Move, Jive, Flourish, & Thrive: Addressing the Side Effects from Cancer and Cancer Treatment

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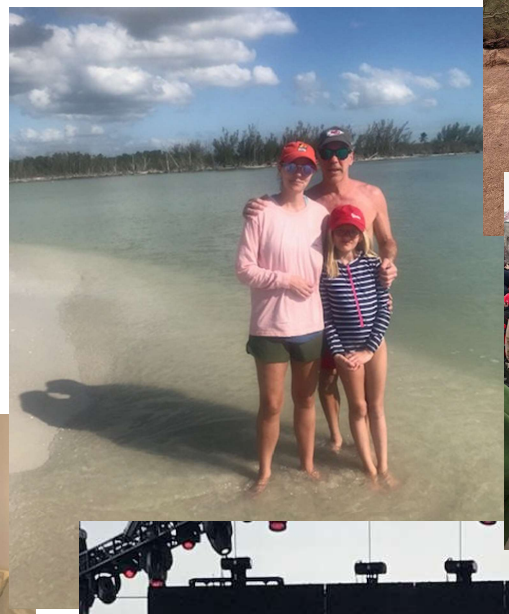
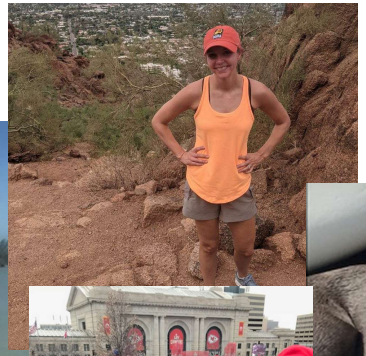
Presentation Objectives

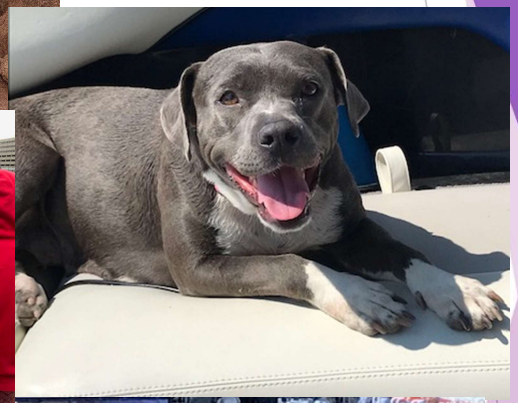
Participants will be able to:

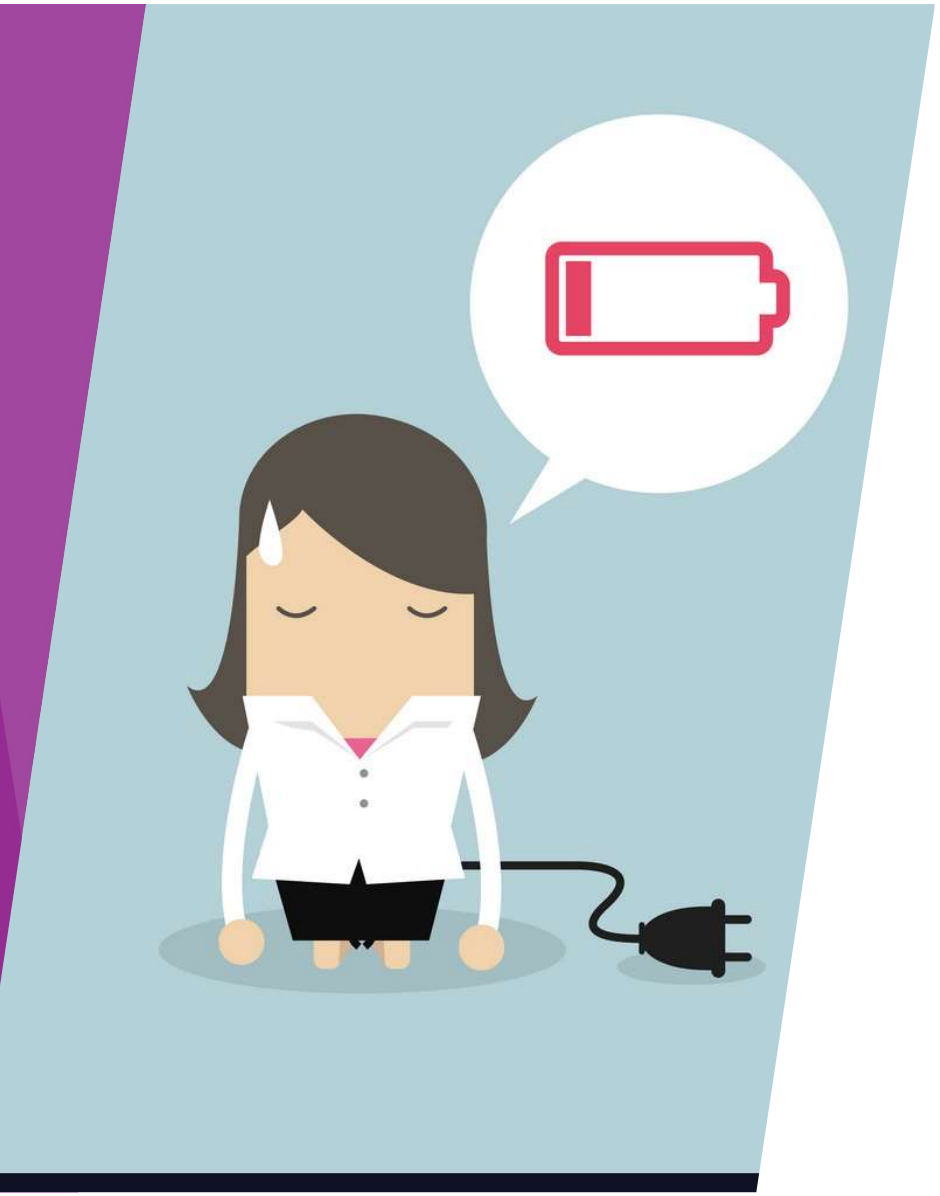
- Name at least 3 side effects from cancer and cancer treatment
- Identify at least one way to help manage the side effect

A little about me…









Cancer-related Fatigue

Cancer-related Fatigue

- Over 90% of persons with cancer report fatigue
- Most common reported complaint/concern
- Gentle exercise
- Prioritizing activities
- Energy budget

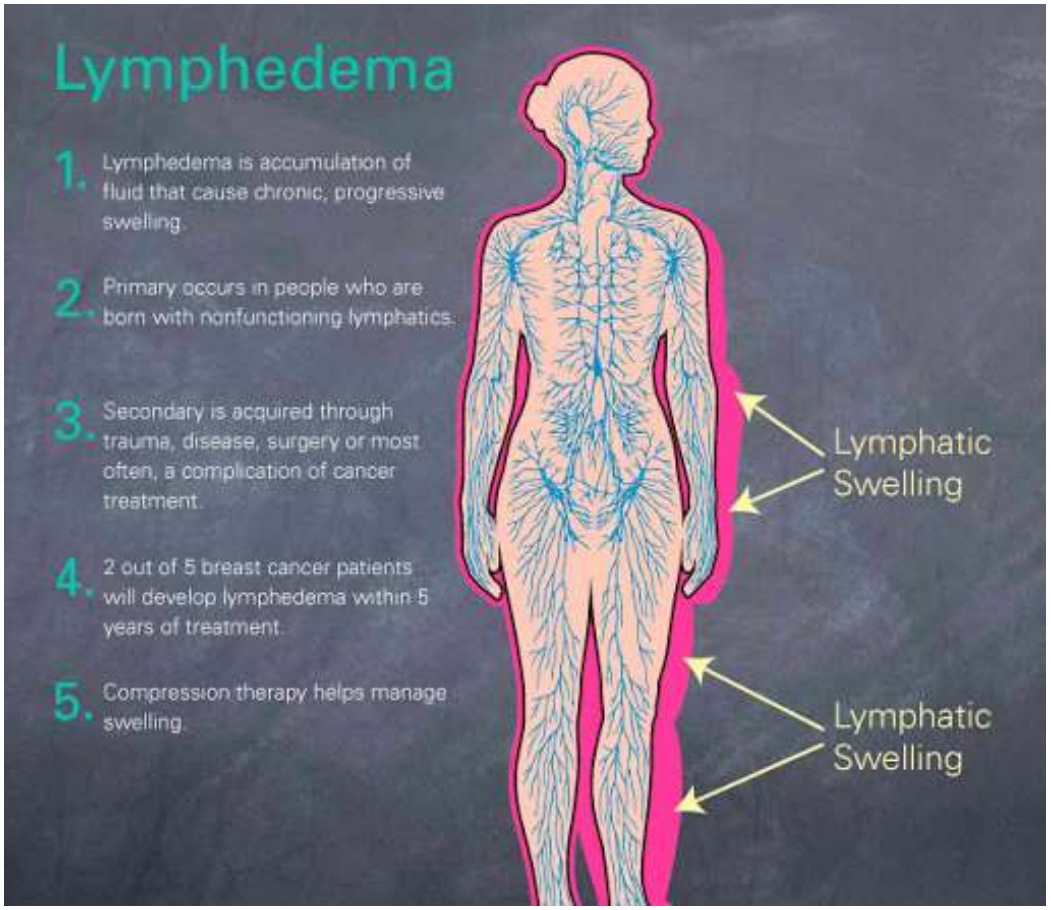
Pain

Pain

- 70% of persons with cancer report pain
  - Bone pain
  - Tumor itself
  - Treatment
  - Unknown

- How to manage pain
  - Gentle exercise
  - Relaxation
  - Distraction
  - Occupational Therapy/manual therapy
  - Consult your Healthcare Team

Lymphedema


Lymphedema
1. Lymphedema is accumulation of fluid that cause chronic, progressive swelling.
2. Primary occurs in people who are born with nonfunctioning lymphatics.
3. Secondary is acquired through trauma, disease, surgery or most often, a complication of cancer treatment.
4. 2 out of 5 breast cancer patients will develop lymphedema within 5 years of treatment.
5. Compression therapy helps manage swelling.
Lymphatic Swelling
Lymphatic Swelling

Lymphedema

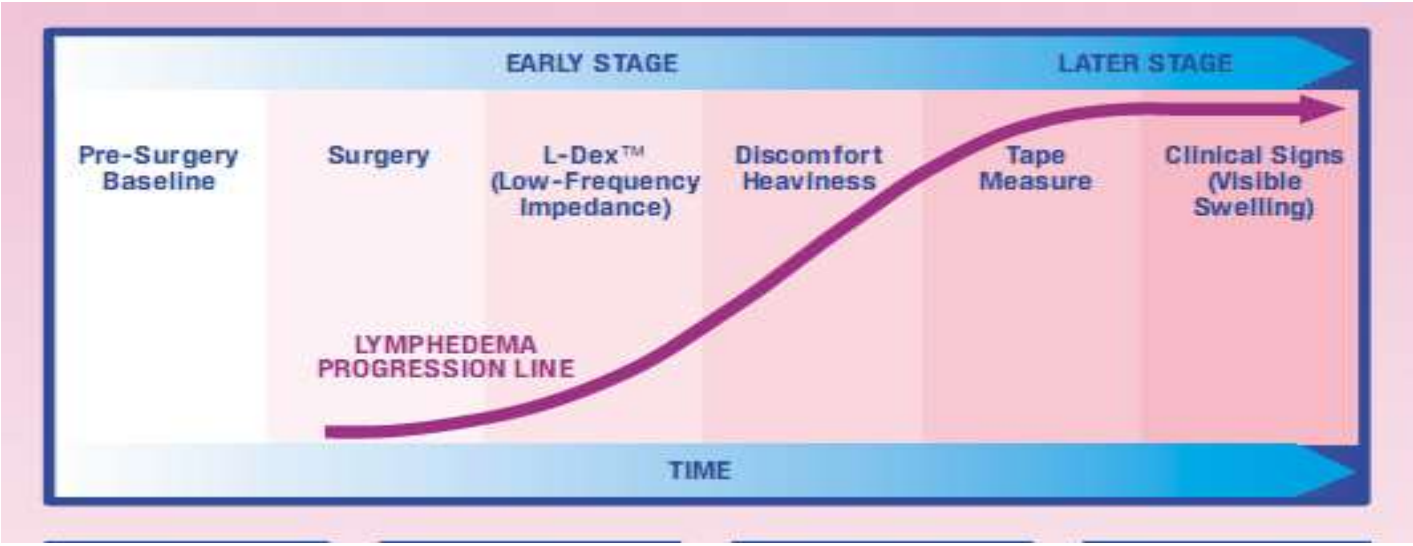
- Incidence: may affect 140-250 million people world wide

  Parasites (filariasis) 90 million

  Breast Cancer 20+ Million

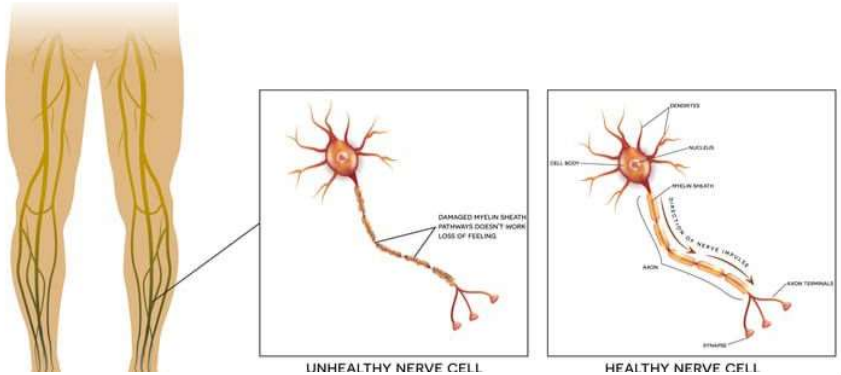
  Primary 2-3 Million

  - Lymphedema occurs in about 50-70% of women who have had axillary node surgery, severe in 10% (The Breast Cancer Digest, 1984)
  - Others, percentages range from 7-63%
  - Generally, around 20% of persons with breast cancer will develop
  - Cancer/cancer treatment is most common cause in United States
- There is no pill or diet for lymphedema
- There is no “cure” for lymphedema; once you have it, you must manage it for the rest of your life



- Treat the acutely injured tissues just like knees, ankles, etc.
- Lymphedema Warning Signs
  - Generalized achiness
  - Generalized tingling
  - Heaviness of the limb
  - Fatigue of the limb

Chemo-induced Peripheral Neuropathy



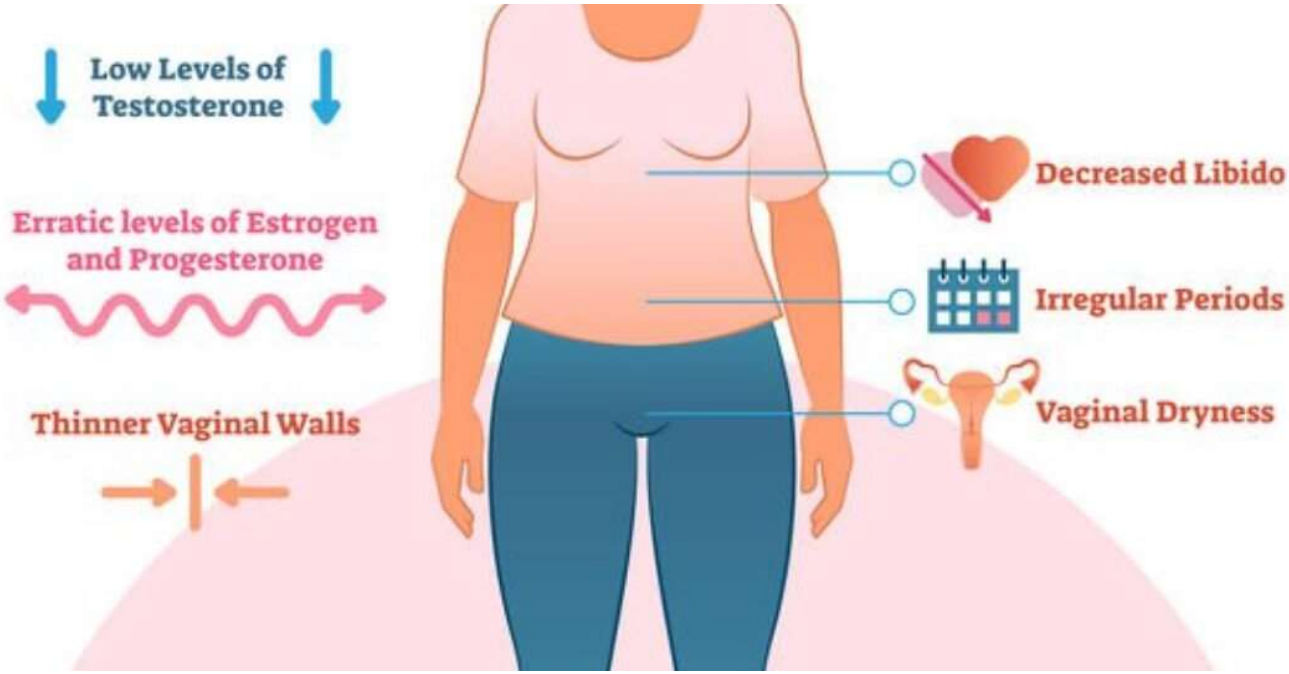
Chemo-induced Peripheral Neuropathy

- Affects 30-40% of those receiving neurotoxic chemotherapy
- CIPN involves various symptoms such as tingling, pain, and numbness in the hands and feet
- Can impair activities of daily living, such as typing or dressing, reduce balance, and increase risk of falls and hospitalizations
- Can also give cause to reduce or discontinue chemotherapy

Problems with Sleep

Sleep Disturbances

- As many as 50% of patients report issues with sleep
  - Insomnia and/or abnormal sleep-wake cycle
- Treating sleep disorders may include supportive care for side effects of cancer or cancer treatment
- Cognitive behavioral therapy may reduce anxiety and help you relax
- Learning good sleep habits is important
- If treatment without drugs does not help, sleep medicines may be used for a short time



Menopause, Osteoporosis, & Hormonal Concerns

Menopause, Osteoporosis, & Hormonal Concerns

- Cancer patients face an increased risk for bone loss and fractures due to both the direct effects of cancer on the skeleton and to the side effects that come with many cancer specific therapies
- Surgery
- Aromatase Inhibitors (AI)
- Androgen Deprivation Therapy (ADT)

- How to manage

Cancer-related Brain Fog

Brain Fog

- Approximately 20-50% of patients experience cognitive loss
- Can include:
  - Short-term memory issues
  - Difficulty concentrating
  - Loss of focus
  - Fatigue
  - Forgetting words
- For most patients it is transient and temporary

Sexual Wellness

Sexual Wellness

- From treatment itself such as radiation, surgery, etc
- Body image
- Low libido
- Physiological changes (surgery, vaginal dryness, testicle removal, etc)
- Sex or sexual touching is painful
- Tips to manage:
  - Communicate!
  - Start slow
  - Warm-up
  - Seek professional help

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Questions?

- Thank you!
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