

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.

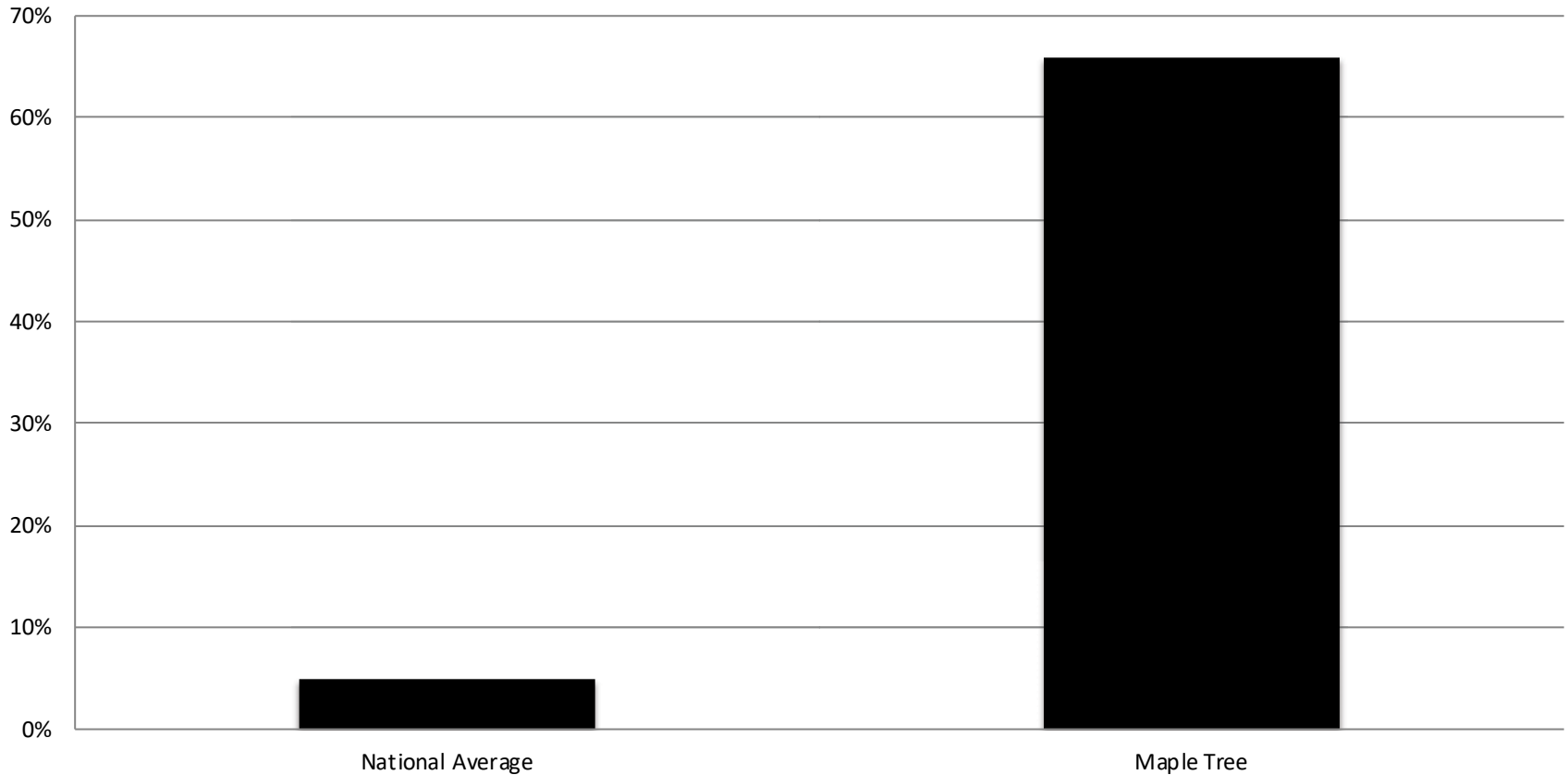


	Aerobic	Resistance	Flexibility
Frequency	3-5 days/wk	2-3 days/wk	2-7 days/wk
Intensity	40-60% HRR*	40-60% HRR*	Stretch to the point of mild discomfort
Duration	20-60 min/session	1-3 sets, 8-12 reps per exercise	10-30 seconds per stretch
Mode	Walking, cycling, cross trainers, swimming	Free weights, machines,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

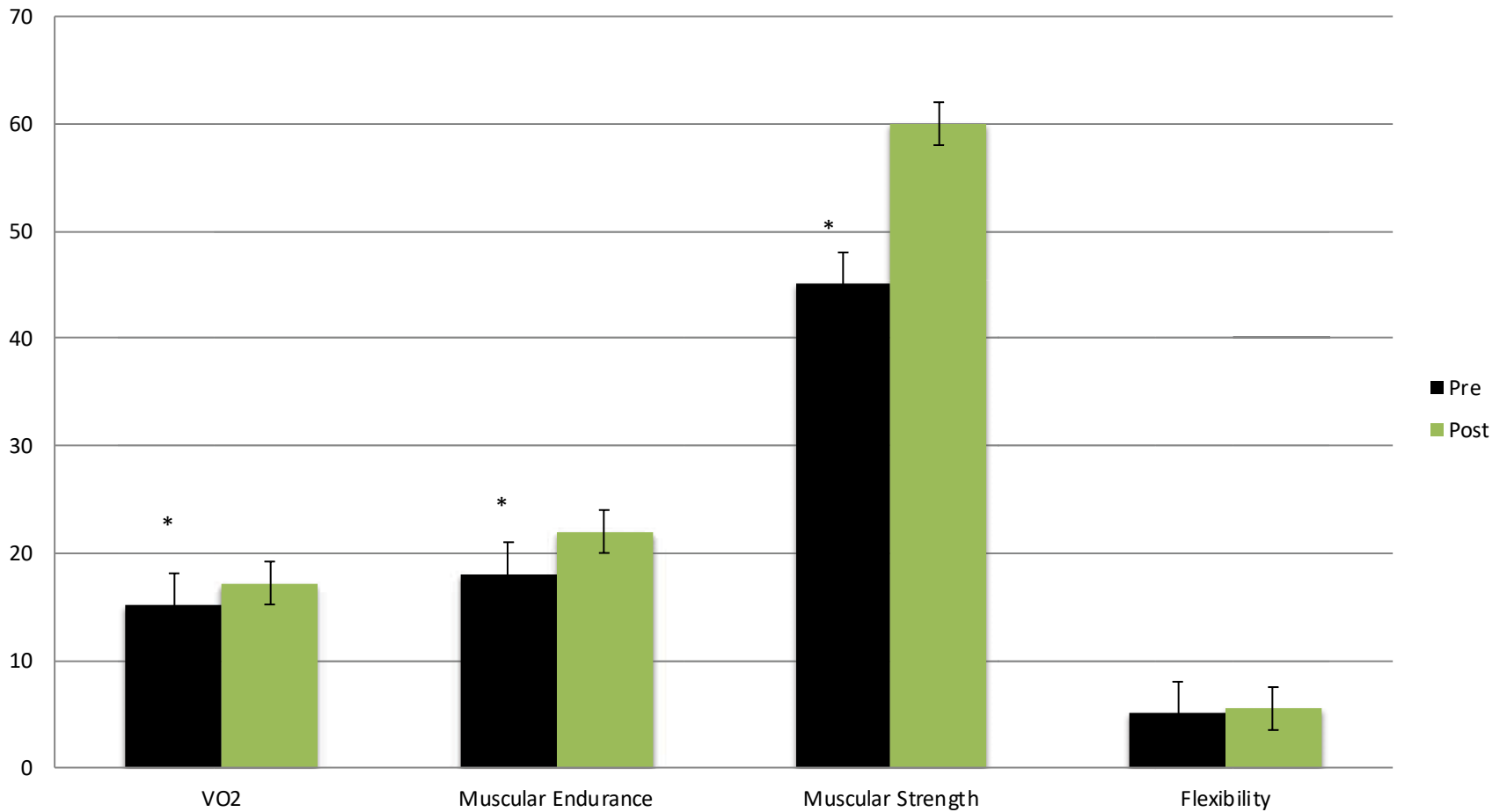


Setting the National Standard

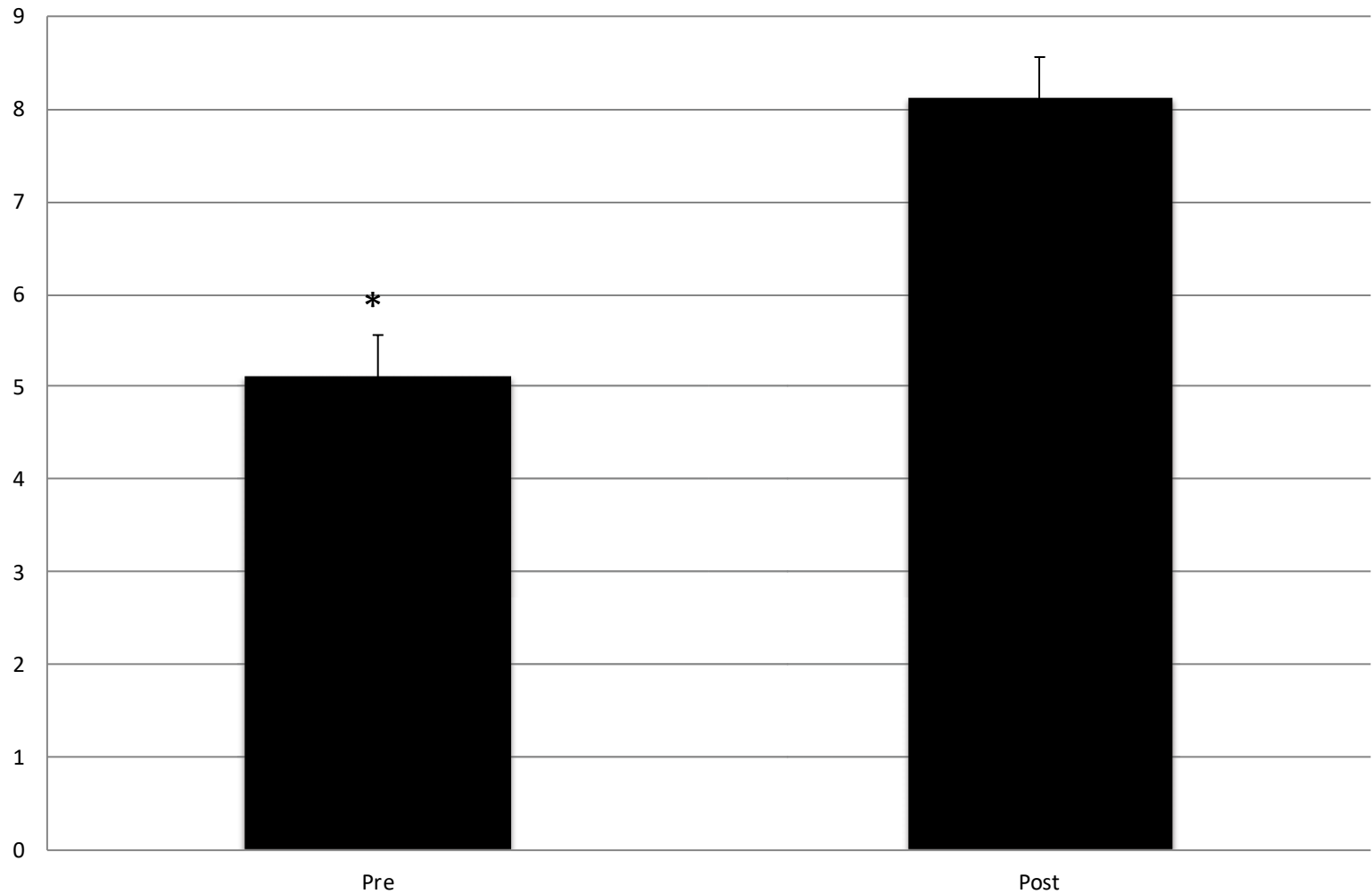
Patients in Cancer Rehabilitation Programs



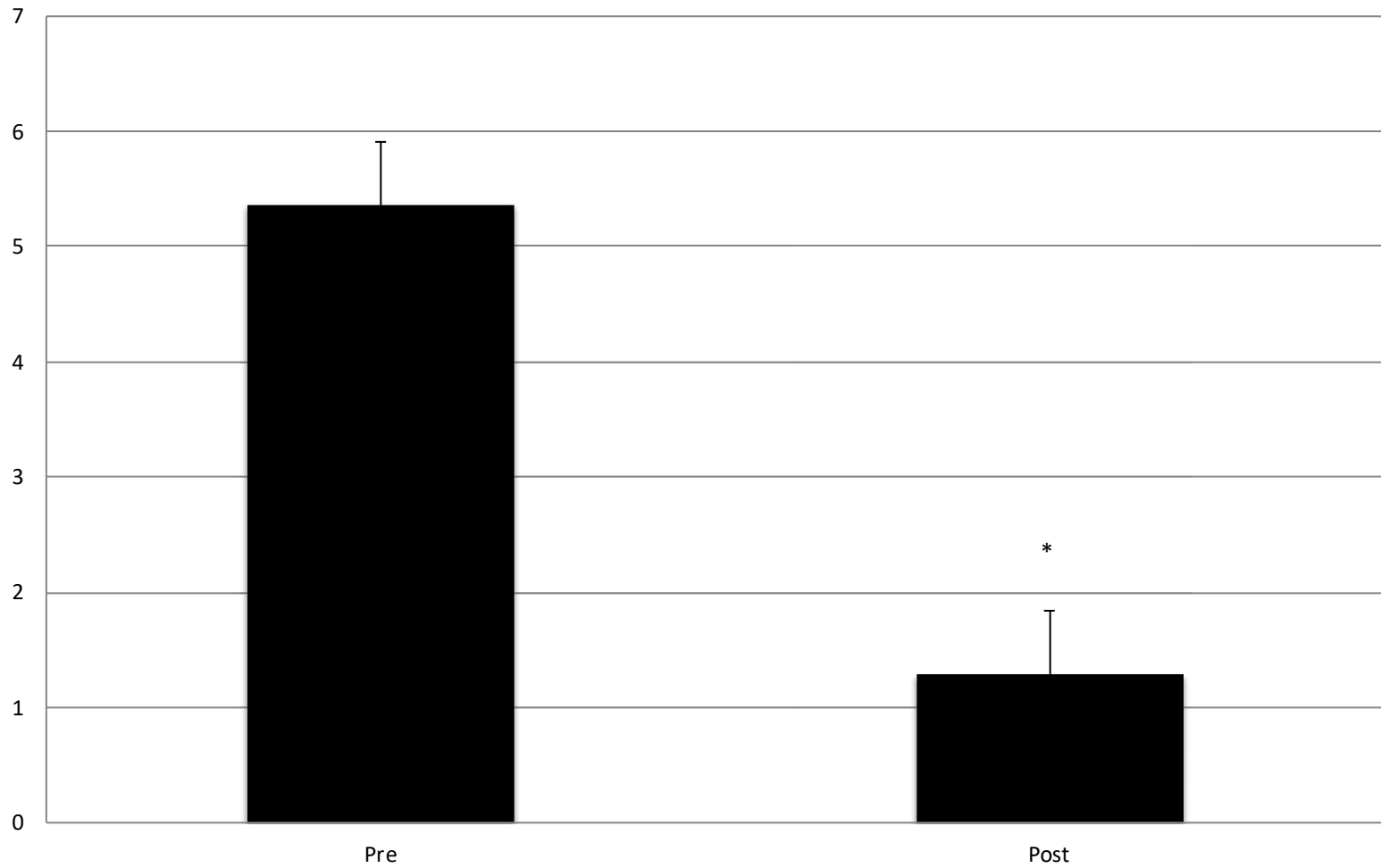
Fitness Improvements Phase I



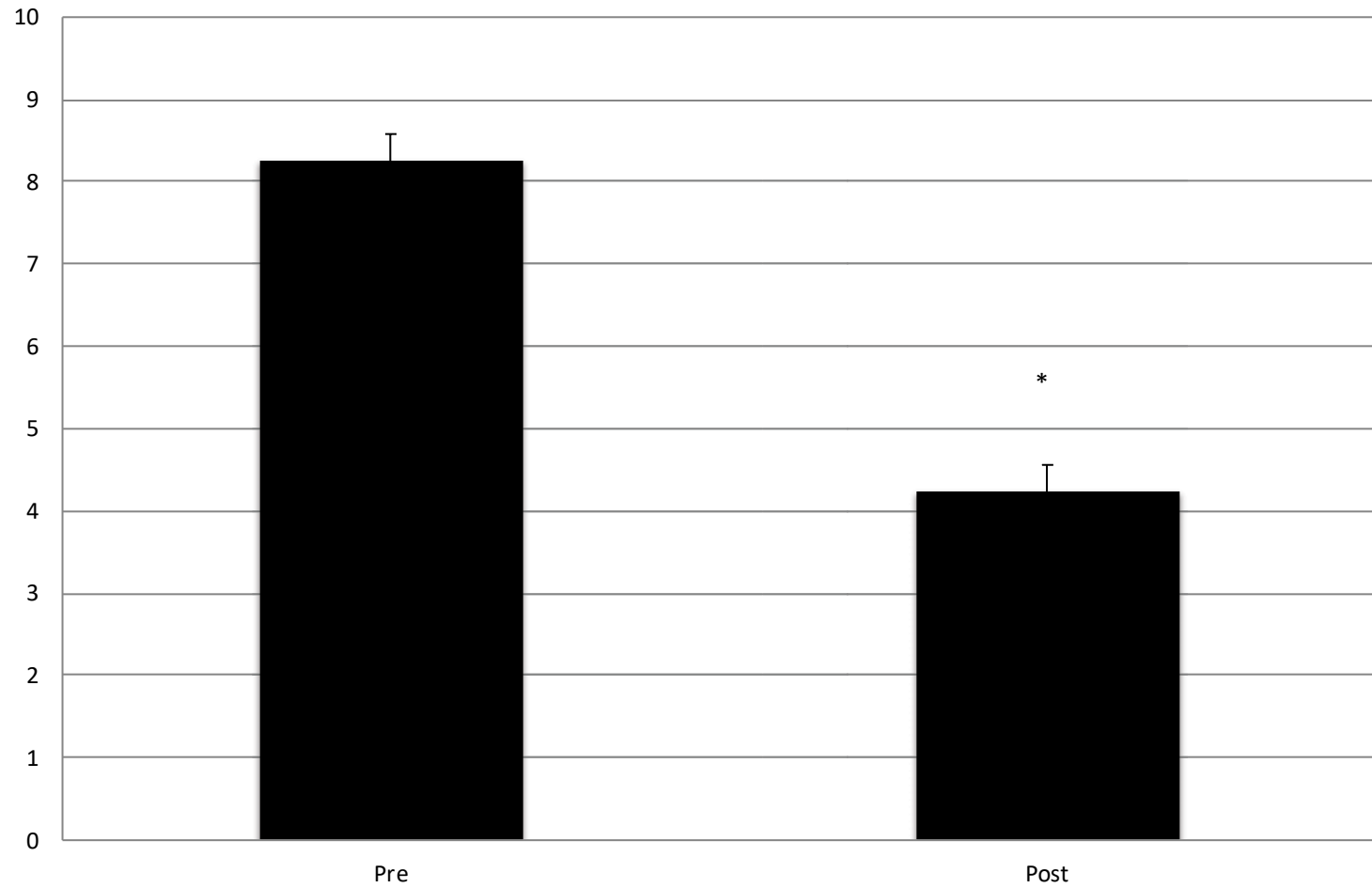
Quality of Life



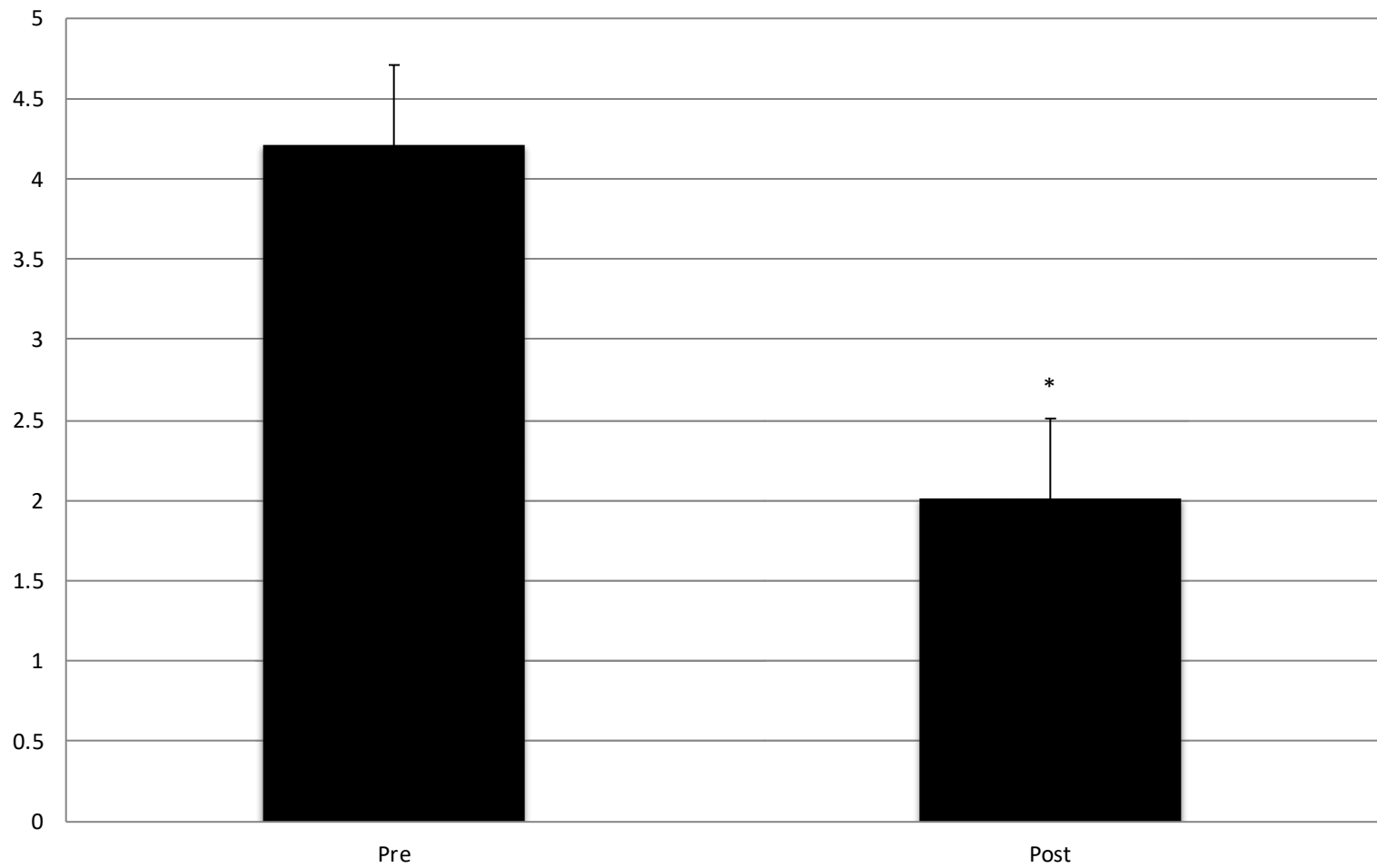
Depression



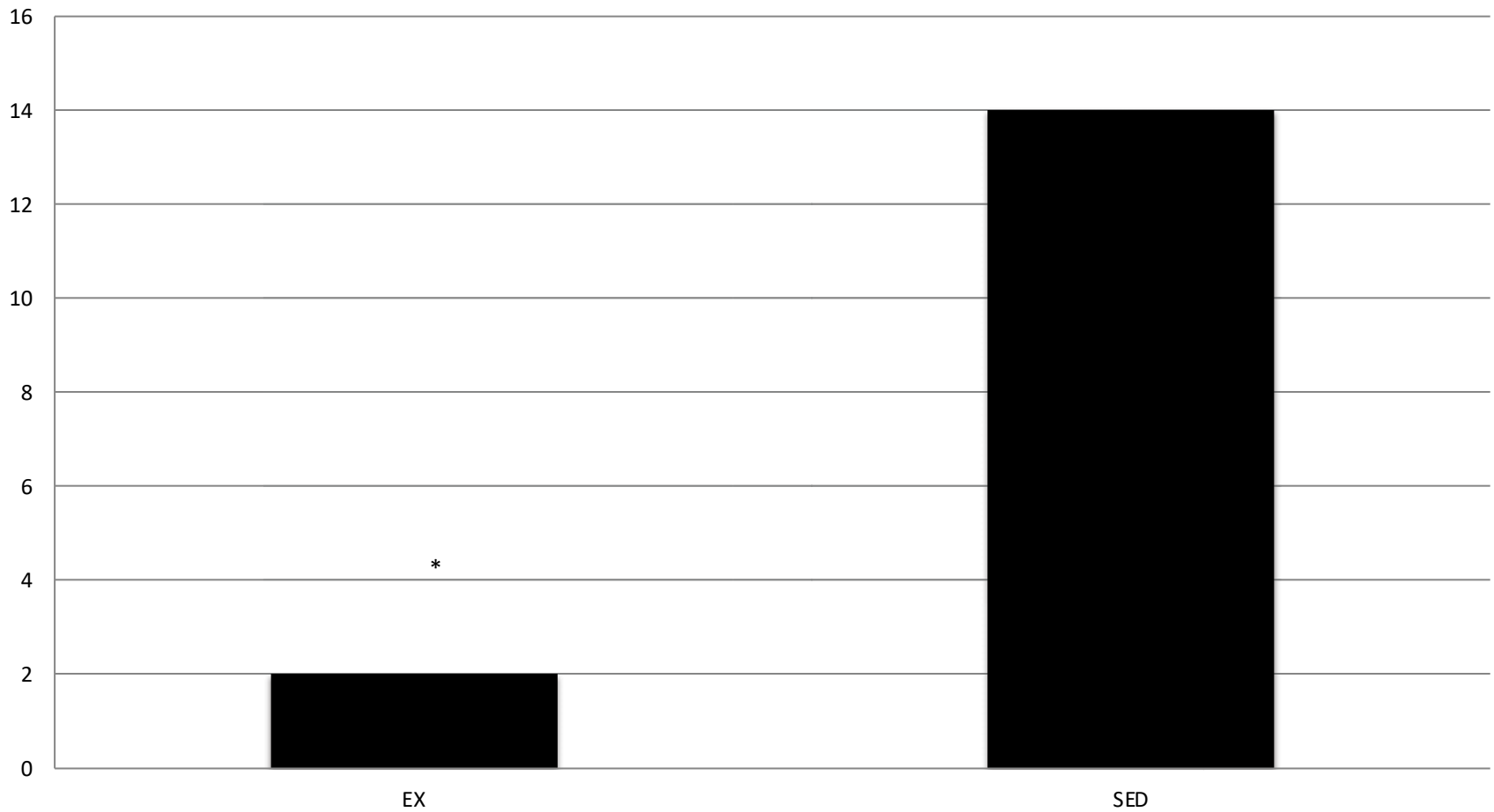
Fatigue



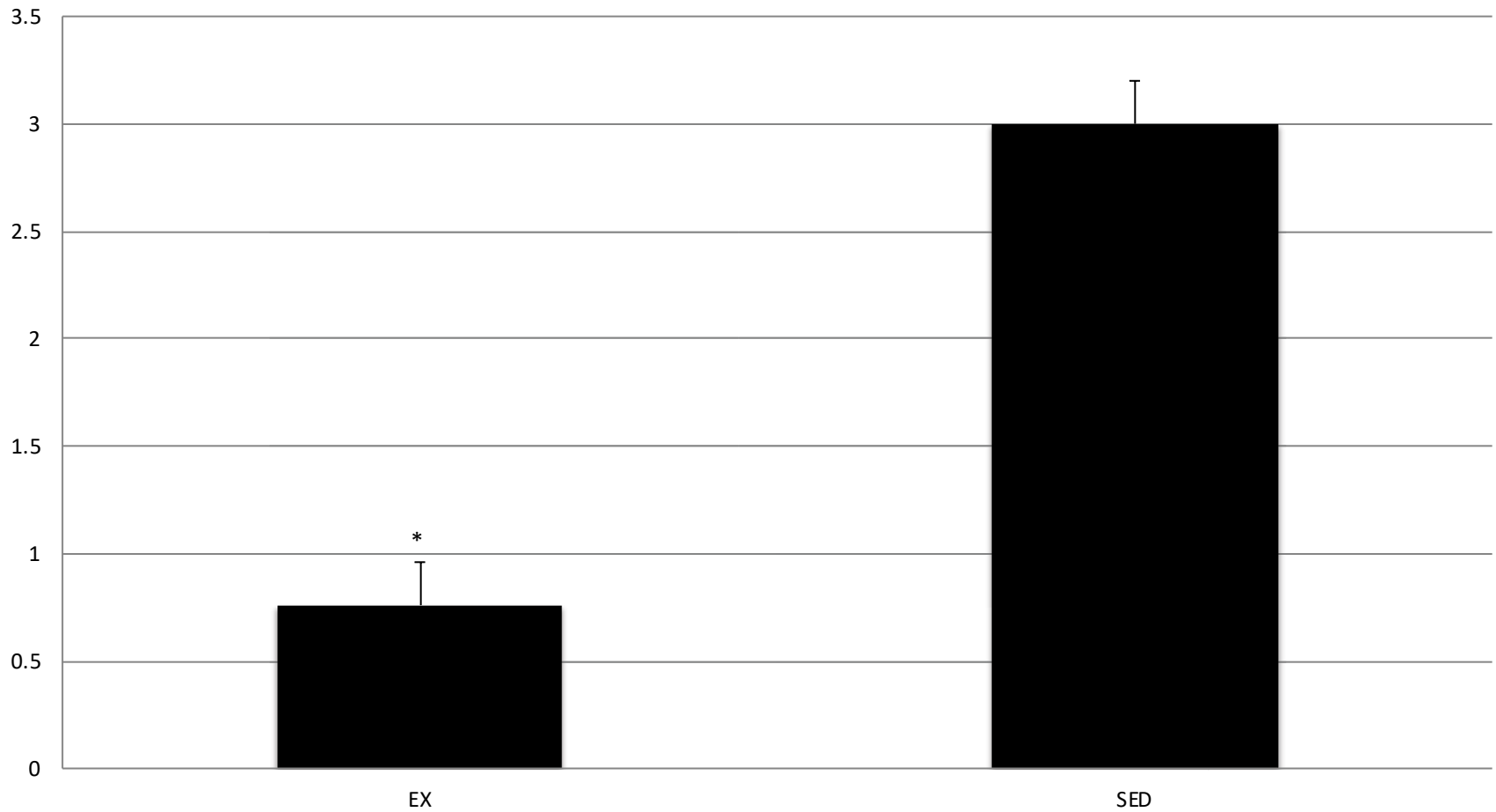
Pain



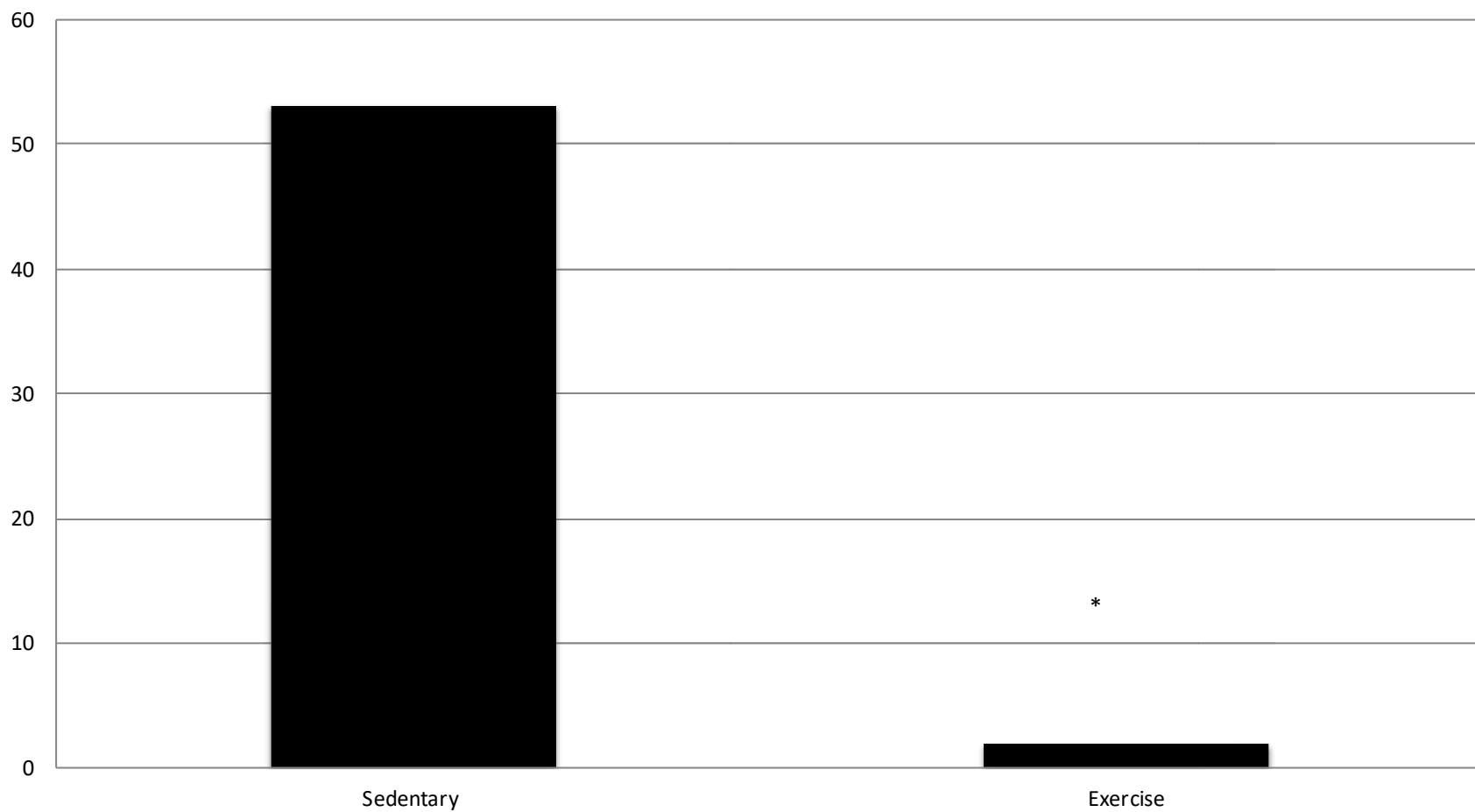
Number of ER Visits



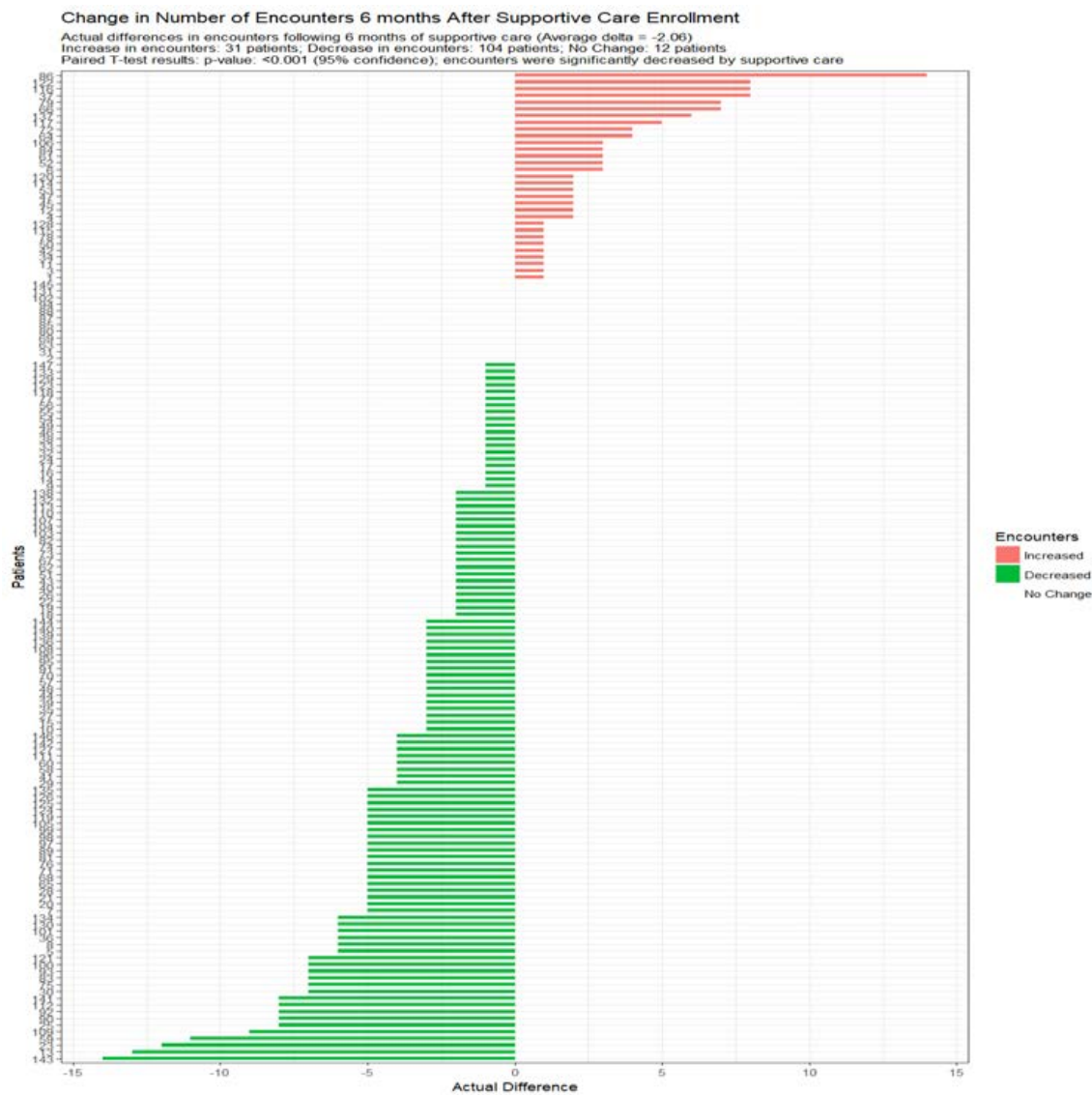
Length of Stay



30-Day Re-admits



ASCEND Study



Implementation in Clinical Setting

- Physician Education/Referral Network
- Patient Education
- Insurance coverage

