

# Live Stronger, Live Longer: #4 CANCER

## DISEASE BURDEN



1 in 2 Australian men and women are diagnosed with cancer by the age of 85.



Following cancer treatment most people are relatively weak and poorly nourished. This can lead to an increased risk of injury from muscular wasting and osteoporosis.



There is strong evidence that exercise has a protective effect against colorectal, breast, endometrial, kidney, bladder, oesophageal and stomach cancer.

## WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, cancer, metabolic, mental health conditions and healthy ageing. With over 40+ years of collective experience we aim to get our clients moving better and feeling better throughout their lifespan.

## REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

## HOW CAN EXERCISE HELP?

Exercise can and should be used through all stages of cancer treatment, from diagnosis, to active treatment and survivorship. Exercise can help by:

- Increasing energy
- Reducing fatigue
- Reducing nausea
- Improving digestion
- Reducing constipation
- Reducing side effects of treatment
- Improving patient mood
- Reducing muscle wastage
- Increasing strength & flexibility
- Improving heart & lung function



## WHY SEE AN EP?

As Exercise Physiologists we are trained in the knowledge on side effects of various cancer treatments and how they can effect an individual's physiology. We create highly individualised programs tailored to a patient's stage of treatment and provide safe progressions to maintain or improve patient health as much as possible. Importantly, some exercise is better than none, more is better than less.



## BREAST & PROSTATE CANCER

Exercise can be used prior to and post hormone treatment in breast and prostate cancer. It builds a strong foundation and decreases side effects such as loss of muscle mass, body fat gain, lower bone mineral density, loss of cognitive capacity and decreased quality of life. Exercise can also be used to address pelvic floor issues via pre- and post-rehabilitation of prostate cancer treatment and procedures.



Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.