

An action plan for people **with**
and those **recovering from**
cancer



Cancer
CAN DO!

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Introduction

A large gentleman immediately captured my interest as I walked into the men's changing room at the local West Wave swimming pool. Although of sturdy build, he appeared to be struggling with every step, and I noticed, as I prepared for my swimming workout how the man struggled just to pull on his underwear. Obviously he had some health challenges.

Usually I include swimming in my weekly activity regime if I have injured my back. It is the one thing that can often be therapeutic for this type of acute injury. Typically I would visit the pool for the three or four weeks it took to get better before heading back to the gym.

The following week I was drying off after a swim and again noticed the man who had been water walking. As I gazed from the corner of my eye, wary of being intrusive, I realized that some parts of his body looked very odd. His testicles exceeded the size of tennis balls and were not of a natural colour. It was then that a major struggle began within my heart.

I had been listening to the words of a West Auckland Pastor, Tak Bhana. He had been encouraging people to step out of their comfort zone and pray for people who needed help. Jesus did this many times in the Bible and cured people instantly. I had never done this before and I am not an extrovert person. In fact, I've been a Westie all of my life and liked to think of myself as the sporty, rugged, adaptable bloke synonymous with the area.

But my heart began thumping, it told me that the best thing I could do was to rack up the courage and pray for this man. Although the changing room was now busy with a number of other guys, I walked over to the man and introduced myself. I asked if he was OK. The man was bigger and taller than me and spoke in a deep and gravelly voice.

He said, 'I'm riddled with cancer. Look at these balls. Look at my legs. I'm just doing what I can'. He said, 'This is hard. All of my life I have worked hard and been a capable man running my own business'.




I asked if he would mind if I prayed for him. Surprisingly he agreed and there was no turning back. As I placed my left arm over his shoulder, he did the

same to me, oblivious of others in the room looking on. As I began to pray, an overwhelming emotion suddenly came over me and I cried. The instant this occurred the man also burst into tears and sobbed. I was embarrassed by my uncontrollable emotion, especially for someone I didn't know and where we were, but struggled on to get my few words out, requesting God for miracle healing. I was with him no more than five minutes and left the facility feeling very strange.

Three weeks later I picked up the local paper and read about the Croatian man who had now died. He was a prominent West Auckland Vineyard owner. My friend Derek, also a qualified orchardist told me how years ago he had often seen the man on his land spraying the crops without any safety mask and wondered whether this may have contributed to his death.

There is no doubt that Cancer is a very scary thing to be diagnosed with. BUT over the last four years I've discovered that there are some effective things you can do about it.

Being honest and realistic, there are no guarantees. All you and I can do is our best. But surely it is far better to take positive action than to have no optimistic plan at all? **The three major areas now under your control are;**

-  Your daily level of physical activity
-  Your attitude
-  Your diet

At the time of writing, Cancer has become the leading cause of death in New Zealand. Breast cancer death rates in New Zealand are fifth place in the World and well above our neighbours in Australia for some reason.

This small booklet is just a brief overview of what you **CAN DO**.

And yes, although my own prayer for our Croatian friend didn't appear to create a miracle, I'm aware of many prayers that have. So **Cancer Can Do** is for YOU if you are prepared to get up and make it happen!

What causes cancer?

My wife Tina's exasperated reply came two weeks ago when I read her the front page NZ Herald article stating that a component of chips and burnt toast had been found to cause cancer. "Oh, everything causes cancer!" she replied. Yes, sometimes it might appear that way, but it's not true. It is true however that a variety of things do cause cancer and the disease has risen to be the major cause of premature death in our country of New Zealand.

Society appears to have accepted the 'epidemic'. Although just thirty years ago it was extremely rare to know someone who had been afflicted, now we all seem to know someone with it. Therefore logic follows that something must be causing this enormous rise in the disease?

What could affect a healthy living person in this way? What does a person do or come into contact with than can cause this? We eat, we breathe, we touch, and we react. Which of these activities could be causing the rise? Could it be?...

Increased air pollution

Exposure to chemicals

Increased use of sugar in foods

Increased chemical additives in foods

Increased workloads, working hours, stress and pressure

Exposure to asbestos

Overhead power lines

Increased reliance on microwave ovens

Reduced levels of exercise

Allowing yourself to become overweight or obese

Reduced ozone layer

Smoking or vaping

Eating meat, or too much of it

Too much dairy

Teflon coating in pots/pans



Probably all of the above cause various cancers in people. Certainly we know that smoking causes cancer in one of every two people who smoke a packet a day! Recently the mother of a close friend of the family was diagnosed with lung cancer. Yet she continued to smoke until she eventually died. Yet another friend of mine regularly visited New Zealand as a guest speaker to train our staff. David had a wonderful sense of humour, a quick wit and a wealth of experience in the health club arena. But he had a cough like a chain saw. I told him, given our subject (health clubs) I struggled to understand why he ducked out regularly at breaks to have a smoke. His reply: “You've gotta have some vices Paul”.

When his wife contacted me from Singapore last year to say David was dying of lung cancer it was very sad. Yet I will remain forever puzzled why these people continue to smoke given the odds?

And we know that the sun causes melanoma. We've heard of the unfortunate people living beside power pylons. But what has been the biggest change in the last 20 – 30 years to create such an increase cancer?

Within my own studies I believe three of the greatest culprits are;

- Sugar
- Lack of exercise
- Being overweight



Sugar

When I was a kid if we wanted to make something sweet, we added sugar. I had no understanding of nutrition and why someone would later write a book with the name ***Pure White and Deadly***. It's a nutrition-less substance that has no benefit to us. It makes your food taste sweet for the split second it has in your mouth – once down your throat the effects are all negative.

A study I came across late last year found that sugar actually feeds cancer.

On my rare trips to the supermarket with my wife I try to encourage a totally healthy grocery package. As I tour the isles with Tina, trundler in hand, I become increasingly frustrated at the lies told by manufacturers.

'Healthy and Natural' – in tiny print, contains sugar

'Natural' Yogurt – contains sugar

Marmite – contains sugar

Beetroot – contains sugar

Baked Beans – contains sugar

Tomato sauce – contains sugar

Sports drinks – contain sugar

Healthy energy and protein bars – contain sugar

Muesli – contains sugar

Fruit salad – contains sugar

Weetbix – contains sugar

Milo, for health, strength and energy – contains sugar!



Now I'm not talking about packets of chips and biscuits here. The above are what many would consider fairly healthy food and people tend to trust what the product states. Not so. I throw my hands up in disgust. Why does a can of natural beetroot need sugar? Is it that the food giants feed us this to sweeten our taste and create fatter, bigger eaters? Has the prevalence of cancer increased because we've just been eating far too much sugar?

Expert says: 'Beware - Sugar Feeds Cancer'

Dr Joel Wallach warns that controlling ones blood glucose levels can be one of the most crucial components to cancer recovery. But he says the simple concept that 'sugar feeds cancer' is dramatically overlooked in most treatment plans.

Watch Your Weight, Cut Your Cancer Risk

(CNN) - The American Cancer Society said that keeping weight under control is the most important thing you can do to prevent the disease. In revised guidelines, the society put top priority on diet and fitness, saying that eating a nutritious diet, staying active and limiting alcohol are the top things American should do to fight cancer.

The guidelines are published Thursday in CA: A Cancer Journal for Clinicians. Read more of 'Watch Your Weight, Cut Your Cancer Risk' on the IHRSA Wellness Report.

Weight Gain Linked to Recurring Prostate Cancer

The weight of a man when diagnosed with prostate cancer, along with how much weight he gains after the diagnosis can predict how aggressive the cancer will be and also its chances of returning.

New research from the University of Texas M. D. Anderson Cancer Center, in Dallas, shows men who gain weight rapidly between ages 25 and 40 are twice as likely to have their prostate cancer return after surgery than men who gained weight more slowly. Those who gained about three and a half pounds per year were most at risk.

Researchers also found a higher risk of recurrence in men who are age 40 and obese when they're diagnosed with prostate cancer.

What can you do about it?

Here are eight CAN DO guidelines for cancer prevention

1. Get trim, stay trim

Research shows that becoming overweight increases cancer risk. Get active and eat a healthy diet to lower cancer risk and to recover faster.

2. Get active, every day!

Now that there is abundant and growing research to prove you and I should

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be exercising most days of the week, I will urge you to join a gym where there are hundreds of others for inspiration and support.

Build up to a decent workout of at least thirty minutes. Alternate weight training one day with cardio or GROUP classes the next and regular walks.

3. Avoid sugar

This includes sugary drinks as well as energy dense processed foods, or foods high in fat. Even supermarket fruit juices have high sugar content. Better to eat the entire orange, herbal teas, water, vegetables and whole grains.

4. Eat a variety

Studies have shown that you should eat a variety of vegetables, fruits, whole grains and pulses like beans. The fibre in these will help protect you from mouth, stomach and bowel cancer. Eat five fruits a day. Try whole grains such as brown rice, whole-grain bread and pasta.

5. Cut down on red meat

Evidence that red and processed meats (like beef, pork, lamb) cause bowel cancer. There is no amount of processed meat that can confidently be shown not to increase risk. Limit red meat intake to 500g cooked weight weekly. Avoid bacon, salami, ham, corned beef and some sausages.

6. Avoid alcohol

If you feel you have to, limit your intake to two drinks (men) or one drink (women) daily. There is abundant research showing that alcoholic drinks increase the risk of cancer.

7. Limit your salt intake

Research has shown that salt-preserved foods probably cause stomach cancer. Use herbs and spices instead to flavor your food. Even some breads and breakfast cereals can contain large amounts of salt.

8. Reduce your dairy

I would recommend the research based book *The China Study* (T. Colin

Campbell PhD and Thomas Campbell) as essential reading for anyone suffering from cancer. Aside from being an extremely interesting background of the 'politics of nutrition', the book offers convincing evidence from around the world on the effect that certain foods have on your body.

Fruit Lowers Cancer Risk

Colon cancer patients who eat a diet rich in fruits, vegetables, poultry and fish can significantly lower the risk of their cancer returning, new research suggests. "We know a lot about how certain dietary things affect the risk of developing colon cancer in the first place but we didn't know, before this study, how diet affected persons who already have cancer," explained study author Dr. Jeffrey A. Meyerhardt, an assistant professor of medicine at the Dana-Farber Cancer Institute in Boston.

Several articles have endorsed the value of eating tomatoes for men in prevention of prostate cancer



Healthy Eating - A Simple Eating Plan You CAN DO

Completely eliminate sugar from your diet. Reduce any other foods with chemical additives from your diet. And dump the junk. Ban junk food from your fridge and the pantry. The biggest obstacle to you doing this might be your family.

Hopefully however, they'll be interested and supportive in joining you on a quest for healthier eating. If you have excess weight to lose, switching to healthier food choices will play a big part toward a slimmer YOU.



Patrick (Trainer) standing centre with his Cancer Wellfit group

Breakfast	<ul style="list-style-type: none"> • Rolled oats + natural raisins or banana • 1 tsp natural honey on lightly toasted Vogels bread <p>Or</p> <ul style="list-style-type: none"> • 2 poached eggs on toast <p>Take a quality multivitamin and mineral supplement</p>
Morning Tea	<ul style="list-style-type: none"> • Apple • Small protein shake – preferably plant based.
Lunch	<ul style="list-style-type: none"> • Pre-prepared home-made fruit salad and natural (sugar free) yoghurt in a Tupperware container • Salmon sandwich with coleslaw / salad
Dinner	<ul style="list-style-type: none"> • Steamed vegetables and fresh fish • Multi-vitamin supplement
Supper	<ul style="list-style-type: none"> • Fresh fruit

*A Healthy Days Eating Plan. Please note that this is an example only.
Note: Have several glasses of water and also try Green Tea during the day*

Healthy Activity You CAN DO

Working out at a gym probably isn't the first thing on your mind as a means to battle or prevent cancer. Experience shows however that it's one of the best things you CAN DO. Mounting research proves irrefutably the value that exercise has in preventing a number of the most common forms of cancer and also in helping cancer patients to recover.

Our own gym, Club Physical has been so inspired to provide a way forward for people wanting to take action that we set up a **FREE** ten-week programme; the **Cancer Well-Fit** programme. The first seeds of inspiration came from a meeting in Sydney with the organizer of a programme of the same name that had been set up in a Californian Health Club. Julie Maine gave an outstanding account of the positive benefits people had achieved on the ten week programme and the personal rewards she and her team found in doing so.

Since initiating the programme in 1997 we have been able to provide up to 12 places at each of our clubs, every ten weeks. Visiting a club during a Well-Fit group meeting is a wonderful feeling. One of the most positive benefits of the programme is the group support, which adds to the dynamic atmosphere in the club during their session.

People undergoing chemotherapy can become drained and lack energy. The goal is to give participants a



positive, uplifting and supportive experience. The type of results normally anticipated include an increased lean body mass, improved sleep habits, reduced fatigue and improved self-image. But perhaps the most rewarding result is increased empowerment establishing a feeling of greater control over one's life.

The **Cancer Well-Fit** programme is open to YOU if you have been treated for cancer within the previous 12 months and to people currently receiving treatment for cancer (people undergoing chemotherapy or radiotherapy). Each person must have a personal desire to be on this programme (i.e. not coaxed into it unwillingly) and have doctors' permission. The programmes will be run at 10-week intervals throughout the year. YOU are very welcome to register by calling Club Physical 09-414 3976 if you live in Auckland, New Zealand.

Ground-Breaking Global Report Endorses Exercise to Prevent Cancer

Twenty-one leading international experts have put together a report linking the effects of food and activity on cancer prevention. These experts distilled information from 500,000 studies concluding that 30 to 40% of cancers could be prevented with better lifestyle choices – specifically healthy eating and exercise. You can view the report on www.wcrf.org



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The schedule below is an example of what I would recommend as a week's healthy activity plan. I do not know your personal circumstances, I do not know which of the five major cardiac risk factors you may or may not have and I certainly don't know your current status of health. Therefore if in doubt, before you lift a finger, please consult with a physiotherapist, doctor or Personal Trainer.

Monday	<ul style="list-style-type: none"> • 5-20 minutes cardio warm-up on bike, treadmill or cross-trainer. You could do 5-10 minutes on each for variety. • Weight training. One to two sets of 8-12 repetitions per body part. (this is even better with a partner or personal trainer) Aim to get stronger. • Stretch
Tuesday	<ul style="list-style-type: none"> • Attend a Yoga or Pilates class.
Wednesday	<ul style="list-style-type: none"> • Fast walk with a friend, family member or your dog 45-60 minutes
Thursday	<ul style="list-style-type: none"> • Repeat Monday
Friday	<ul style="list-style-type: none"> • Repeat Tuesday
Saturday	<ul style="list-style-type: none"> • Attend a GROUP X Flex or Weight class
Sunday	<ul style="list-style-type: none"> • Go to church with a positive mind whether you believe or not. Pick out gems of information that will give you optimism, hope, love, support and caring. • Walk in a large park or long surf beach. Listen to the birds, admire the nature and think about the beauty around you. Enjoy time with friends or family.

You may have limited energy. Moderate your exercise with preference to muscle toning rather than using all of your energy on cardio exercises

Exercise Oncology

Australia's Professors Rob Newton and Daniel Galvao as at 2021 invested fifteen years at the forefront of the science and clinical practice of exercise oncology. Exercise medicine has revolutionised cancer care of the past decade with researchers demonstrating truly powerful benefits.

Professor Galvao says “with one in four men experiencing anxiety either before or after prostate cancer treatment and up to one in five reporting depression, the need for holistic cancer care has never been greater”.

Club Physical highly recommends YOU Google the latest reported news and research by their group.

Dr Newton stated “There is evidence that reaching a certain level of fitness can reduce the chance of death from cancer by as much as 60 per cent!”

Experts Say 30 Minutes a Day Not Enough

A NZ Herald front page feature highlighted the causes for New Zealand's high cancer rate; red meat, obesity and inactivity. The report was released by the World Cancer Research Fund. The article said ‘this report will re-shape cancer messages about food and underpin official advice for years to come’. It goes on to say ‘and the required exercise level may exceed the NZ prescription of at least 30 minutes of moderate exercise on most days’. The report goes on to recommend increasing ones exercise to 60 minutes moderate activity, or 30 minutes vigorous activity daily.

Get Up, Don't Lie Down

Stanford University's Dr. Walter Bortz, Senior Physician at the Palo Alto Medical Clinic, discusses how and why regular exercise helps cancer patients.

Says Bortz: When you learn you have cancer, your initial response is to lie down. But we've now found that one should do exactly the opposite.

The Benefits of Exercise

In his landmark 1996 report to the world, the US Surgeon General strongly recommended that we each exercise **most days of the week**. This recommendation did not come lightly. It was the highlight of over twenty years of research involving over one hundred of the world's leading doctors, scientists and physiotherapists.

The following are the type of results experienced from our ten week **Cancer Well-Fit** programme;

- To boost your positive attitude
- Increase your strength
- Increase your lean body mass
- Improve your sleep habits
- Reduce your level of fatigue
- Improve your self-image
- Increase your feeling of empowerment



Botany women
make good
friends on the
Cancer Wellfit
programme

Exercise is wonderfully good not only for biologic markers, such as strength, pain tolerance, and sleep, but for all the right psychological reasons as well."

"We now know very clearly", continues Bortz, "that people who are going through this double burden of cancer and its treatment...do remarkably well with an exercise program. Rather than making them feel more tired, they feel refreshed and invigorated."

Simple Precautions Protect Against Many Cancers

By Meryl Hyman Harris

Nearly half of all cancer deaths are preventable

That remarkable news comes with an equally stunning corollary -- the key to success doesn't rest with some undiscovered therapies or treatments. Much of cancer's toll can be reduced with simple precautions, such as lifestyle changes and routine screenings.

But somehow that message isn't getting through to enough people.

'We can't beg people to change their behavior, to make the lifestyle changes that we know will reduce cancer risk,' said Carolyn 'Bo' Aldige, president of the Cancer Research and Prevention Foundation, in Alexandria, Va.

The biggest threat, of course, is smoking. "You'd have to live on another planet not to know smoking causes cancer," Aldige said.

Smoking is the single most preventable cause of death in U.S. society. Tobacco causes nearly one in five deaths in the United States, killing about 438,000 Americans each year, according to the American Cancer Society. Yet, about 45 million adults still smoke -- about 23 percent of men and 19 percent of women.

Need more proof that much of cancer's misery is self-inflicted? Experts estimate that about one in three of the 564,830 deaths from all forms of cancer this year will be related to poor nutrition, inactivity, overweight and obesity.

Exercise and Healthy Waist Measurement Boost Bowel Cancer Survival Rates

Bowel cancer patients who exercise regularly before diagnosis are much more likely to still be alive five years later than couch potatoes, an Australian study has found.

Medical oncologist Andrew Haydon, of Melbourne's Alfred Hospital, and colleagues found bowel cancer sufferers who exercised routinely had a 14 per cent survival advantage.

The chance of dying for regular exercisers was **halved** if they had stage two or three tumours - moderately advanced cancer which had not spread to other parts of the body, Dr Haydon said.

Among Colon Cancer Patients, Exercise Blocks Cancer Cell Growth and Induces Cell Death

Exercise seems to put the brakes on runaway cell growth, one of the hallmarks of cancer.

The anticancer effects of exercise are due to increases in a protein that blocks cell growth and induces cell death, say Australian researchers. This would slow down runaway cell growth, one of the hallmarks of cancer, the researchers suggest. But the team, led by Dr Andrew Haydon from Monash Medical School in Melbourne, cannot say how much exercise someone needs to show these effects. The researchers publish their results in the May issue of the journal Gut.

Positive Attitude CAN DO

John White (61) attended the **Cancer Well-Fit** programme at Three Kings Club Physical as part of his strategy to 'kick cancer'.

After completing the ten week programme John came up with the idea of riding 1000km to Wellington as a fundraising idea. He said this was to

publicise the many people he had discovered who help others with cancer. Along with eating less meat and sugar while increasing his intake of fruit and vegetables, John has been doing his cardio exercises and weight training to achieve remarkable results.

‘There are many people I've met who haven't got any hope. They think it's all over when they're diagnosed. But what you put in, you get out’ John assures.

Six-Month Exercise Program Accelerates Recovery After Chemotherapy

Exercise after chemotherapy for breast cancer boosted the activity of infection-fighting T cells in women who worked out regularly, according to data from a study conducted at Penn State University under the direction of Andrea Mastro, professor of microbiology and cell biology. Mastro's findings indicate that exercise can help restore immune systems damaged by anti-cancer drugs, which destroy healthy as well as malignant cells.

Exercise Boosts Patients Undergoing Radiation

Among the growing list of people who can benefit from exercise, add another group: cancer patients in the midst of radiation treatment. A new study has found that women and men undergoing radiation for breast and prostate cancer felt less fatigued, had improved quality of life and missed fewer treatment sessions when they engaged in a six-week routine of moderate exercise.

‘To have their fatigue dissipate was really great,’ says Karen Mustian, assistant professor of radiation oncology at the University of Rochester School of Medicine, who presented the 2005 study at the annual meeting of the American Society of Clinical Oncology. Fatigue is not only a common side effect of radiation treatment but can get worse as treatment continues, she says.

Cancer Fatigue Lessened with Exercise

ATLANTA, (UPI) -- In a pilot study, University of Rochester Medical Center researchers find individuals with breast or prostate cancer who exercised had less fatigue.

Principal investigator Karen Mustian found that the participants were enthusiastic and adhered well to the exercise program, even though they were older (the average age was 60) half of them had received chemotherapy and 84 percent had already had surgery. Ninety-five percent completed the prescribed exercise routine.

All of the patients were prescribed at least 30 radiation treatments, scheduled for five days a week during six weeks.

The exercise program required the patients to take daily walks and to try and increase the total number of steps walked each day and complete 11 resistance band exercises daily, performing one set of eight to 15 repetitions daily and gradually increasing to three or four sets.

The moderate physical activity resulted in the exercisers being able to maintain their strength during radiation, improve aerobic capacity and be less fatigued, Mustian said.

Mustian presented the results at the American Society of Clinical Oncology 2006 annual meeting in Atlanta

A Challenge to Doctors

Advocates of 'exercise prescriptions' received a huge boost with the unveiling of **Exercise is Medicine**, a joint initiative of the American Medical Association (AMA) and the American College of Sports Medicine (ACSM).

Exercise is Medicine has several goals that recognize the importance of physical activity:

- Create broad awareness that exercise is indeed medicine.
- Make 'level of physical activity' a standard vital sign question in each patient visit.

- Help physicians and other healthcare providers to become consistently effective in counseling and referring patients as to their physical activity needs.
- Lead to policy changes in public and private sectors that support physical activity counseling and referrals in clinical settings.
- Produce an expectation among the public and patients that their healthcare providers should and will ask about and prescribe exercise.
- Appropriately encourage physicians and other healthcare providers to be physically active themselves.

At a news conference held at the National Press Club, Robert E. Sallis, M.D., ACSM President, expressed his hope that **Exercise is Medicine** will merge the fitness industry with the health-care industry.

ACS Report: At Least Half of US Cancer Deaths Could Be Prevented

At least half of all cancer deaths in the United States could be prevented if Americans adopted a healthier lifestyle and made better use of available screening tests for the disease, a report from the American Cancer Society states.

Less than 2% of GPs Prescribe the Most Powerful Cancer Treatment

Australian Oncologist, Clinical Professor David Goldstein believes that 'exercise is more powerful than traditional cancer treatment'. While some cancer patients are prescribed total bed rest, David prescribes exercise.

'Exercise can fight fatigue and nausea and it reduces the chance of cancer returning. It can treat the TOP TEN diseases'

And yet research in Australia has shown that less than 2% of GPs prescribe exercise!"

See this important video – Cancer vs Exercise:

<http://www.youtube.com/watch?v=F9kC31wPvB8&feature=youtu.be>

Exercise Protects Against Skin Cancer

Study has shown that exercise can protect against skin and bowel cancer. A study found that voluntary exercise decreased body fat and that the number of tumours decreased with decreasing amounts of fat. During the study a female mice had 24-hour access to running wheels and were exposed to ultraviolet B light (UVB). These mice took longer to develop skin tumours, developed fewer and smaller tumours, and had decreased amounts of body fat compared to mice that did not have access to running wheels.

Dr Allan Conney, Garbe Professor of Cancer and Leukemia Research and Director of the Susan Lehman Cullman Laboratory for Cancer Research at Rutgers University, New Jersey, USA, said that programmed cell death (apoptosis), triggered by exercise, might explain why the running wheel mice did better.

‘Preliminary indications from follow-up work in the laboratory suggest that voluntary exercise enhances UVB-induced apoptosis in the skin, and that it also enhances apoptosis in UVB-induced tumours.’

‘So, although UVB is triggering the development of tumours, exercise is counteracting the effect by stimulating the death of the developing cancer cells.’

Dr Conney emphasised that it was not known yet whether exercise decreased the risk of sunlight-induced skin cancer in humans, and clinical trials were needed to investigate this further. However, in bowel cancer, evidence from population studies already suggests that physically active people have a reduced risk of developing the disease, but the mechanisms remain unclear.

Exercise After Breast Cancer

PHILADELPHIA (Ivanhoe Broadcast News) -- This year, more than 212,000 women will be diagnosed with breast cancer in the United States ... But the good news is there are more than 2 million breast cancer survivors. The not-so-good news is that many will have late side effects of their treatment, including a condition called lymphedema.

Bonnie Grant is a survivor. 'I was 44 at the time of diagnosis. I said, 'Oh, I don't have breast cancer, do I?' and he said, 'Yeah, you absolutely do.'

Honestly, at first there was a vanity thing going through my mind.

'Does this mean I have to lose my hair?' Her worst fears were confirmed. She had 10 rounds of chemo, a radical mastectomy, reconstructive surgery, 30 radiation treatments and 18 lymph nodes removed. Almost a year to the day of diagnosis, her treatment was complete.

Five years later, Grant is still fighting. Now, it's to stave off a condition called lymphedema. 'Lymphedema is one of the most common late effects of breast cancer treatment,' says Kathryn Schmitz, PhD, an exercise physiologist at University of Pennsylvania in Philadelphia.

Removing lymph nodes can cause this swelling condition. To prevent it, survivors are told not to lift more than 15 pounds, ever. Now, Schmitz is challenging that. 'I cannot imagine it being acceptable for a doctor to tell a woman that she cannot use her arm fully for the rest of her life,' Schmitz tells Ivanhoe.

In her study of 86 women, Schmitz found lifting weights left survivors stronger, more fit, and not more at risk for lymphedema. 'They felt like they had their bodies back, like they were really capable again,' she says.

Grant says the weightlifting has given her physical and mental strength. 'I exercise every day,' she says. 'I live with a 78 percent chance, I think they pegged me at for recurrence; I don't even think about it.' Her message to women like her?

Keep fighting.

Schmitz is now in the next phase of her research with a \$2 million grant from the National Cancer Institute.

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Your Invitation

If YOU live near a branch of Club Physical and you have or are currently recovering from cancer, you probably qualify for the **FREE** Ten Week **Cancer Well-Fit** Programme.

This is sponsored entirely by Club Physical.

You get your first Ten Week Programme **FREE**. After this, you can join in with the next **Cancer Well-Fit** group providing by then, you become a member of Club Physical.

To register, CALL before 12 noon daily at 09 414 3976

You will be forwarded a Doctor's Approval form.

Club Physical

Te Atatu

278 Te Atatu Road - 09 414 3976

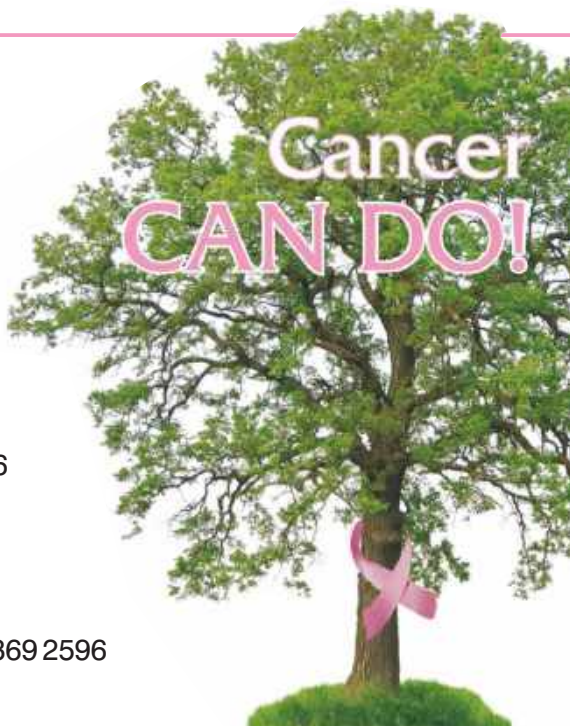
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