

## and Get You Better

**CANCER:** Regular and vigorous physical exercise has been scientifically established as providing strong preventative medicine against cancer with the potential to reduce incidence by 40%. The effect is strongest for breast and colorectal cancer; however, evidence is accumulating for the protective influence on prostate cancer, for more advanced disease and in older men. Exercise can improve surgical outcomes, reduce symptoms, manage side effects of radiation and chemo, improve psychological health, maintain function, and reduce fat gain and muscle and bone loss. There is now irrefutable evidence from large prospective studies that regular exercise post-diagnosis will actually increase survivorship by 50%-60% with the strongest evidence currently for breast and colorectal cancers. However, it is critical that the exercise be tailored to the patient and professionally monitored.<sup>7</sup>

<sup>1</sup> J Anat. 2009 Feb;214(2):197-207.  
Exercise and osteoarthritis.

<sup>2</sup> Am J Sports Med. 2008 Jun;36(6):1081-6.  
Effect of a neuromuscular training program on the kinetics and kinematics of jumping tasks.

<sup>3</sup> BMJ. 2008 Jul 1;337:a295. doi: 10.1136/bmj.a295.  
Neuromuscular training and the risk of leg injuries in female floorball players: cluster randomised controlled study.

<sup>4</sup> Med Sci Sports Exerc. 2009 Nov 23.  
Neuromuscular Training for Sports Injury Prevention: A Systematic Review.

<sup>5</sup> Spine J. 2009 Feb;9(2):147-68. High-quality controlled trials on preventing episodes of back problems: systematic literature review in working-age adults.

<sup>6</sup> Osteoporos Int. 2008 Feb;19(2):177-83.  
Physical training preserves bone mineral density in postmenopausal women with forearm fractures and low bone mineral density.

<sup>7</sup> Curr Treat Options Oncol. 2008 Jun;9(2-3):135-46.  
Exercise in prevention and management of cancer.