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H.O.P.E.

Helping Oncology Patients Exercise



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**Hello! Welcome to the first edition of our new newsletter,
H.O.P.E.**

As most of you know, the Cancer Foundation for Life® (CFFL) is a non-profit organization dedicated to improving the quality of life for cancer survivors. We offer an individualized comprehensive exercise program (FitSTEPS for life™) for all cancer survivors. We believe (and statistics now show) that exercise not only reduces the side effects of chemotherapy, like nausea and fatigue, but it significantly improves most existing diseases, such as heart disease, pulmonary diseases, obesity and arthritis. **In addition, it can actually improve the survival rate for breast and colon cancer patients for up to 50%!! WOW!!**

All this and it's **FREE OF CHARGE** to all cancer survivors with no limitations as to how long they can participate! There is no other organization in the country like ours and since our inception in 2001 we have opened fourteen (14) fitness centers in East Texas and the Dallas Metroplex. We have provided services to over 4,000 individuals resulting in over 65,000 individual exercise sessions (duplicated). AND, we are still growing! We have included in this first newsletter a map showing the locations of all our fitness centers. Find one close to you and go take a look. You'll love it!

This newsletter is but the beginning of our continued communication with all of you and we sincerely hope you enjoy seeing what we have put together for you.

See you soon,
Pam Lisner
Executive Director

If you are interested in receiving our newsletter electronically,
please send an email to Cancerlife@sbcglobal.net
or call the office at (903) 561-0149.

Kimmel's Korner

Human Being

It is fitting that we talk about *human being* in our inaugural news letter. The physician's relationship with *human beings* is the essence of the practice of medicine. Through this relationship, the physician achieves healing of his stricken patient. Teleologically it is given that we are all human. It is **being** that is unique to each individual. **Being** represents the experience of the now. **Being** is composed of emotion (love, hate, bitterness, joy) relationships, friends, family, vocation, hobbies, sexuality and theology (i.e. our moment to moment living experience). **Being** is shaped by the past, present and hope in the future. It is our **being** that is eternally influenced and potentially seriously compromised by the diagnosis of cancer. Instantaneously our **being** becomes provisional. For many cancer survivors **being** becomes existing as a victim, anxiously pondering one's uncertain future. Through CFFL'S conditioning program, *FitSTEPS for Life™*, cancer survivors are empowered to participate in their healing, develop new relationships and attain support and encouragement from other survivors. This provides the opportunity and freedom of choosing a new being - a life of meaning and hope for the future.

Regardless of the magnitude of debilitation, whether just being diagnosed, in relapse or in remission, we look forward to collaborating with you to improve the patient's cancer experience.

As Elizabeth Kubler-Ross stated "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, that we begin to live each day to the fullest , as if it was the only day we had".

FitSTEPS for Life™ provides the resources to help patients™ achieve their quest for living each day to the fullest.

Gary T. Kimmel, M.D.

Meet Our Staff



My name is Lindsay Grubbs and I am the new Clinical Manager for the Cancer Foundation For Life®. I was born in Dallas and raised in Houston. In Summer of 1997 I moved to Longview where I attended Longview High School and spent most of my time playing tennis and working at The Cotton Patch Café. I graduated in 2002 and moved to Tyler to attend college. I attended Tyler Junior College for my first two years and then transferred to the University of Texas at Tyler to complete my BA in Health and Kinesiology. While attending college, I spent my time working at Applebee's as a server for five years and pledged Delta Gamma as part of the founding members and took the role as the first V.P. of Finance. I am currently President of the Delta Gamma Tyler/Longview Alumni group.

In my spare time, I like to play tennis, swim, play with my two dogs, read and see a good movie. I am currently teaching myself ASL (American Sign Language) and to play the guitar. In the future, I would like to volunteer to teach deaf children to swim and play tennis. I began working with CFFL in October of 2005 and have enjoyed working at many of our East Texas locations. As Clinical Manager, I spend my time helping to get new participants started in our program, managing our Athens location, scheduling and training volunteers and I am currently developing and implementing our new Team Exercise Program. I am excited about our continued growth and the ability to reach out to those in the community.

Treating Prostate Cancer with Resistance Training

Androgen deprivation therapy is a common treatment in men with prostate cancer that may cause fatigue, functional decline, increased body fatness, and loss of lean body tissue. These physical changes can negatively affect health-related quality of life. **Resistance exercise may help to counter some of these side effects by reducing fatigue, elevating mood, building muscle mass and reducing body fat.**

Methods: In a two-site study, 155 men with prostate cancer who were scheduled to receive androgen deprivation therapy for at least 3 months after recruitment, were randomly assigned to an intervention group that participated in a resistance exercise program three times per week for 12 weeks (82 men) or to a waiting list control group (73 men). The primary outcomes were fatigue and disease-specific quality of life as assessed by self-reported questionnaires after 12 weeks. Secondary outcomes were muscular fitness and body composition.

Results: Men assigned to resistance exercise had less interference from fatigue on activities of daily living and higher quality of life than men in the control group. Men in the intervention group demonstrated higher levels of upper body and lower body muscular fitness than men in the control group. The 12-week resistance exercise intervention did not improve body composition as measured by changes in body weight, body mass index, waist circumference, or subcutaneous skin folds.

Conclusion: Resistance exercise reduces fatigue and improves quality of life and muscular fitness in men with prostate cancer receiving androgen deprivation therapy. This form of exercise can be an important component of supportive care for these patients.



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Enjoy!

Cheesy Chicken & Rice Casserole

1 can Campbell's Cream of Chicken
1 1/3 cups water
1/2 tsp. onion powder
2 cups fresh or frozen vegetables
3/4 cups uncooked brown rice
4 skinless, boneless chicken breast halves
1/2 cup shredded, low-fat cheddar cheese



Stir soup, water, rice, vegetables and onion powder in a 12" x 8" shallow baking dish. Top with chicken. Season the chicken as desired and cover. Bake at 375° for 45 min. or until done. Top with cheese.

Makes 4 Servings
Per serving (1 cup)
Calories:366
Sodium:560 mg
Fat: 10 g

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 and if you would like more information please call our office at (903) 561-0149.

New Center in Richardson



The Dallas Metroplex will be getting another FitSTEPS for Life™ location in August of 2008! Along with a new exercise location, our business office is scheduled to open in a prime location at 301 S. Sherman Street, which is conveniently located off of North Central Expressway and Belt Line Rd! We look forward to welcoming current and new participants to our program! If you would like more information about the location please call (972) 664-0523.

Celebration for Life

The Dallas Centers celebrated a Patient Appreciation Day on May 15th at our Garland center. Sarah White, Clinical Director and Tameika Masters, Clinical Manager, planned and hosted the delightful function. Approximately 25-30 people were in attendance with cookies and drinks for all. Dr. Kimmel gave a brief talk about CFFL and then showed our newest DVD. The group was very responsive to the FitSTEPS for Life™ program and thanked us for everything the program has and is doing for them.



Volunteer Appreciation Month



To show our appreciation for all of the hard work our volunteers provided for us during the 2007 year, we celebrated our first annual National Volunteer Week luncheon on May 1st at the Cancer Foundation for Life office. Volunteers from many of the East Texas locations attended and enjoyed lunch while sharing their experiences with our foundation. Awards were given as a special thanks and **Nick Rognlie** was awarded the **Volunteer of the Year** award for his many hours of dedication and supportive and caring attitude. We are looking forward to next year's celebration and everyone who volunteers is invited, so if you have any spare time and would like to help out with our program, please contact Lindsay Grubbs at 903-561-0149.

National Cancer Survivor Day Celebration

CFFL held their National Cancer Survivors Day Celebration on June 1st at First Christian Church in Tyler. This wonderful event, attended by over 100 cancer survivors and their families, was planned by staff member Cindy Azghani as well as volunteer Marcie Toups. Special thanks to Tom Mallory and the Texas Swingers for providing musical entertainment and dancing. Thanks also to the survivors who attended. For you, everyday is a celebration and we appreciate you allowing us to be at your party.



For more information about our program please call your local Office.

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

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**Until Next Time,
CFFL Staff**

