

Cervical Cancer  
Awareness Month  
**JANUARY**

# Coping with Cancer

*Ways to manage the effects of a cancer diagnosis***January, 2015**

January is Cervical Cancer Awareness Month!

To learn more about new screening recommendations visit

[http://  
www3.ccc.uab.edu/  
crossroads/  
january\\_2014/](http://www3.ccc.uab.edu/crossroads/january_2014/)

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### Did you know?

More and more research indicates that exercise, both during your treatment and after, improves your chances of living a healthier, longer life.

To learn more, join us for our January *Living with Cancer* program. See Page 4 for details.

## How Exercise Can Benefit You

In the past, when fighting off an illness, feeling sick or just “not yourself,” you may have been told to rest, reduce, or even stop physical activity altogether.

To a certain degree, you do need to rest and take it easy during cancer treatment - particularly if movement causes pain, dizziness, rapid heart rate, or shortness of breath.

However, you may want to rethink cutting physical activity out completely.

Newer research has shown that exercise is not only safe and possible during cancer treatment, but can improve how well you function physically and make you feel better.

Even though there is still a lot of unknown factual information on the recovery of cancer or the exact effects on the immune system, regular moderate exercise has been found to have health benefits.

When going about starting an exercise program or routine, each person will have different physical abilities due to their age, severity of diagnosis, and prior exercise experience.



## How Important is Your Diet?

Regular exercise is a great habit to get into, but it is often difficult to muster up the courage to start. When complementing exercise with a healthy diet, you might begin to feel more energized and find that certain exercises are more bearable.

The benefits of good nutrition include: keeping up strength, maintaining weight and nutrients, better tolerance toward treatment-related side effects, lower risk of infection, faster healing and recovery.

Eating a variety of foods will help your body's ability to fight cancer.

Some nutrients to include are protein, carbohydrates, healthy fat, water, vitamins and minerals.

*Source: American Cancer Society*



## Other ways regular exercise may help you during cancer treatment

- Improve balance, lower risk of falls and broken bones
- Keep muscles from wasting due to inactivity
- Lower the risk of heart disease
- Lessen the risk of osteoporosis (weak bones that are more likely to break)
- Improve blood flow to your legs and lower the risk of blood clots
- Make you less dependent on others for help with normal activities of daily living
- Improve your self-esteem
- Lower the risk of being anxious and depressed
- Improve your ability to keep social contacts
- Lessen symptoms of tiredness (fatigue)
- Help you control your weight

*Source: American Cancer Society*

## How Exercising Can Benefit You, cont.

Cancer patients and survivors may need to exercise less intensely and complete their workout at a slower rate than they are used to doing or seeing other people do.

Exercise doesn't need to be strenuous, intense, and rigorous in order to produce results. "Unconventional" ways to get active may suit you better than joining a gym. Adding more physical activity to your daily routines can include: walking around your neighborhood after dinner, doing yard work, house cleaning, using the stairs or parking farther away from a building than usual, doing crunches, lunges, or squats while watching television, or taking ten minute walking breaks during the day can increase your physical activity.

In addition to the physical benefits, the mental benefits of exercise are many. Exercise can help you relax so that you experience less stress. And, this reduces your chances of developing anxiety, fatigue, and depression. Having an outlet, like exercise, to relieve stress is an important part of getting well and staying well.

You may be thinking, "I have less energy and am more tired than ever before."

Chemotherapy and radiation can leave you feeling very fatigued and can sometimes be severe and limit activity, but complete inactivity can increase fatigue, creating a vicious circle. In fact, recent studies indicate that aerobic exercise, like fast walking, reduces fatigue and lessens nausea.

Other ways to reduce fatigue include: eating a balanced diet, staying hydrated, getting fresh air and doing activities that you enjoy or hobbies that relax you, and getting the rest and sleep you need.



## How Exercising Can Benefit You, Cont.

### The Precautions and Tips of exercising:

- *Remember to talk to your doctor before starting any type of exercise.*
- Start slowly; short periods of exercise with frequent breaks
- Use a mix of muscle groups for strength training, aerobics, and flexibility
- Always warm up first and stretch afterward; deep breathe and relax
- Don't push yourself, listen to your body



## Simple & Easy Exercises For You To Try

These light strength exercises will get your heart racing and your blood pumping a little bit. For upper body strength, add dumbbells.



### Step-Ups

Step up and down on a heightened surface like the first step of a staircase to strengthen legs and lower body.



### Chair Squat

Sit down on a chair and slowly stand to strengthen legs and lower body.



### Leg Raises

Lay down on your back and raise each of your legs up in the air and down flat to strengthen core and legs.



### Lunges

Standing, place one foot in front of the other and bend the legs. Walk across a room while alternating legs.

## UAB COMPREHENSIVE CANCER CENTER

Wallace Tumor Institute  
Patient and Family Resource Center  
1824 6th Avenue South

Phone: 205.934-5772  
E-mail: [tgw318@uab.edu](mailto:tgw318@uab.edu)

### We're on the Web!



### We would like your suggestions

Please let us know the topics you would like us to include in our newsletter and programs you would like for us to offer.

Email your suggestions to:

[tgw318@uab.edu](mailto:tgw318@uab.edu)

**UAB** COMPREHENSIVE  
CANCER CENTER

Knowledge that will change your world

## Programs to Support You!

### *Living with Cancer: how can exercise help me during and after cancer treatments?*

Cancer and its treatments can cause physical and emotional changes, and being more physically active can help you cope with and recover from some of these changes. Join us for a *Living with Cancer* talk with Sarah Mansfield, Cancer Exercise Specialist, on the benefits of exercise during and after your cancer treatment.

Wednesday, January 28  
11:30—12:30 pm

Wallace Tumor Institute, WTI 220  
A light lunch will be served; space is limited.

#### For more information:

To Register: [tgw318@uab.com](mailto:tgw318@uab.com)  
Or call: (205) 934-5772

### *Gentle, Restorative Yoga with Suzanne Graham*

Join us for a flowing sequence of supported yoga postures, breathe work and meditation designed to help manage the side effects and stress of cancer. All cancer patients and survivors, with physician's approval, are welcomed.

**When:** Wed Jan 7-Mar 17

12:15-1:15 PM

Embody Practice Center

Thursdays Jan 8-Mar 12

5:45-7:15 PM

Embody Practice Center

#### For more information:

[jenniferhicks@uabmc.edu](mailto:jenniferhicks@uabmc.edu)  
Or call: (205) 996-5054

## YOU'RE INVITED!

*Please join us for the dedication of our beautiful new Artful Journeys art installation created by cancer survivors!*

Working with local artist, Christoffer Frank and art therapist, Amy Brown, cancer patients and survivors having created a powerful, living work of art that is now permanently installed in the new Patient and Family Resource Center of the Comprehensive Cancer Center.

**When:** Thursday, January 29th @ 6:00 pm

**Where:** Wallace Tumor Institute (UAB Comprehensive Cancer Center)  
Mary Ann Harvard Patient and Family Resource Center (WTI 220)  
*Light refreshments will be served.*

For more information: [tgw318@gmail.com](mailto:tgw318@gmail.com)

To find out about all of our events and support programs,  
click on the link below:

<http://www3.ccc.uab.edu/wp-content/uploads/2014/07/calendar-january2015.pdf>