

The Role of Exercise in Cancer Care: Current Evidence and Future Directions

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A “Pill” That Reduces:

CANCER RECURRENCE



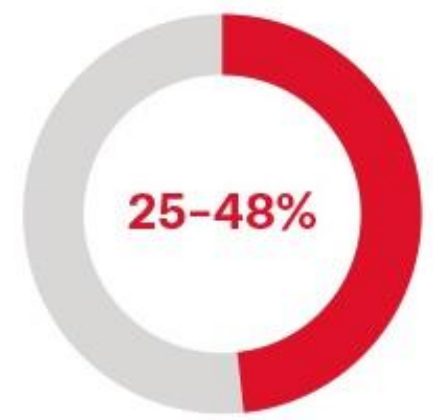
Hazard ratios from meta-analysis studies range from 0.79 [0.63–0.98] (n = 21,647) to 0.65 [0.56–0.75] (n = 38,560)

CANCER MORTALITY



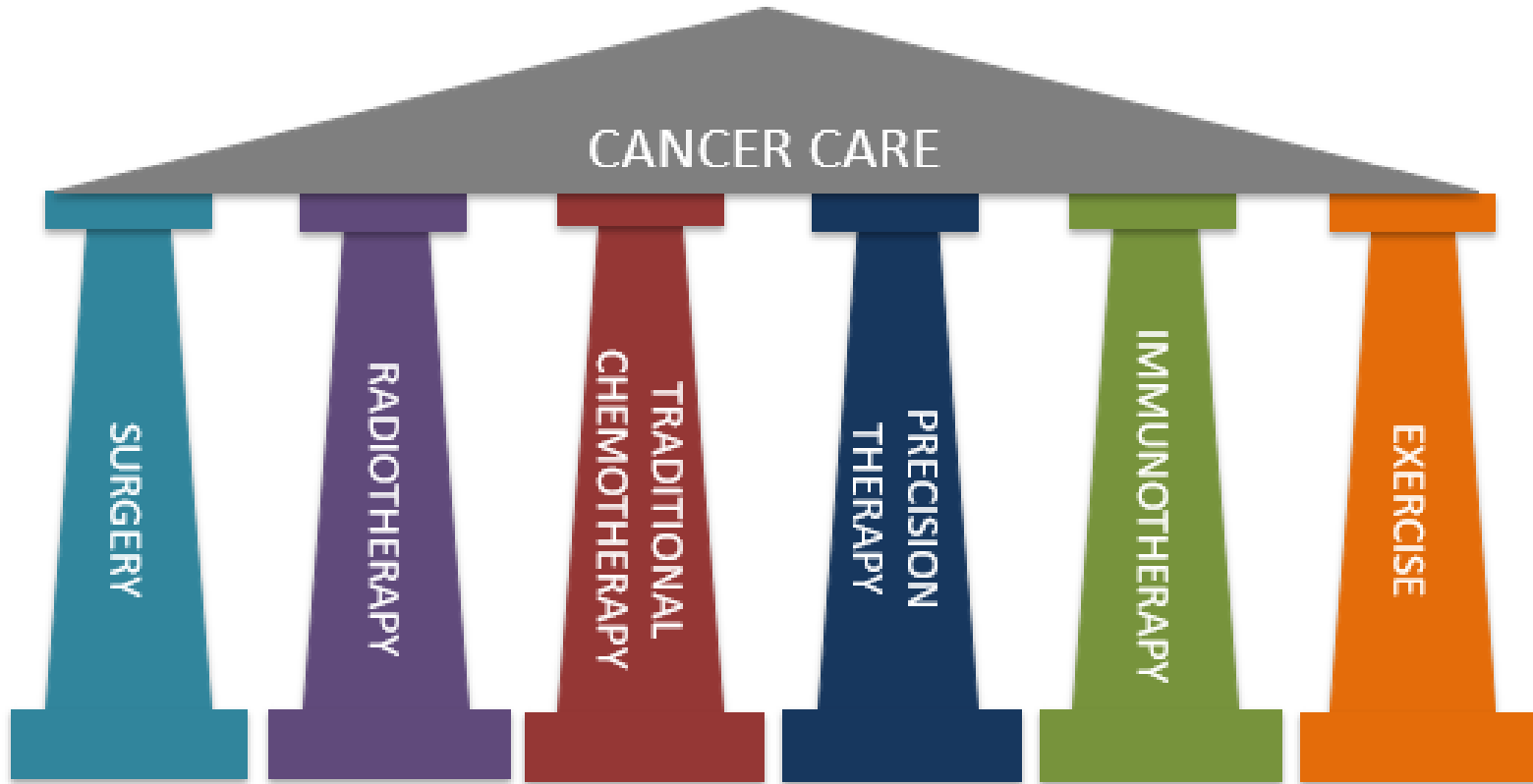
Hazard ratios from meta-analysis studies range from 0.72 [0.60–0.85] (n = 21,382) to 0.56 [0.38–0.83] (n = 10,470)

ALL-CAUSE MORTALITY

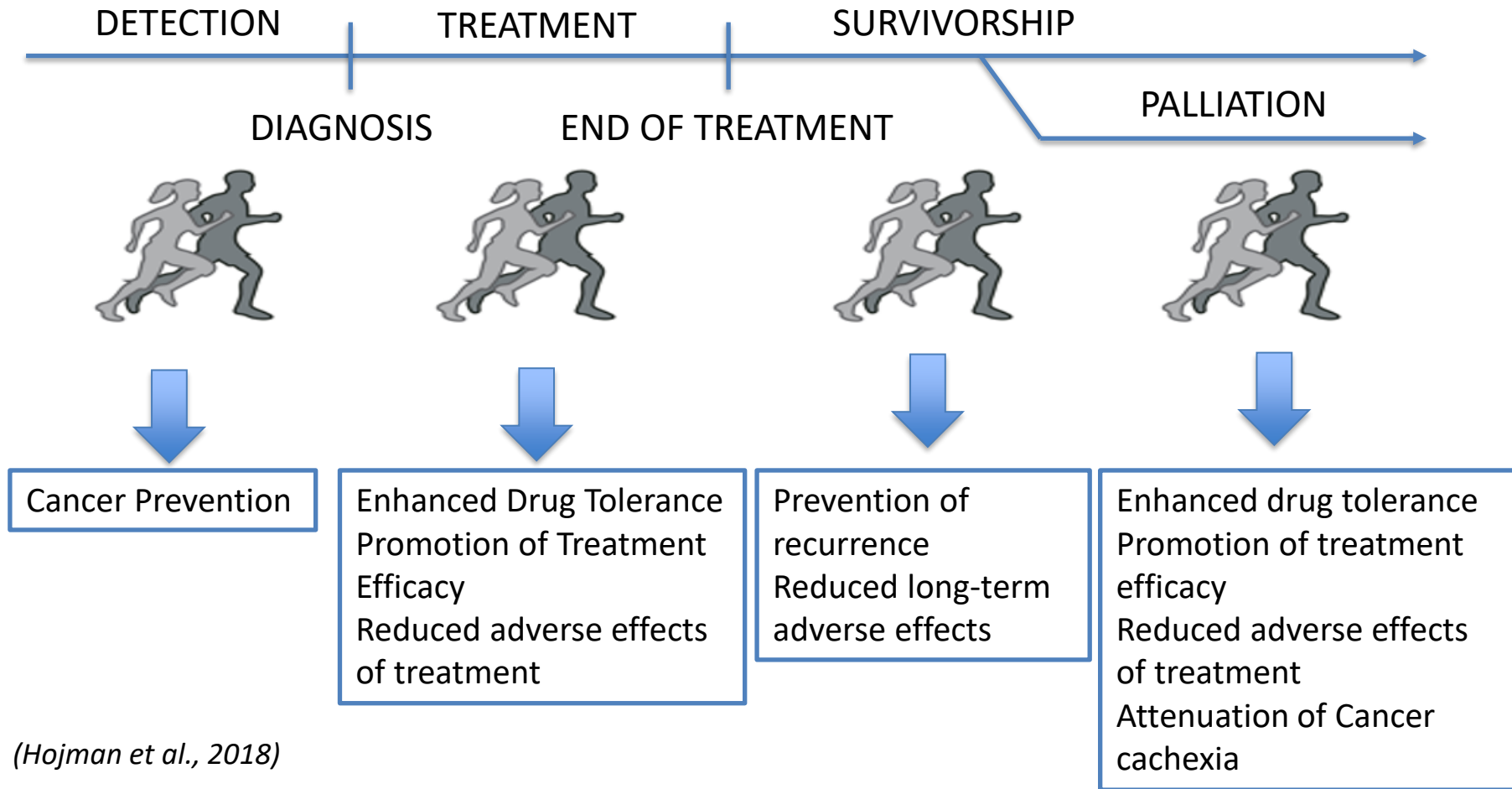


Hazard ratios from meta-analysis studies range from 0.75 [0.62–0.87] (n = 2379) to 0.52 [0.43–0.64] (n = 21,647)

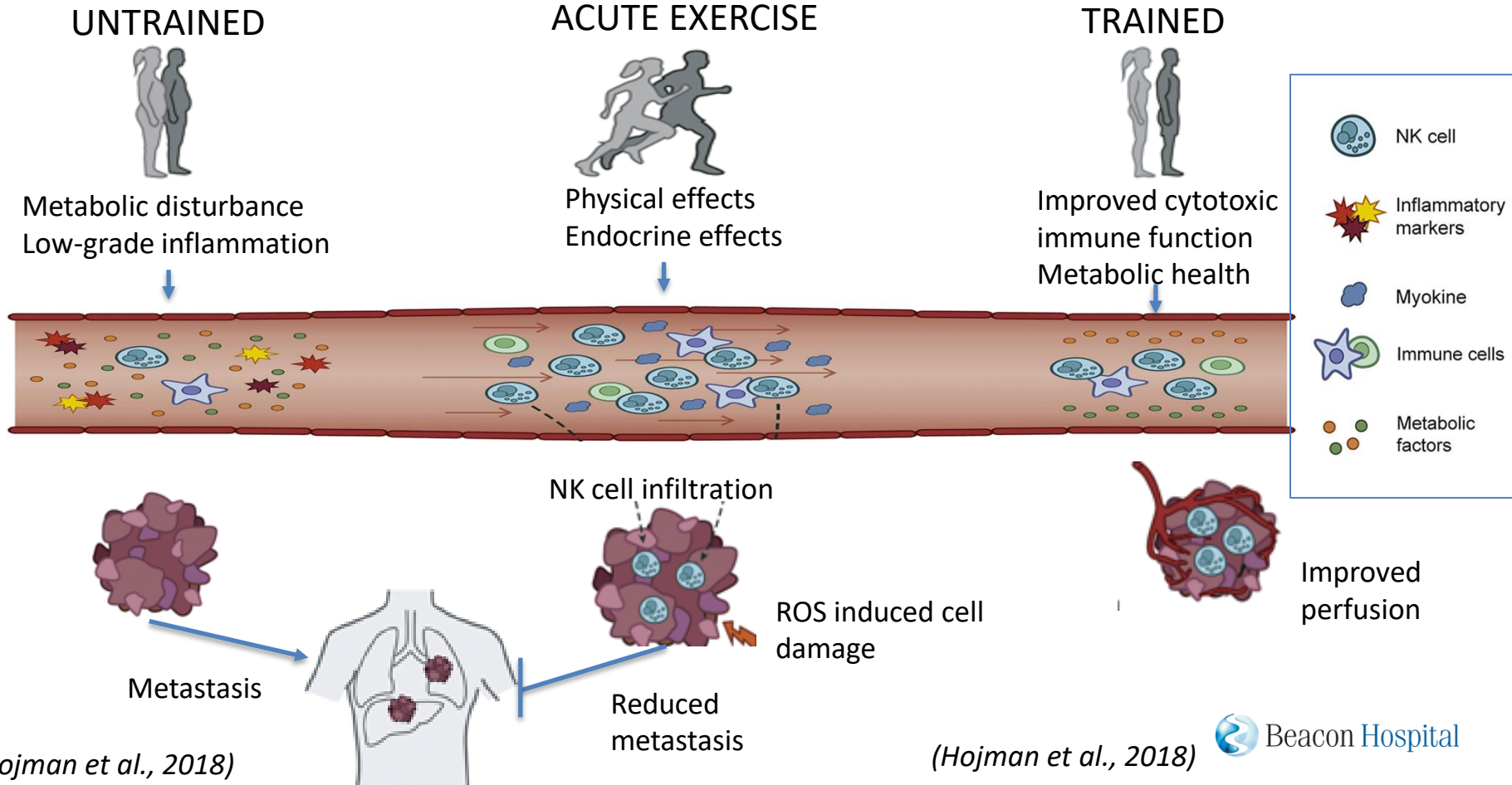
Exercise as a Standard of Cancer Care



Exercise Benefit at all Stages



Exercise As A Protective Mechanism Against Cancer

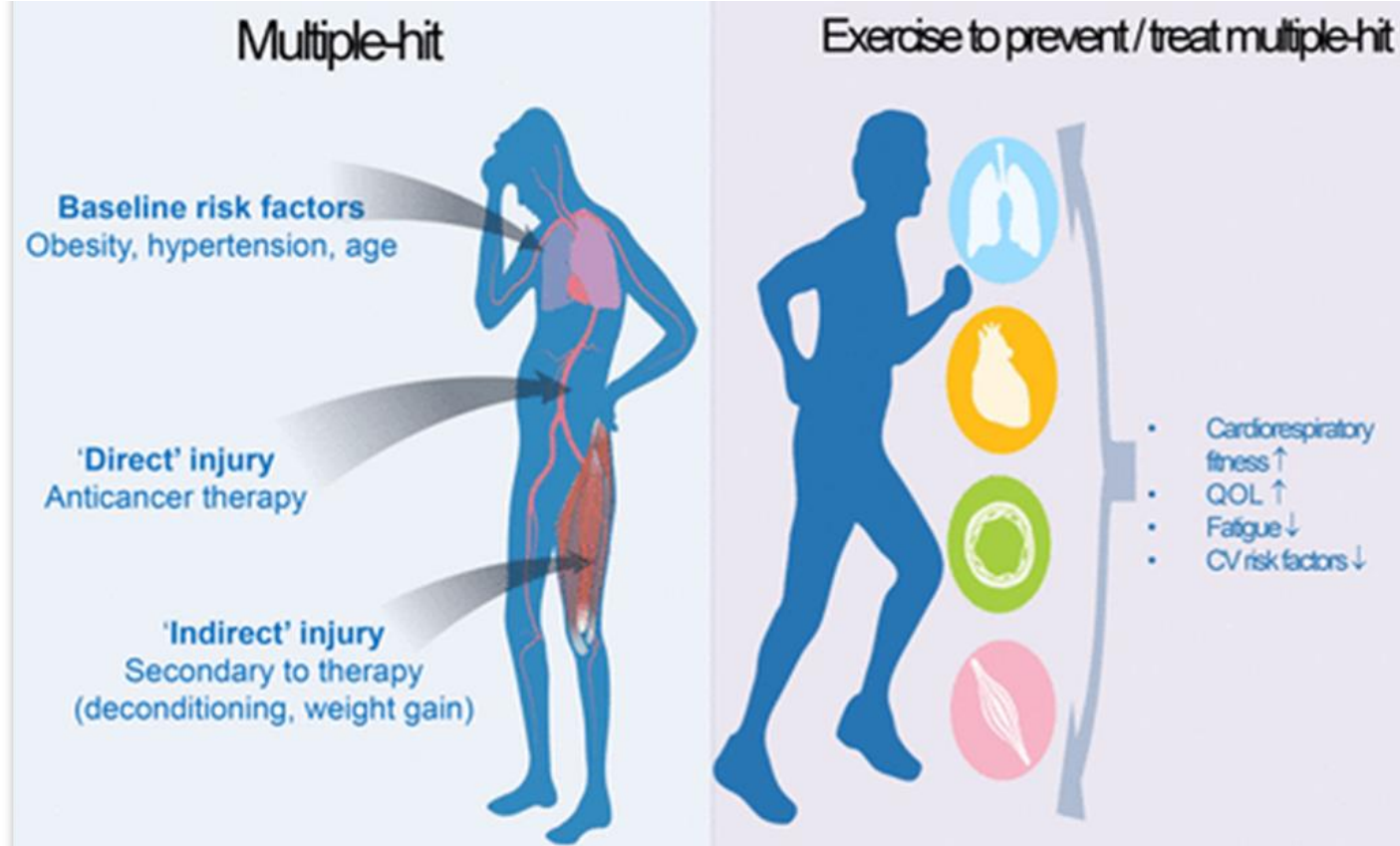


Exercise as a Preventative

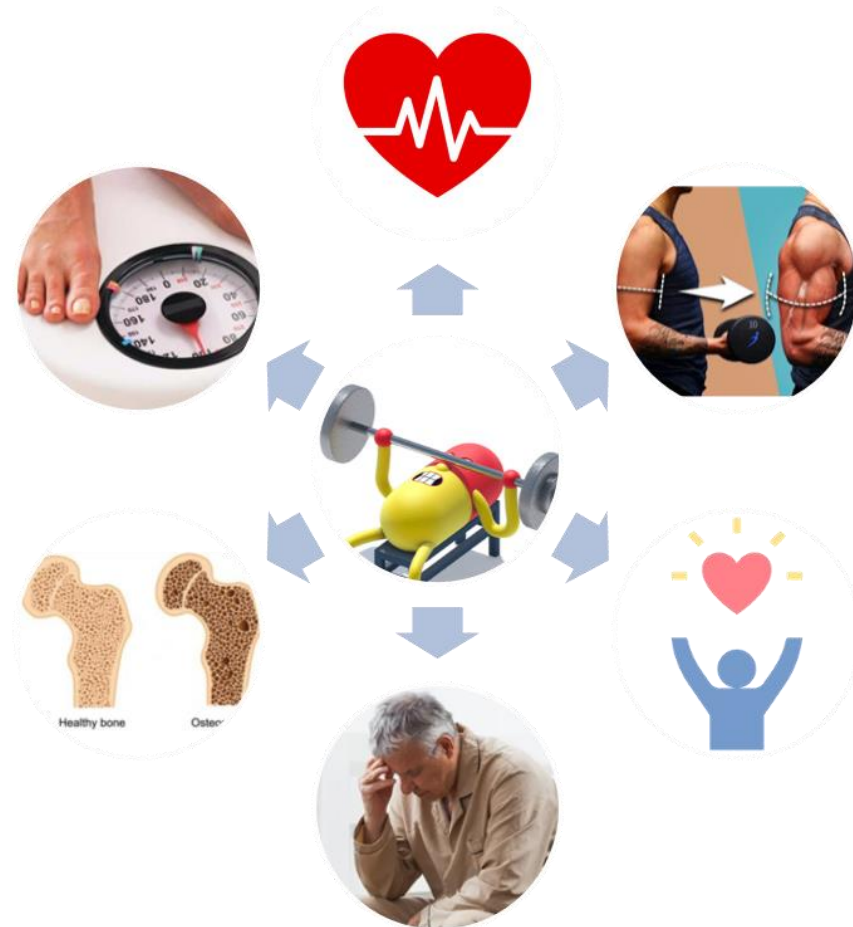


(McTiernan et al., 2019)

Exercise as a Cardiovascular Protector



Exercise as Medicine for Cancer Patients



Exercise Prescription



Avoid Inactivity

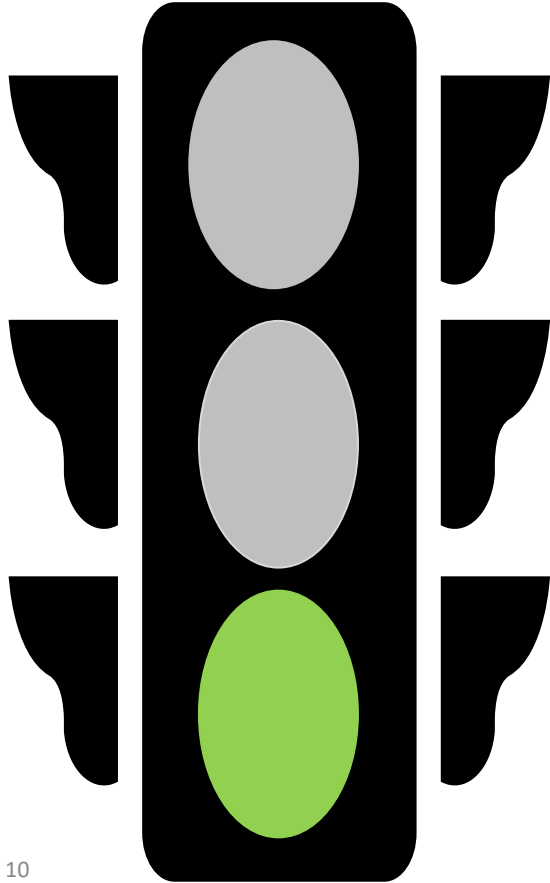


150 minutes
Moderate
Intensity



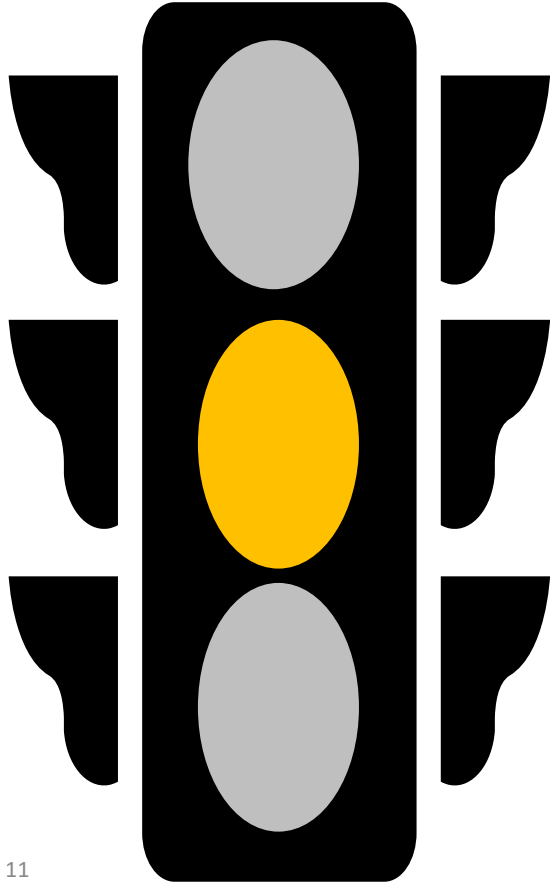
2 x per week

Who to Refer to Local Resources?



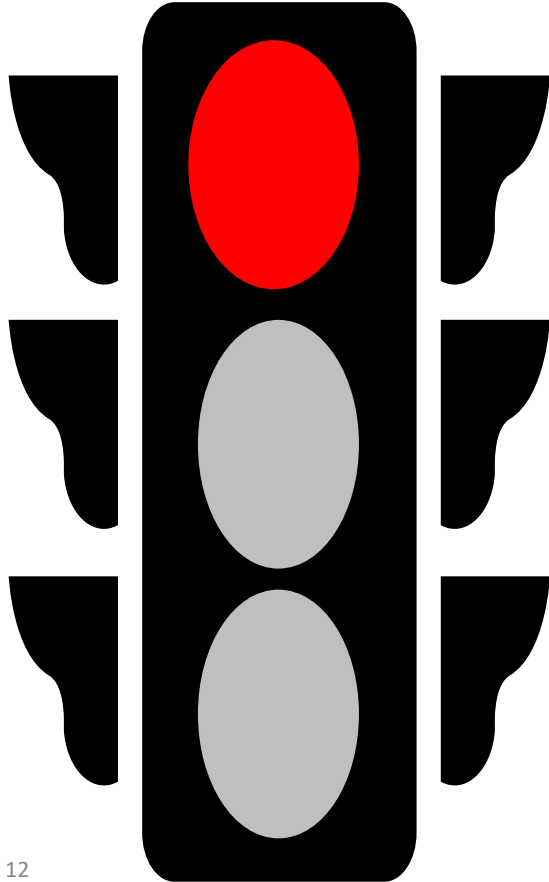
No co-morbidities

Who to Refer to General Physiotherapist/ Lymphoedema Therapist



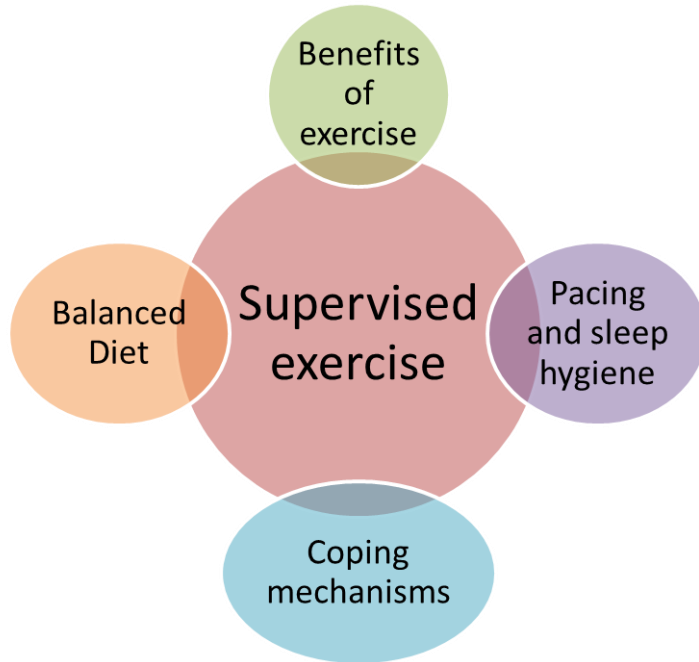
Peripheral neuropathy
Musculoskeletal issues
Osteoporosis
Lymphoedema

Who to Refer to Exercise Oncology Trained Professional?



Lung or abdominal surgery
Ostomy
Cardiopulmonary disease
Ataxia
Extreme fatigue
Severe nutritional deficiencies
Worsening/changing physical condition
Bone metastasis

Fit for Life Programme



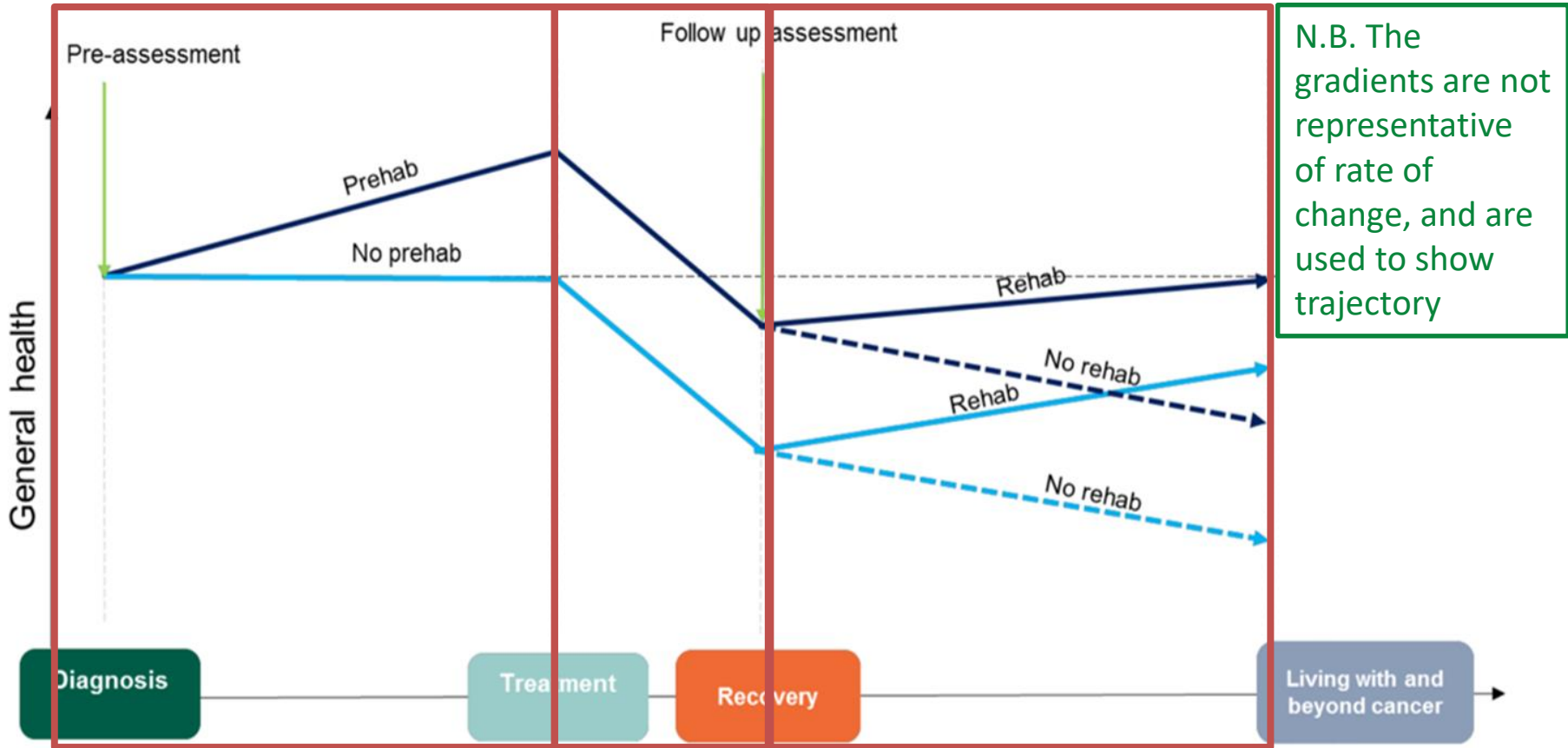
6 week Allied Health
Rehabilitation Programme

1 to 1 Physiotherapy


- Patient preference
- Increased flexibility
- Allows for lower functional ability
- Highly individualised
- Virtual option
- May progress to/follow up from class

Supervised > unsupervised

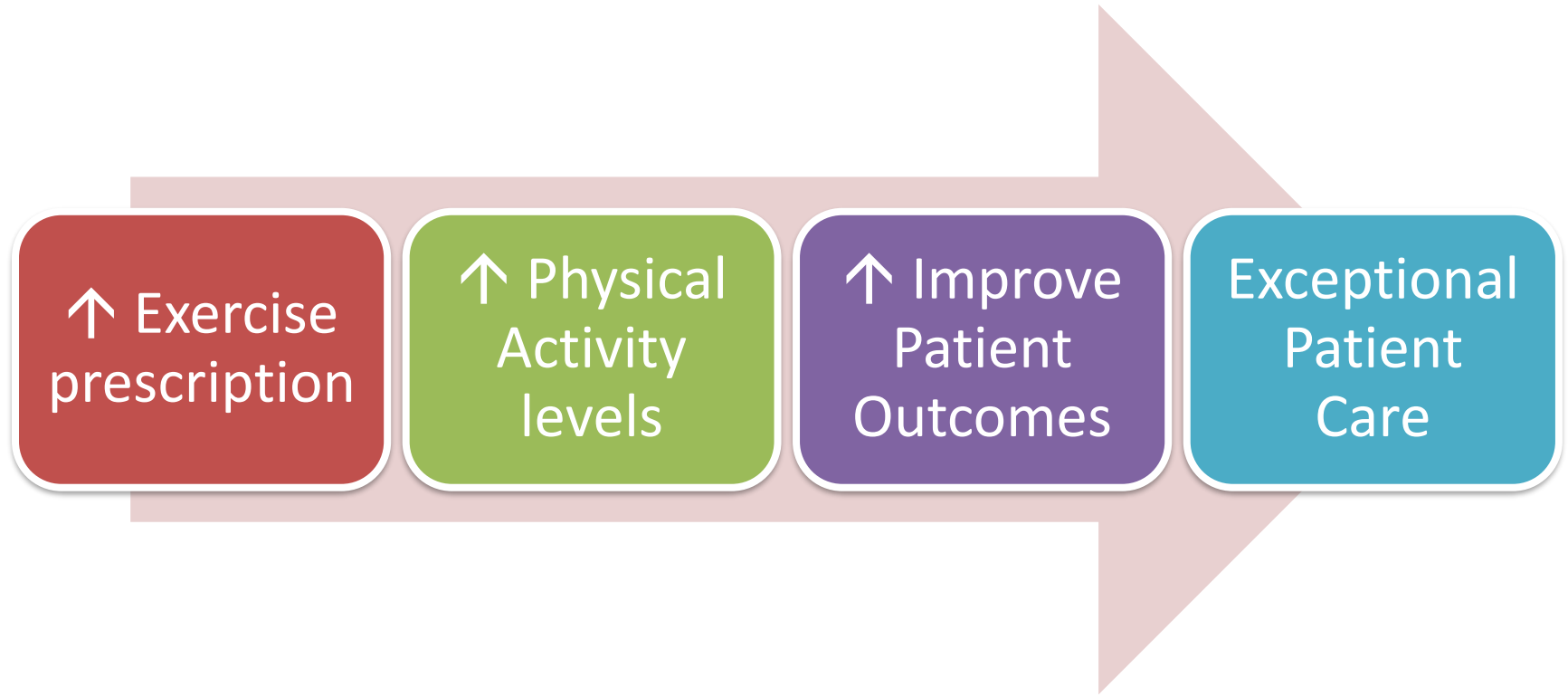
Possible Outcomes with Prehabilitation and Rehabilitation



Useful Resources

- <https://www.exerciseismedicine.org/eim-in-action/moving-through-cancer/> - useful infographics and patient handouts
- Cancer Exercise App - free to download on iOS and android The icon for the Cancer Exercise App is a blue rounded square containing a white ribbon, which is a symbol for cancer awareness, and two black dumbbells positioned on either side of the ribbon.
- <https://cancerrehabilitation.ie> - online resource for local services

Take Home Message



References

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