



# Exercise in (Prostate) Cancer Community Outreach Project

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## Introduction

May 3, 2022, 5:00-6:30pm

Presented via Webex

Contact: Peter Bennett

Audience: Members of the Prostate Cancer Support Group (run by the Knight Cancer Institute)

- Total Attendees: 25
- Age Range: 46-60 years old
- Average Age: 68.8 years old

## Background/Content

### Learning Objectives:

- Know the benefit that exercise can have of quality of life in the event of a cancer diagnosis.
- Understand the benefit that exercise can have on treatment-related or cancer-related side effects.
- Be able to apply an appropriate exercise regimen to their own life in order to achieve the most robust results.
- Understand the guidance and research around safety in cancer patients who participate in exercise.
- Be able to engage with their clinician about how they could personally benefit from exercise during their own cancer journey.

### Main Points:

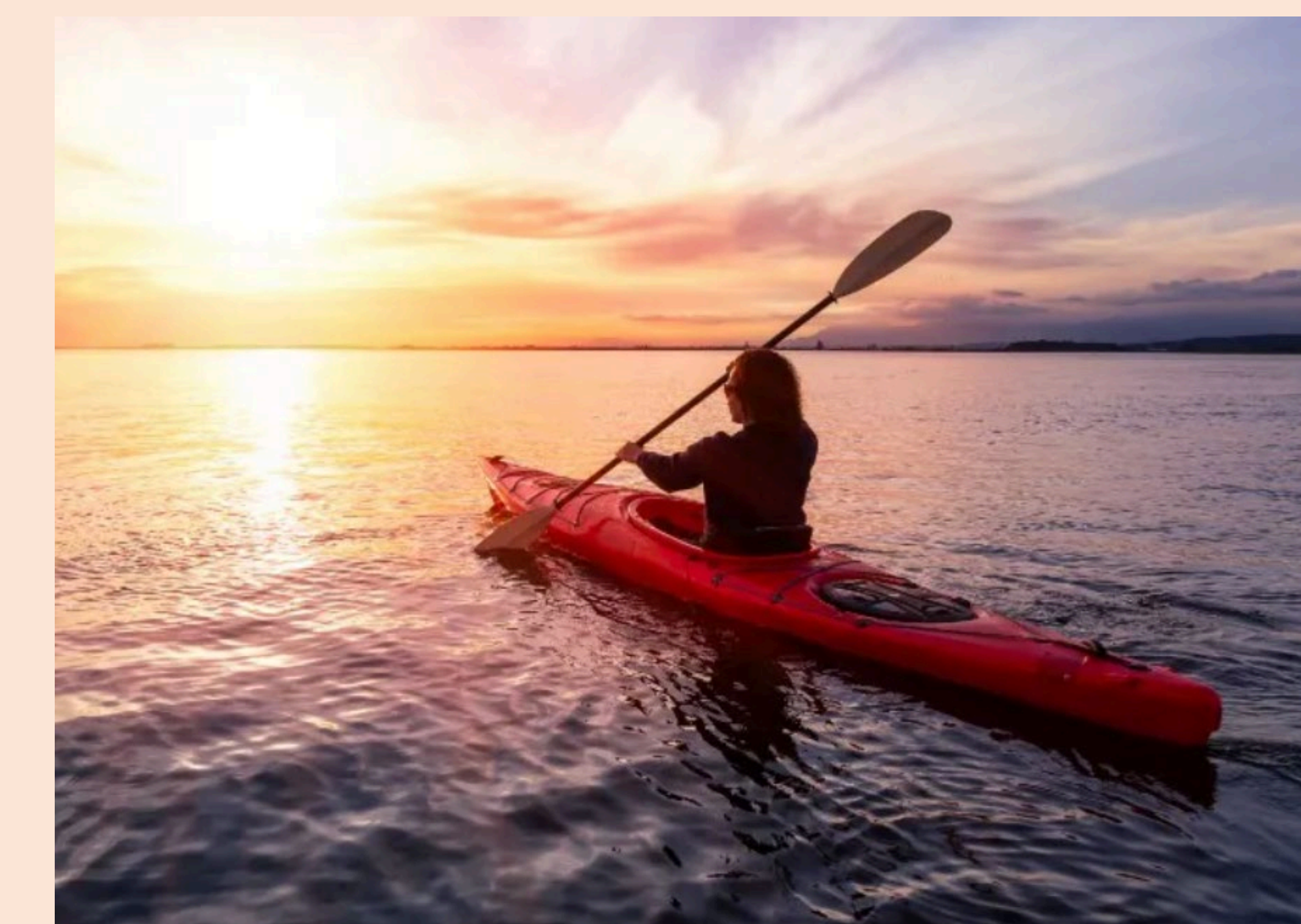
- Exercise can improve both mental & physical health in cancer survivorship
- Exercise decreases fatigue, depression and anxiety<sup>2</sup>
- 150-300 minutes of moderate intensity exercise weekly is recommended in order to see the greatest results<sup>10, 11</sup>
- Exercise has been shown to be safe in cancer survivorship
- Discuss your specific exercise regimen with your provider

## Discussion

- **Challenges**
  - Experienced technical difficulties with my audio on Webex
  - Resulted in a delay of the presentation but was ultimately able to call-in which resolved the issue.
  - It was challenging to answer all of the questions! Questions were asked via chat box and by unmuting.
- **Opportunities**
  - Was able to speak to a group of patients that I used to work with in my previous job
  - Was able to spend time researching in an area where I used to work.
  - Heard from patients already partaking in exercise or enrolled in clinical trial exercise programs about their experience.
- **Observations**
  - People really enjoy having a support system while exercising and are often more motivated when able to partake in group exercise or exercise with a partner.
  - Everyone has a different idea about what they consider to be effective exercise.
- **Evaluations**
  - *“Emily did a great job in communicating the importance of exercise and provided the information and motivation to be successful! I'd sign up for her training again and would recommend to others.”*
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## Conclusion

- **Self assessment**
  - Overall, a great learning experience and opportunity to share my research with a community that I am passionate about.
  - Was able to navigate technical challenges without letting it significantly interrupt the rest of my presentation.
- **Limitations**
  - There is still so much research to be done on exercise in chronic illnesses!
  - We don't have all the answers, and for many patients this is challenging to accept.
- **Impact**
  - I loved sharing my passion for exercise and being able to tie it back to a group with a life-altering disease that could be benefited by exercise.



*“If we could write a prescription for exercise, if we could bottle it in a pill, we'd be prescribing it for all of you. It has the most powerful effect of any lifestyle factor.”*  
 –Dr. Julie Gralow (Fred Hutchinson Cancer Center)<sup>11</sup>

Figure 4: Your ultimate guide to the best kayaking near Sacramento. Eden Vale Inn. <https://edenvaleinn.com/blog/kayaking-near-sacramento/>. Published June 11, 2021. Accessed January 18, 2022.

## References

2. Campbell KL, Winters-Stone KM, Wiskemann J, et al. Exercise guidelines for cancer survivors: Consensus statement from international multidisciplinary roundtable. *Med Sci Sports Exerc.* 2019;51(11):2375-2390. doi:10.1249/MSS.0000000000002116
10. Physical Activity and Cancer Fact Sheet - National Cancer Institute. Published February 18, 2020. Accessed July 23, 2021. <https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet>
11. Exercise is medicine. Accessed July 23, 2021. <https://www.fredhutch.org/en/news/center-news/2020/02/exercise-is-medicine.html>