



# Exercise Counseling

## For UCSF Patients with Cancer



### How can exercise help me through my diagnosis?

There is increasing clinical evidence that regular exercise:

- Speeds recovery for cancer survivors
- Promotes the effectiveness and complements other parts of treatment
- Can significantly deter recurrence rates.

### What exercises are right for me?

Come find out! The Cancer Exercise Counseling program provides individualized consultations to UCSF cancer patients, including those in treatment and those who have completed active treatment.

Our goal is to put exercise within reach of everyone living with cancer. No matter how young or old, in shape or out of shape, or where you are in your course of treatment, we tailor exercises and activities for you personally designed to speed your recovery.

### Who are the Exercise Counselors?

Regan Fedric and Jane Clark are Cancer Exercise Trainers certified by the American College of Sports Medicine. Both have extensive clinical and fitness training experience working with cancer survivors.

### What is the Exercise Counseling program?

The UCSF Exercise Counseling program is operated by the Ida & Joseph Friend Cancer Resource Center with a grant from the Mount Zion Health Fund.

In your **free** one-hour exercise consultation, you will receive a written set of exercise recommendations. Your Exercise Counselor will demonstrate simple exercises you can do at home, and will help design an exercise program for you, including referrals to group exercise and yoga classes, and give you other helpful tips and strategies to be successful.

You will also receive plenty of encouragement to help you start and continue your exercise program, including follow-up phone calls.

### How do I schedule an appointment?

Schedule your one-hour appointment by calling: **(415) 514-6430**. Sessions are available on:

- **Thursdays from 12:30pm to 4:00pm**
- **Fridays from 9:00am to 12:30pm**

Our services are provided at The Cancer Resource Center, room B101, on the first floor next to the gift shop.

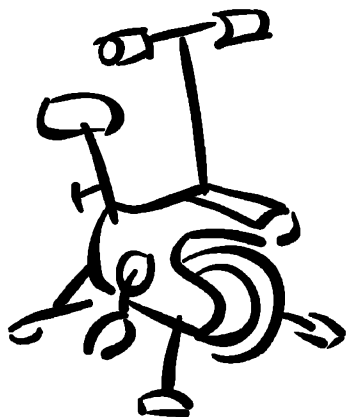
## Research results:

Consider these research results from exercise clinical trials:

- Exercise has been shown to improve body fat levels, lean muscle mass and bone mass.
- Women who participated in any moderate-intensity recreational physical activity, such as brisk walking, after breast cancer diagnosis had an approximately 64% lower risk of death than inactive women.
- The total number of treatment sessions (physician visits) for women with breast-cancer-related lymphedema decreased over 60% among women who lifted weights.
- For Prostate Cancer survivors, exercise significantly reduces the risk of incontinence; it also mitigates side effects for men on hormone therapy and men receiving radiation.
- Colon cancer survivors who walked 6 or more hours per week at an average pace showed a 47% improvement in disease-free survival compared with inactive patients.

**Only UCSF cancer patients are eligible for this program.**

**There is NO CHARGE to UCSF patients for this service.**



## What cancer survivors say about exercise:

People who exercise often experience improvements in quality of life, pain reduction and energy levels. Consider these comments from cancer survivors:

"I was diagnosed with breast cancer 2-1/2 years ago and have gone through 3 surgeries, chemo, radiation and a few other treatments. I have tried to exercise through all of it and have found that no matter how much I could or couldn't do, I always felt better. I try to take my walks on the beach or go to an exercise class every day. I know that exercise is key to my recovery, to regaining my strength, to my emotional well-being and to doing all that I can to staying cancer-free and avoiding a recurrence. I want to live a long and healthy life for both myself and for my kids. I really believe that exercise is what will help me achieve all of this."

"Exercise has helped me enormously since cancer treatment; in particular, it has all but eliminated the 'chemo-brain' that was so distressing to me. The class at Charlotte Maxwell has me feeling healthier than I have in decades. Because I have a kind of cancer the oncologists tell me will return, it is important to me to stay as fit as I can. Even if I can't prevent a recurrence, I will need to be strong to go through future treatments."

"I always exercised before my prostate cancer diagnosis, but was very concerned how all the radiation and systemic treatment would effect my daily routine. As it turns out, exercise is a huge recommended part of my treatment and recovery, and has helped mitigate many side effects. The classes I take have also improved my balance significantly."

**UCSF** Helen Diller Family  
Comprehensive  
Cancer Center