



BREAST CANCER & EXERCISE

Breast cancer is the most common cancer amongst Australian women. Each year approximately 150 males are diagnosed.



90%

WILL BE DISEASE-FREE
5 YEARS POST-DIAGNOSIS

HEALTH IMPACTS OF TREATMENT

Common treatments for breast cancer include surgery, chemotherapy, radiotherapy, hormone therapy, and targeted drug therapies. The side effects of treatments depend on the extent of surgery, and on the dose and type of adjunct therapy. Possible side effects include:

- Fatigue & sleep concerns
- Hair loss & adverse changes in body composition (weight gain)
- Nausea
- Joint and other types of pain
- Bone loss
- 'Chemo brain' (feeling vague)
- Lymphoedema (swelling in the chest, breast, or arm)

WHAT ROLE DOES EXERCISE PLAY?

Exercise plays an important role in the treatment and recovery from breast cancer. Exercise reduces the number and severity of treatment-related side effects and symptoms and improves or maintains function during and after treatment. There is also evidence that women who are physically active after a breast cancer diagnosis have reduced risk of recurrence, reduced risk of developing other chronic diseases and have **better overall survival**.

ADDRESSING COMMON CONCERNS WITH EXERCISE:

01 FEAR OF WORSENING SYMPTOMS:

Those who exercise regularly are less likely to experience symptoms and if they do occur, the symptoms are typically less severe. In contrast, inactivity has been associated with the onset and worsening of these side effects.

02 TROUBLE EXERCISING DURING TREATMENT PERIODS WITH INTENSE SIDE EFFECTS:

Preparing a separate exercise program for 'bad days' may be useful. For example, instead of a 30-minute walk on the three days after chemotherapy, 10 'sit-to-stands' from a chair and a walk to the letterbox every hour may be more realistic and appropriate.

03 SKIN IRRITATION CAUSED BY RADIATION:

A cotton singlet with the bra on the outside of the singlet may reduce friction. Alternatively, a modified exercise program that reduces bouncing (e.g. stationary cycling) may be necessary for the few weeks that when skin irritation is an issue.

HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed for your specific needs to improve your health. Fifty 50 group fitness is also available across all club locations.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.