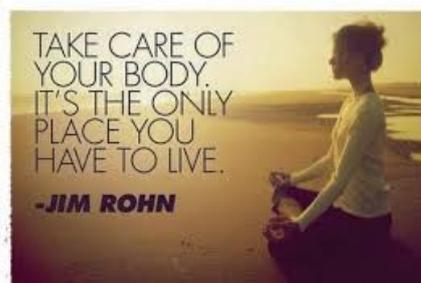


JUNE NEWSLETTER—CANCER EXERCISE REHABILITATION



This Issue

From the Editor	P. 1
Exercise for Cancer rehab	P. 2
Cancer and nutrition	P. 3
Meditation and Cancer	P. 4
Gym/Pilates/Physio Specials	P. 4



Editorial...

This edition we are shining a light on the importance of exercise for people diagnosed with or recovering from cancer. There is strong evidence that exercise can make a difference to the quality of life and outcomes of treatment—we feel it is important that people are educated about the difference exercise can make and that safe and effective exercise is available to those who need it. We have a new in-house gym available for clients to use and an exercise physiologist on staff to assess clients and supervise programs for cancer exercise rehab.

We have some amazing packs on sale this month as well for anyone wanting to start Pilates or embark on a program with Lisa our new exercise physiologist.

Have a great month—Julès

5 reasons Australia needs Cancer Exercise Rehabilitation

Exercise after cancer is associated with a reduction in cancer related death by up to 50%

Exercise may also reduce the risk of cancer recurrence by up to 35%

Exercise is the number one treatment for the most common and debilitating side effects of cancer – cancer related fatigue

Exercise is also helpful in remedying numerous other treatment side effects including reducing depression, preventing lymphedema and improving fitness and strength

There is emerging data that exercise during toxic cancer treatment can improve the effectiveness and completion rates of chemotherapy

YET.....

For the estimated 400,000 cancer survivors in Australia, most will not have access to critical exercise based rehabilitation programs.

At Revive we want to make sure those within our community needing cancer exercise rehab have access to this critical part of cancer treatment. Our new Exercise Physiologist, Lisa Fox has a special interest in cancer rehabilitation and can develop an exercise program specific to the needs of each patient. We have a wonderful introductory offer on this month to ensure access to Lisa's expertise is affordable with a 60% off three one hour consults with Lisa. Following this we are offering packs of exercise classes and small groups with Lisa also at reduced prices.

This is the time to take action for either yourself or a loved one to make sure you maximize your chances of survival, improve the quality of your life during and after chemotherapy and lessen the chance of a recurrence of cancer.

WHAT EXERCISE IS BEST FOR CANCER REHAB

Is physical activity beneficial for cancer survivors? What does the research tell us?

Research indicates that physical activity may have beneficial effects for several aspects of cancer survivorship—specifically, weight gain, quality of life, cancer recurrence or progression, and prognosis (likelihood of survival). Most of the evidence for the potential benefits of physical activity in cancer survivors comes from people diagnosed with breast, prostate, or colorectal cancer.

- **Weight gain.** Both reduced physical activity and the side effects of cancer treatment can contribute to weight gain after a cancer diagnosis. In a cohort study (a type of epidemiologic study), weight gain after breast cancer diagnosis was linked to worse survival. In a 2012 meta-analysis of randomized controlled clinical trials examining physical activity in cancer survivors, physical activity was found to reduce both body mass index and body weight.
- **Quality of life.** A 2012 Cochrane Collaboration systematic review of controlled clinical trials of exercise interventions in cancer survivors indicated that physical activity may have beneficial effects on overall health-related quality of life and on specific quality-of-life issues, including body image/self-esteem, emotional well-being, sexuality, sleep disturbance, social functioning, anx-

ety, fatigue, and pain. In a 2012 meta-analysis of randomized controlled trials examining physical activity in cancer survivors, physical activity was found to reduce fatigue and depression and to improve physical functioning, social functioning, and



mental health.

- **Recurrence, progression, and survival.** Being physically active after a cancer diagnosis is linked to better cancer-specific outcomes for several cancer types.
- **Breast cancer:** Consistent evidence from epidemiologic studies links physical activity after diagnosis with better breast cancer outcomes. For example, a large cohort study found that women who exercised moderately (the equivalent of walking 3 to 5 hours per week at an average pace) after a breast cancer diagnosis had approximately 40% to 50% lower risks of breast cancer recurrence, death from breast cancer, and death from any cause compared with more sedentary women. The potential physical activity benefit with regard to death from breast cancer was most apparent in women with hormone receptor-positive tumors.

Another prospective cohort study found that women who had breast cancer and who engaged in recreational physical activity roughly equivalent to walking at an average pace of 2 to 2.9 mph for 1 hour per week had a 35% to 49% lower risk of death from breast cancer compared with women who engaged in less physical activity.

- **Colorectal cancer:** Evidence from multiple epidemiologic studies suggests that physical activity after a colorectal cancer diagnosis is associated with reduced risks of dying from colorectal cancer. In a large prospective cohort of patients with colorectal cancer,

those who engaged in leisure-time physical activity had a 31% lower risk of death than those who did not, independent of their leisure-time physical activity before diagnosis.

- **Prostate cancer:** Limited evidence from a few epidemiologic studies has suggested a possible link between physical activity and better outcomes among men diagnosed with prostate cancer. In one study, men with nonmetastatic prostate cancer who engaged in vigorous activity for at least 3 hours per week had a 61% lower risk of death from prostate cancer compared with men who engaged in vigorous activity for less than 1 hour per week. Another study of men with localized prostate cancer found that higher levels of physical activity were associated with reduced overall and prostate cancer-specific mortality.

Findings from epidemiologic studies cannot completely exclude reverse causation as a possible explanation of the link between physical activity and better cancer outcomes. That is, people who feel good are

NUTRITION AND CANCER Why eating well is important



Eating well has many benefits for your health and wellbeing. It helps you have more energy and strength, helps you achieve or maintain a healthy weight, improves mood and helps prevent or reduce

The practice of mindfulness in cancer patients

the risk of some conditions, such as cardiovascular disease, type 2 diabetes and even some cancers.

What should I eat?

The Australian Dietary Guidelines provide general information about what you need to eat and how much. They were developed by the National Health and Medical Research Council (NHMRC). The guidelines include five key principles:

Achieve and maintain a healthy weight by being physically active and choosing amounts of nutritious foods and drinks to meet your energy needs.

Enjoy a wide variety of nutritious food from the five food groups every day: plenty of vegetables of different types and colours, and legumes/beans; fruit; grains, mostly wholegrains, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley; lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans; and milk, yoghurt, cheese and/or alternatives, mostly reduced fat.

- Limit your intake of alcohol and food containing saturated fat, added salt and added sugars.
 - Encourage and promote breastfeeding.
- Care for your food; prepare



Cancer can certainly make it be difficult to be present and feel engaged in what is happening.

And for patients who have been diagnosed with advanced cancer or facing end-of-life issues, their mind can be so full of worry and stress, they struggle to



be present and aware of the time they have right now.

Fortunately, there have been many advances in the treatment and management of a cancer diagnosis, and patients are finding alternative ways to cope with both the physical and emotional challenges that come with this disease.

In recent years, more people have recognized mindfulness and mindfulness training as a way to decrease stress and increase psychological functioning with cancer patients. A 2011 study found that most participants expressed a number of perceived positive effects after participating in the mindfulness program including increased calm, enhanced sleep quality, more energy, less physical pain, and increased well-being. These findings show that through mindfulness, you may be able

to enhance your capacity to handle the life stresses that affect the body's ability to heal.

Micki Fine, M.Ed, L.P.C., a psychotherapist and certified mindfulness teacher, describes mindfulness as a practice that is about living life as if it matters, to pay attention with kindness and respect to moment-to-moment experience, no matter how seemingly mundane. "A cancer diagnosis brings an

awareness of the preciousness of life," Fine explains. "And mindfulness can help us to experience that precious life with greater clarity, balance, and gratitude, one moment at a time."

One of the many benefits of practicing mindfulness is that it can promote healing, both physically and emotionally/psychologically. By helping to regulate emotions and allowing a patient to work with the physical pain in the body, mindfulness has helped bring a sense of peace to many people living with cancer. "Mindfulness is not a cure for cancer but certainly can contribute to the overall well-being of the body," Fine says.

Elizabeth Revis, who was diagnosed with a rare form of ovarian cancer in 2016, has found that the practice of mindfulness helps her feel more present and

in the moment. "I have extreme insomnia and between the pain, the uncertainty of the future, and all the "what ifs," sleep is near impossible," Revis says. "Deep breathing and focus have really helped me to relax, as well as spending time reading books on mindfulness. Just the word itself is calming—like a blanket and hot cup of tea for your brain."

"The very word 'cancer' can elicit difficult thoughts and painful emotions," Fine says. "If you're like many people with a cancer diagnosis, you might experience thoughts about a future with cancer: thoughts of pain, loss, and even shortened life. These thoughts can be very stressful and contribute to physical and emotional suffering."

However, Fine believes that it is actually the reaction or relationship to the thought that makes things stressful.

Through mindfulness, you can become more aware of thoughts instead of trying to deny or change them. "The informal practice of mindfulness can help you to take a breath, come into the moment, and wake up to thoughts and feelings," Fine explains. "This interrupts the reactive pattern and adds a pause between the stimulus (a thought, emotion or sensation) and your reaction to it (believing it, feeling anxious or self-critical), thereby giving you greater freedom to make skillful choices about how to respond."

Exercise Physiology Packs

INITIAL ASSESSMENT AND PROGRAM WITH EXERCISE PHYSIOLOGIST, PLUS 2 MORE ONE ON ONE HOURS (60% OFF)

\$168



ADD ON...

10 PACK PILATES GROUP WITH EXERCISE PHYSIOLOGIST

*MAX 4PER CLASS

*ON SET DAYS

HEALTH FUND REBATES MAY APPLY TO EP SERVICES

\$250

ADD ON...

10 PACK GYM SUPERVISED BY AN EXERCISE PHYSIOLOGIST

*MAX 8PER CLASS

*ON SET DAYS

NO GYM FEES OR CONTRACTS

\$150



Pilates/Physiotherapy combo packs

PACKAGE INCLUDES:-

INITIAL PHYSIOTHERAPY CONSULTATION (45MIN)

INITIAL PILATES ASSESSMENT AND PROGRAM (1HR)

2 X ONE ON ONE PILATES SESSIONS (1HR EACH)

2 X STANDARD FOLLOW UP PHYSIO CONSULTATIONS (1/2HR EACH)

3 X GROUP PILATES SESSIONS

TERMS AND CONDITIONS APPLY

\$620

Staff profile

NAME: GLEN

Q: HOW LONG HAVE YOU WORKED AT REVIVE?

A: GOING ON 5 YEARS

Q: WHAT IS YOUR ROLE?

A: PILATES AND GYM INSTRUCTOR

Q: WHAT IS YOUR FAVOURITE EXERCISE ?

A: I'M ENJOYING STRENGTH TRAINING WITH FREE WEIGHTS IN REVIVES NEW GYM SPACE. COME AND JOIN ME!

Q: WHAT IS YOUR FAVOURITE FOOD?

A: SMASHED BROCCOLI AND CRUMBED SEA PERCH AT THE MOMENT. JUST KIDDING. GRILLED HALLOUMI. I HAVE A CHEESE ADDICTION.

Q: WHAT IS YOUR FAVOURITE THING TO DO OUTSIDE OF WORK?

A: HANGING OUT ON THE BEACH WITH MY DOG SUSAN.

Q: WHAT IS YOUR SOAPBOX TOPIC?

A: STAR WARS THE LAST JEDI WAS A GREAT FILM! I DON'T CARE WHAT ANYONE SAYS.

