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Daily Telegraph, Sydney

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Breaking a sweat to beat cancer

EXERCISE is being prescribed to fight cancer, with new research showing patients who work up a sweat are better able to endure more treatments and boost their chances of survival.

The innovative treatment is being used at a southwest Sydney cancer clinic where 40 per cent of oncology patients are now exercising during and after treatments.

It comes as the Clinical Oncology Society of Australia updated its position statement to strongly endorse exercise in cancer care.

The evidence-based statement calls for exercise to be part of standard practice in cancer care and built into every treatment plan.

Macarthur Cancer Therapy Centre senior specialist Diana Adams said exercise saves lives.

“Exercise can reverse treatment-related side effects, improve muscle mass, stamina ... and quality of life, and, importantly, slow the disease’s progression and improve chances of survival,” she said. “I cannot say strongly enough that exercise in cancer care saves lives.”

Patients at the centre are provided eight two-hour sessions of exercise and nutrition.



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Sweating out cancer

EXCLUSIVE
ROSE BRENNAN

EXERCISE is being prescribed to beat cancer with new research showing patients who work up a sweat are able to endure more treatments and boost their chances of survival.

The innovative treatment is being used at a cancer clinic in southwest Sydney where a massive 40 per cent of oncology patients are now exercising during and after their treatment on doctor's orders.

It comes as leading medical group the Clinical Oncology Society of Australia has updated their position statement to strongly endorse exercise in cancer care.

The evidence-based statement calls for exercise to be part of standard practice in cancer care and built into every treatment plan.

Campbelltown Hospital's Macarthur Cancer Therapy Centre oncology senior specialist Dr Diana Adams said exercise can save cancer patient's lives. "Exercise can

reverse treatment-related side effects, improve muscle mass, stamina, self-esteem and quality of life, and, importantly, slow the disease's progression and improve chances of survival," she said. "I cannot say strongly enough that exercise in cancer care saves lives."

Patients at the centre are provided eight two-hour sessions of exercise and nutrition thanks to funding from the 24 Hour Fight Against Cancer charity.

The centre treats about 1800 new patients a year with

about 70 radiation treatments and 35 chemotherapy treatments each day.

"You can exercise even if you're receiving treatment," Dr Adams said. "If you are finding it tough to get through treatment because you're getting tired, if you exercise it can put energy in the bank to complete treatment."

Exercise also safeguards patients against otherwise irreversible loss of fitness.

"If you do it during treatment you maintain cardiovascular capacity and you would

lose it otherwise," Dr Adams said. She said maintaining fitness during treatment also ensures a patient is in the best health possible to deal with the cancer if it returns.

Carolyn Fenwick, 69, exercised at the centre during her treatment for non-Hodgkin lymphoma and said it helped her recover physically and mentally. "During my treatment I had chemotherapy and 20 lots of radiation treatment and I don't think I would have recovered as well without doing the exercise."



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Patients told to work up a sweat to help fight cancer

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Hobart Mercury, Hobart

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Working out to beat cancer

EXERCISE is being prescribed to beat cancer with new research showing patients who work up a sweat are able to endure more treatments and boost their chances of survival.

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