're thinking..."They must have put a lot of thought into this month's exercise. What an innovative group of specialists." However, bottom line, walking is the best overall form of exercise. It's not only good for your heart, bones and lungs, but also helps with balance and posture. Walking is also one of the best forms of stress relief and can help control depression levels. Physiologically, it improves virtually all chronic disease (diabetes, high blood pressure, arthritis, immune system, etc.). Lastly, walking will enable you to not only burn fat, but control weight in general much more efficiently.

OK, before I get off of my soap box I would like to leave you with 3 important tips...

1. **Athletic Shoes:** Having a proper pair of athletic shoes while walking on a treadmill is extremely important. Shoes must have a supportive arch and proper traction to prevent falls. Walking in shoes that do not fit appropriately or have an unsupportive arch can cause discomfort and even injury. Ask a FitSTEPS for Life® staff member if you have any concerns about what type of shoe is most appropriate for you.

2. **Interval Walking:** Interval walking is when an individual walks for a set period of time, takes a break, and then walks again. This may continue for several intervals. I always tell patients, especially when going through a cancer treatment, that there is no benefit to walking 20 minutes all at once versus breaking it down into 4, 5 minute walks. There is also no benefit to wearing yourself down and pushing yourself too hard when a short break is all you need to reenergize.

3. **Progression:** Progression is the idea of continually adjusting the frequency, intensity and duration of your exercise regimen. Basically meaning you should walk a little farther or faster every week or so. This is what enables your body to continue getting stronger and you to continue feeling better. Although ideally you will increase your activity level about about 10% - 20% weekly, everyone is different. The important thing to focus on is how you feel. When getting off a treadmill you should feel slightly exerted, but energized at the same time.

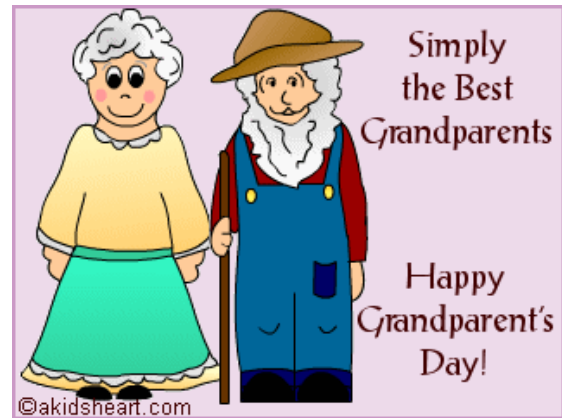


Now who's ready to go for a walk?

Matthew Ebert
Tyler Clinical Director

GrandParent's Day Celebration

Mark it on your calendars and plan to bring your grandchildren to the Rose Garden in Tyler to "Celebrate Life with CFFL" on National Grandparent's Day. Sunday, September 7th from 2-4pm, there will be fun activities for you and your grandchildren to participate in and enjoy. If you would like more information on this event please call 903-561-0149. Look forward to seeing you there!



5K Coming in October

TD Fitness is sponsoring a 5k Run/Walk in Whitehouse, TX. All proceeds will be donated to the Cancer Foundation for Life®! More information will be provided in the next issue of H.O.P.E. Now is the time to start training and get prepared!



For more information about our program, please call your local office!

**P.O. Box 8257
Tyler, TX 75707
(903) 561-0149**

**301 S. Sherman St, STE 113
Richardson, TX 75081
(972) 664-0523**

**Until Next Time,
CFFL Staff**

CFFL Mission Statement

Cancer Foundation for Life® is a non-profit organization dedicated to enhancing the quality of life for individuals living with cancer by providing physical conditioning and support programs in the home, hospital and affiliated community centers.

CFFL Vision Statement

Proactive health care initiatives, such as the Cancer Foundation for Life®, have the potential of saving millions of health care dollars as well as improving the quality of life. As Foundation funding permits, CFFL activities will expand to include other disease entities as well as providing programs to promote health and prevent disease.