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H.O.P.E.

Helping Oncology Patients Exercise



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CFFL
P.O. Box 8257
Tyler, TX 75711

Hi Everyone,

Well, it seems as though "Fall" is actually here...though we are probably not through with warm weather. And with the fall brings "back to school". Now that children are back in school, and vacations are over, maybe you can make some time for yourself; perhaps even get back into a routine you have missed like...exercising?

At least as the weather cools off it will be more comfortable to just take a walk.

For some of us, exercise is just a chore; a mean to an ends. But to cancer survivors it can mean so much more. Sometimes it can mean the difference in whether or not a father has the energy to go to his son's football game, or if a mother feels like fixing a family meal, or even if a grandmother has the stamina to baby-sit her grandchild for a few hours. None of us want to miss out on the things that involve our loved ones, and moderate exercise three times a week can help our patients with any phase of their disease. Whether they are in the first stages of chemo or radiation, or in remission, exercise can and will help you feel better. Our goal is to make exercise for cancer patients just an extension of their treatment.

So now that the weather is cooling off some, and the children are back in school, maybe we can get more enthused about exercising. Determine that you are going to do something for yourself. Get back into your routine. Get up, get out, go exercise or go for a walk!

See you soon,

A handwritten signature in black ink that reads "Pamela Lisner".

Pamela Lisner
Executive Director



New Location

To better serve our patients, Cancer Foundation For Life® is happy to announce the opening of our 9th location in the Dallas area. It will be housed inside the Cancer Institute of Dallas, located at 310 E. Highway 67 in Duncanville, TX. We would also like to welcome Roosevelt Brown who will be the clinical staff for this new Duncanville location. The Duncanville hours of operation will be Mon-Fri, 9:00 a.m. - 3:00 p.m. Please contact the Dallas Area office at (972) 664-0523 for more information about our program or to schedule an appointment.

Join Our
Mailing List



Monthly Newsletter

If you would like to continue receiving our monthly newsletter please provide us with your email address so we can send it to you electronically. You can contact the office or a staff member at a center. If you do not have an email address but would still like to receive our newsletter monthly please let us know.

Doctor's Corner

Cancer and Exercise: The Gift of Control and Self-Determination

by Dr. Debu Tripathy

There is no greater gift that can be given to a cancer patient than to have some control over their destiny. A diagnosis of cancer sets off a chain reaction of physical and emotional turmoil - a runaway roller coaster of tests, results, treatments, setbacks and soul searching. I uniformly hear my patient's state that loss of control puts them forever on the defensive without knowing what is around the corner.

Reestablishing control is generally felt to be in the hands of the care team - ordering scans and prescribing cancer treatment procedures and drugs. But what can the patient do? After all, self determination and action represent a great recipe for control. Lifestyle is the one domain where a patient can be the driver in re-establishing control over their life and disease.

Physical activity and exercise were once considered the domain of the healthy - those unaffected by major illness. Conditioning was reserved for athletes or young professionals who wanted to be at the top of their games. That is all changing. Initially it was a trickle of reports and publications linking exercise to improvements in well being and quality of life among cancer patients. Then associations between exercise and improved survival for different types of cancer began to emerge. Now an avalanche of evidence is forcing the medical profession to establish new guidelines and recommendations for physical activity and exercise, although there is still a call for formal controlled studies to identify exactly who benefits and how much.

Exercise does not come in a pill or intravenous solution. There is no medical department devoted to developing individualized exercise programs for cancer patients and most insurance companies offer no reimbursement. At the current time, it is up to the individual with cancer, their physician, and whoever else is available to help to fashion an activity regimen and maintain the motivation, time, monitoring and financial resources necessary. In 2001, Gary Kimmel, a medical oncologist founded the Cancer Foundation for life CFFL, an exercise program that devises and implements an individualized program for just about every situation and provides expert instruction, supervision, a non-clinical range of locations and a wide range of equipment and accessories. CFFL has expanded from Tyler/East Texas to Dallas and has recently begun to formally measure functional indices over time.

That was enough to convince me to join the Board of Directors of CFFL. As a medical oncologist focusing on breast cancer care and research, I could not find a better civic organization to champion. It addresses an unmet need, it puts the cancer patient back in control, it promotes and provides a healthy lifestyle change, it is blind to the patients background and it strives for continual improvement and collaborations with clinical and research organizations. In an age of space-age imaging, biologically targeted drugs and robotic microsurgery, a simple regular walk on a treadmill or stretch routine with a Swiss ball as part of a customized program can greatly enhance the overall cancer treatment plan and make the patient an active and engaged participant in the overall process.

It is elegant and simple - and effective! And the patient is back in control.

Debu Tripathy, M.D.

Member, Board of Directors, CFFL
President and CEO, Physicians' Education Resource
Clinical Professor of Internal Medicine, University of Texas
Southwestern Medical Center



Recipe

Chunky Chicken Noodle Soup

2 tsp. olive oil
1 medium onion, chopped
1 cup chopped carrots
1 cup chopped celery
1 garlic clove, minced
3 Tbsp. whole grain flour
1/2 tsp. dried oregano
1/4 tsp. dried thyme
1/4 tsp. poultry seasoning
3 cans fat-free, less-sodium chicken broth
1/2 tsp. salt (omit on low salt diet)
2 1/2 cups peeled baking potatoes
2 cups diced roasted chicken
1 (12oz) can evaporated milk
2 cups whole grain wide egg noodles
Thyme sprigs (optional)

Heat oil in Dutch oven over medium high heat. Add onion, celery, carrots and garlic, sauté for 5 minutes. Sprinkle flour, oregano, dried thyme and poultry seasoning over veggies; cook 1 minute. Stir in broth, potato and salt. Bring to boil, reduce heat and simmer partially covered for 25 minutes until potatoes are tender. Add chicken, milk and noodles and cook 10 minutes until noodles are tender. Garnish with thyme sprigs, if desired. Makes 8 servings

Per Serving (1 cup)

Calories: 240 g

Fat: 4.5 g

Sodium: 667 mg

Calcium: 161mg

Cholesterol: 46 mg

Fiber: 2.3 g

Carbohydrates: 30.2 g

Protein: 17.3 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. If you would like more information please call our office at (903) 561-0149.

Featured Exercise

Elliptical Cross Trainer

The elliptical cross trainer, also known by many of you as the "transformer", "monster" and my personal favorite, the "elliptibug," is a low impact cardiovascular machine. The characteristics of this machine enable those requiring little added force on their joints to continue getting an aerobic workout. It's not only a great way to add variety to your exercise sessions but is an excellent complement to the treadmill or pedometer walking.

Although the elliptical doesn't provide a high impact type of exercise, it is considered weight-bearing and stimulates bone cell growth, helping to ward off osteoporosis. Also, elliptical's can give you a total body workout due to their dual-action upper body arm and foot pedal capabilities. One more benefit of these pedals is that the resistance can be altered, allowing you to easily progress yourself by changing the difficulty of your workout. Remember, when beginning an exercise program you must raise the intensity of your workout at least 10% weekly to maximize your potential benefit.

Another advantage of the elliptical is the opportunity to move in both a forward and backward motion. This enables you to target different muscle groups, rather than simply moving in a forward motion.

Lastly, don't be intimidated by this machine. Ellipticals can be a bit overwhelming to look at. However, once you get used to them they are easy to maneuver and most agree pretty fun to use. Much like walking, they will improve balance, core muscle strengthening and certainly heart and lung function.

So who should use the elliptical machine?

°Anyone whose physician has prescribed it due to hip, knee, or other joint disease or joint replacement.

°Those whose physician has prescribed it due to a recent lower body surgery.

°Anyone looking to add variety to their exercise session.



Although the elliptical should not replace the treadmill and pedometer walking, it is an excellent addition to any exercise program

"Celebrate Life Event"



On September 7th, National Grandparent's Day, CFFL hosted a community wide celebration for grandparent's and their grandchildren. The event was held in Tyler, Texas with approximately 100 in attendance. There were six different crafts for the grandparent's and their grandchildren to make and they consisted of ties, bookmarks, mask, magnets, pinwheels and picture frames. They also participated in a cake walk and face

painting for the children. The children had smiles put on their faces from Shriner's Clowns that came to entertain and make them laugh. We also had a wonderful magic show put on by local magician, Kornpop, who could make just about anything you can imagine out of balloons. This was our way of "giving back" to our community for all the support our patients, volunteers and donors give us on a daily basis. Thank you to all the staff, board members and volunteers for donating their time and effort to make this celebration a success. We couldn't have done it without you! This event will now be an annual event, so if you missed it this time, just wait until next year!

Meet Our Staff

My name is Sarah White, and I am the Clinical Director for Cancer Foundation For Life® in the Dallas locations. I grew up in Los Alamos, NM, which, for those of you who don't know, is on top of a beautiful mountain. Most of my life was spent playing outside: riding bikes, hiking, climbing, or playing in the snow. I still enjoy being active, although my activities have changed over the years. I am currently training for the Walt Disney World Marathon in 2010, and I am also training for the Breast Cancer 3-day, a 60 mile walk that raises money for breast cancer research and screenings. Other hobbies include cats, of which I have ten, and collecting PEZ.



I joined CFFL in January of 2007, after completing my Masters degree in Kinesiology/Sports Administration. I saw this program as a means by which to not only use my educational background, but more importantly as a way to help people change their lives. Exercise is so vital to us all, and having the opportunity to see the changes that occur in people is the most rewarding aspect of this type of work.

Volunteer Spotlight

In this month's issue of H.O.P.E. we wanted to spotlight our gratitude for the volunteers for Cancer Foundation For Life® (CFFL). These days people are so busy with work, family and everyday life, many find it hard to imagine volunteering. So why do people do it? "I find it enjoyable to help others who have been through similar experiences" says volunteer Nick Rognlie. Susan Smith states that "The blessings I have received from volunteering for CFFL far outweigh the small amount of time given and best of all, real friendships are developed."

Volunteers play many important roles within our foundation. Some are in centers helping to motivate participants and assist staff members, while others help in the office with clerical duties or projects. Our generous volunteers also assist at events such as the Grandparent's Day Celebration that was recently held at the Tyler Rose Garden.

Many of our volunteers began as participants in the program and could see firsthand the important role volunteers held. Susan says, "Patients appreciate those who genuinely care about them and their individual situation. They also need encouragement to continue to exercise which not only benefits them physically, but emotionally as well. Sometimes it is difficult, because they may not feel well, but a truly interested person can assist them in accomplishing their personal goals."

Running a successful non-profit organization without volunteers is impossible. The work our volunteers contribute is truly invaluable. The FitSTEPS For Life® program would not be where it is today without them. Participants can see and appreciate the hard work, dedication and caring attitude that each of our volunteers have to offer. If you are interested in volunteering at one of our locations or offices, please contact Lindsay Grubbs regarding East Texas locations at 903-561-0149 and Tameika Masters about the Dallas locations at 972-664-0523.

We look forward to working with you in the future!



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

East Texas Office

P.O. Box 8257

Tyler, TX 75711

903-561-0149

Dallas Area Office

301 S Sherman St, 113

Richardson, TX 75081

972-664-0523

**Until Next Time,
CFFL Staff**

