The Promotion of Exercise Oncology as a Standard Part of Clinical Practice



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Introduction

- 15.5 million cancer survivors in the US
 - Side effects:
 - Physical
 - Psychological
 - Financial



Introduction

 Exercise is a valid rehabilitative measure that can be introduced at various points along the cancer trajectory.

 Maple Tree Cancer Alliance® is a non-profit organization that provides free exercise training to individuals battling cancer

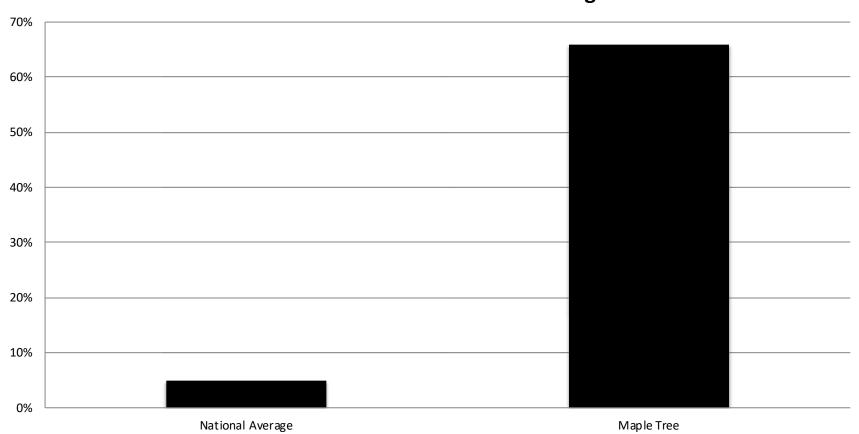
Unique Approach to Cancer Rehabilitation

- Phase I: currently in chemotherapy/radiation.
- Phase II: completed chemotherapy/radiation, or only received surgery and/or hormonal therapy
- Phase III: successfully completed Phase II
- Phase IV: successfully completed Phase III and are classified as apparently healthy.

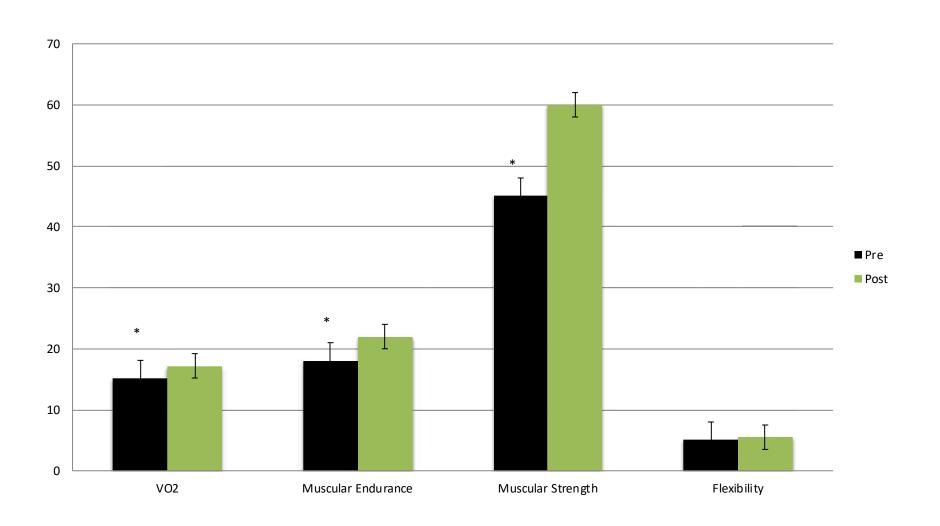
| | Aerobic | Resistance | Flexibility |
|-----------|-------------------|----------------------|----------------------|
| Frequency | 3-5 days/wk | 2-3 days/wk | 2-7 days/wk |
| Intensity | 40-60% HRR* | 40-60% HRR* | Stretch to the point |
| | | | of mild discomfort |
| Duration | 20-60 min/session | 1-3 sets, 8-12 reps | 10-30 seconds per |
| | | per exercise | stretch |
| Mode | Walking, cycling, | Free weights, | Static stretching |
| | cross trainers, | machines, resistance | |
| | swimming | bands, resistance | |
| | | balls | |
| | | | CANCER ALL |

Setting the National Standard

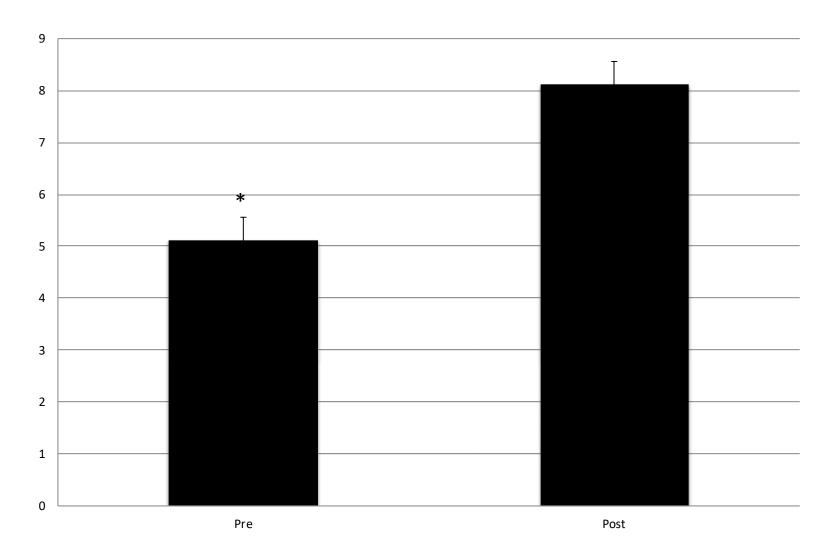
Patients in Cancer Rehabilitation Programs



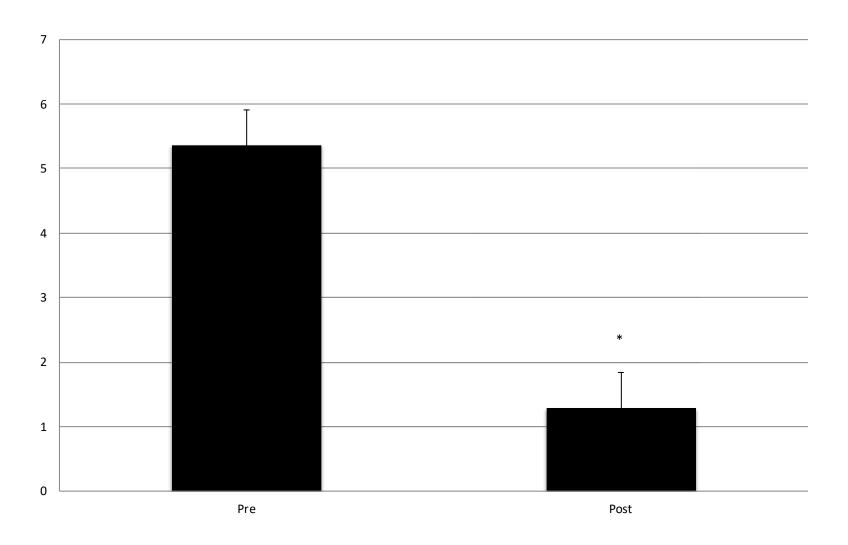
Fitness Improvements Phase I



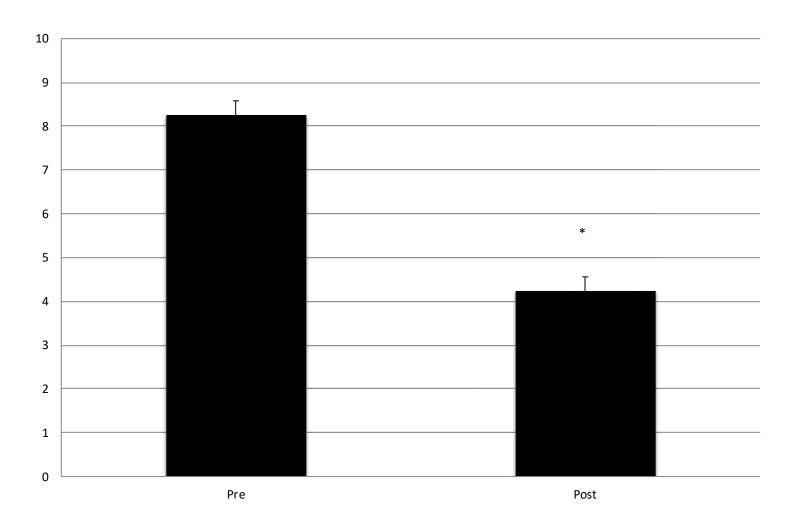
Quality of Life



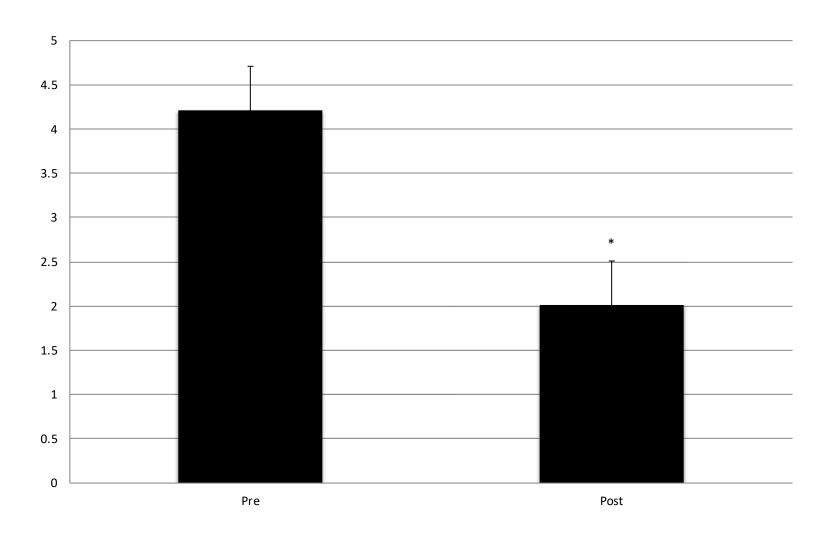
Depression



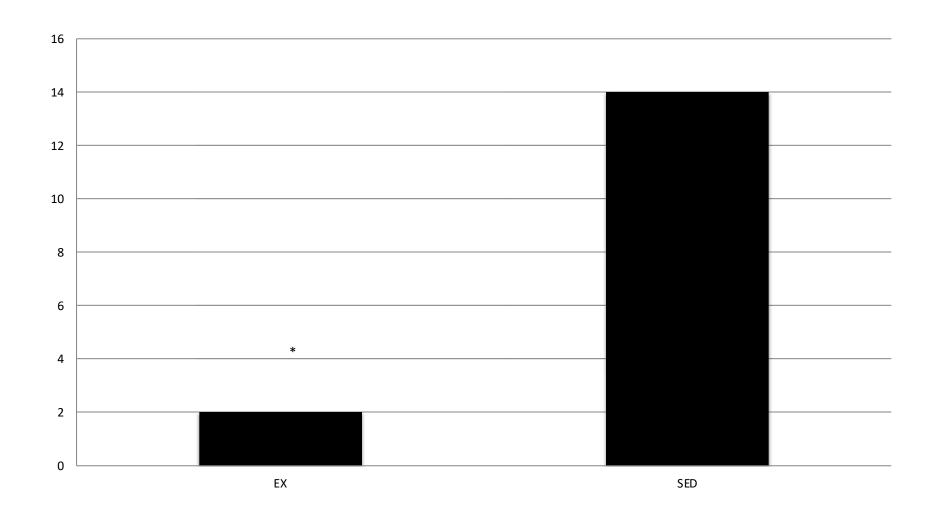
Fatigue



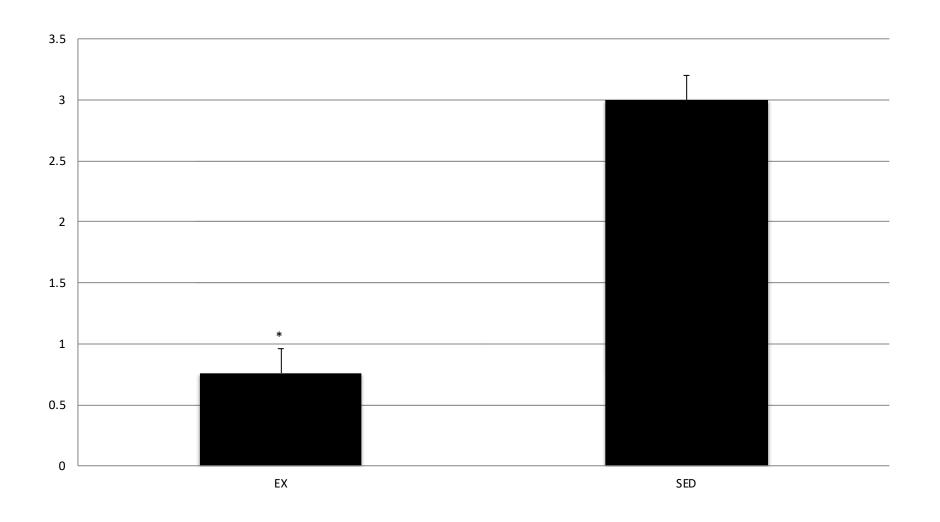
Pain



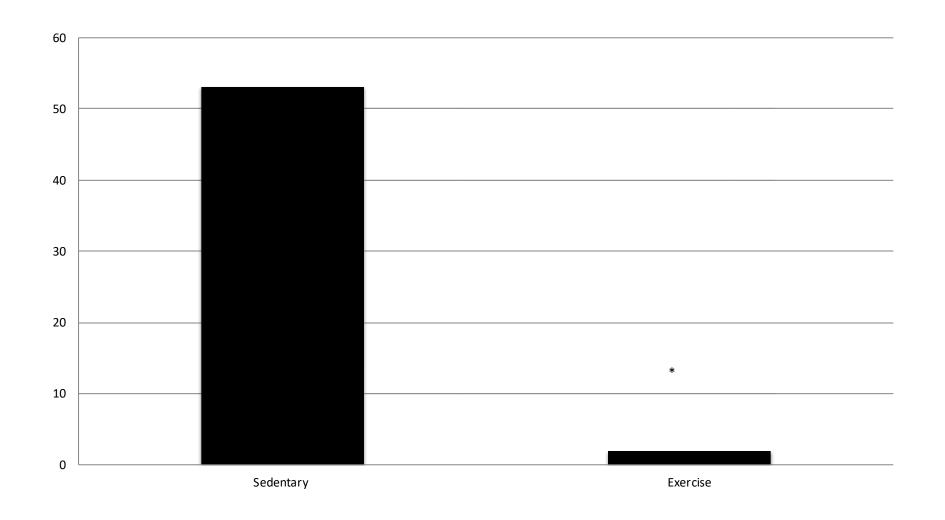
Number of ER Visits



Length of Stay



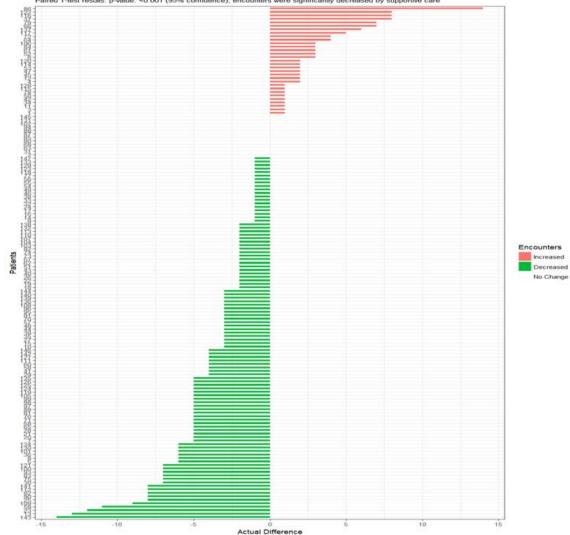
30-Day Re-admits



ASCEND Study

Change in Number of Encounters 6 months After Supportive Care Enrollment

Actual differences in encounters following 6 months of supportive care (Average delta = -2.06) Increase in encounters: 31 patients, Decrease in encounters: 104 patients, No Change: 12 patients Paried T-test results: p-value: <0.001 (95% confidence), encounters were significantly decreased by supportive care



Implementation in Clinical Setting

Physician Education/Referral Network

Patient Education

Insurance coverage

