

Presentation Title: Physical Activity Following Cancer Treatment

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Description:

Cancer and its treatment are associated with numerous acute and long-term physical and psychological adverse effects. Research examining the effects of physical activity during and following cancer treatment has demonstrated beneficial physical and psychological effects. A growing body of evidence supports exercise as an important component of cancer treatment and rehabilitation.

As our treatments become more effective and there are more and more survivors, the face of cancer care may change to include physical activity as part of the “new” standard of care for cancer patients. To meet this end, future research needs to look at the cost benefits of keeping survivors active and able from the perspectives of employment productivity, insurance costs, health care utilization, and the survivor. Educational programs are needed to train health care professionals what to tell their patients about physical activity and how to prescribe exercise.

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