

EXERCISE CONSIDERATIONS

Compiled by Charles (Chuck) Maack - Prostate Cancer Advocate/Activist

Disclaimer: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing prostate cancer care.

The following are a sampling of exercise considerations I compiled from various resources. They certainly are not all encompassing or all inclusive. The extent one exercises should be determined by their health and physical abilities. Most certainly start very slowly until comfortable with any exercise, then increase dependent on continued comfort. The saying "no pain, no gain" can be used with reservations/limitations. Light "pain discomfort" can be anticipated, since when embarking on an exercise regimen following little previous deliberate exercise one will likely experience some pain discomfort. When this occurs it is an indication to either lighten up or not exceed that level of exercise until the body parts have acclimated to the exercise and that discomfort disappears.

This from the Cleveland Clinic:

Exercise guidelines:

Every patient should consult with his or her health care provider before beginning an exercise program.

A good exercise program starts slowly, allowing your body time to adjust.

Keep a regular exercise schedule -- exercise at least three times a week.

Even more dangerous than not exercising at all is exercising only occasionally.

The right kind of exercise never makes you feel sore, stiff, or exhausted. If you experience soreness, stiffness, exhaustion, or feel out of breath as a result of your exercise, you are overdoing it.

Most exercises are safe, as long as you exercise with caution and you don't overdo it. The safest and most productive activities are swimming, brisk walking, indoor

stationary cycling, and low-impact aerobics (taught by a certified instructor). These activities carry little risk of injury and benefit your entire body.

The below information is included in my paper “ADT Side Effects” at this URL: <http://tinyurl.com/5snxxz>

<http://www.womenfitness.net/pectoral.htm> provides a whole slew of exercises (shown for the gals, but works as well for the guys). And, of course, you can access the internet and find many exercise routines. I believe it important to recognize your strength and age limitations and to begin these exercises lightly, slowly, and with caution so as not to over-extend or cause yourself harm.

Per Medical Oncologist Stephen Strum: —Muscle loss is responsive to resistance exercises. Find someone to work with you on this issue. YMCA’s provide trainers for this purpose.

This from Karen L. Swartz, M.D., of Johns Hopkins

Exercise tip 1: Exercise now...and again.

Research shows that a 10- minute walk can improve your mood for two hours. Another study demonstrates that 10 minutes of pedaling on a stationery bike is enough to make you feel better, at least temporarily. The key to sustaining mood benefits is to exercise regularly -- stop exercising, and the psychological lift will disappear. The converse is also true: If you’re used to regular physical activity, your mood will suffer if you take an exercise vacation.

Exercise tip 2: Choose activities that are moderately intense.

Aerobic exercise, such as walking and swimming, undoubtedly has mental health benefits, but you don’t need to sweat strenuously to see results.

Exercise tip 3: Find exercises that are continuous and rhythmic (rather than intermittent).

Walking, swimming, dancing, stationery biking, and yoga are good choices.

Exercise tip 4: Be wary of competitive sports.

Exercise that pits people head-to-head with opponents may be too stressful, leading to a bad mood in the face of defeat. If you’re the type whose competitive spirit may get the better of you, choose a physical activity that you enjoy and that allows you to de-stress.

Exercise tip 5: Add a mind-body element.

Activities such as yoga and tai chi rest your mind and pump up your energy. But if you don’t want to do yoga or the like, you can add a meditative element to walking or swimming by repeating a mantra (a word or phrase) as you move.

Exercise tip 6: Start slowly, and don't overdo it. More isn't better.

Athletes who overtrain find their moods drop rather than lift. You also risk injury and boredom if you push too hard, too fast, or too far.