



Help with Being Physically Active

Online version with active resource links at: <http://cancer-help.me/being-active>

When your physical ability has changed

Cancer and cancer treatment may lower your ability to do your normal daily activities. Most people with cancer and receiving cancer treatment experience some reduced physical ability, an often expected side effect.

People with cancer, especially those who are older, may have other health conditions (i.e. heart disease, arthritis, reduced lung or kidney function) that may impact even more your physical abilities.

If you feel a change in physical ability that is altering your quality of life, talk with your health care team. Share any new symptoms or changes in symptoms with your doctor. They can help and/or provide more information.

Content adapted from websites below.

What Your Health Care Provider May Recommend:

The first step in treating loss of physical ability is knowing that the problem exists. Many people do not bother to mention this loss to their doctors because they believe it is normal.

- It is important to discuss this and all symptoms or side effects with your health care provider.
- Efforts can be directed at determining the cause of the problem and prescribing appropriate treatment. Your particular cancer treatment regimen, with its known side effects may provide clues for your doctor or health care professional. A simple blood test, for example, can determine if you are anemic.
- New or worsening symptoms may be a clue to understanding an underlying medical problem. Symptomatic treatment may be available, such as physical therapy or occupational therapy.

Exercise can be safe during cancer treatment and can improve physical functioning and many aspects of quality of life.

- Moderate exercise has been shown to improve fatigue (extreme tiredness), anxiety, and self-esteem. Check with your care team before starting a new exercise routine.
- People getting chemotherapy and radiation who already exercise may need to do so at a lower intensity.
- The main goal should be to stay as active as possible and slowly increase your level of activity over time after treatment.

Good nutrition and hydration are very important and will help.

- Experts recommend eating plant-based foods, such as fruits, vegetables, whole grains, and proteins such as nuts, beans and tofu. Lean meat protein (in moderation) and low-fat dairy products are also recommended. Avoid highly processed foods and red meats as much as possible. For additional information <http://cancer-help.me/nutrition>
- A registered dietitian can provide suggestions for a healthy diet and suggest ways of maximizing calories and proteins to provide what your body needs to keep as active as possible.

Prioritize Your Time

Decide what activities are important to you, and what activities can be delegated to others. Use your energy on important tasks.

Resources for Additional Information:

- [American Cancer Society, Physical Activity and the Cancer Patient](#)
- [American Cancer Society, Nutrition and Physical Activity During and After Cancer Treatment](#)
- [NCCN Exercising During Cancer Treatment](#)
- [Cancer.net, Cancer and your Body](#)
- [Cancer.Net, Physical Activity and Cancer Risk](#)
- [NIH, Keep Up with Your Daily Routine](#)
- [American Cancer Society, What is Fatigue](#)
- [NIH, Fatigue \(PDQ®\)](#)

Recursos en Español:

- [American Cancer Society, Actividad física y el paciente de cáncer](#)
- [Cancer.Net, Actividad física: Sugerencias y consejos](#)
- [Cancer.Net, Actividad física y riesgo de cáncer](#)
- [NIH, Instituto Nacional Del Cáncer, Actividad física y cáncer](#)

Resources for Medical Equipment:

- [Devices 4 the Disabled](#) - (D4D) provides pickup, refurbishing, and delivery of used durable medical equipment to those in need.