

Newsletter

In this issue:

- The importance of exercise
- Research Profile
- Meet our Team
- PAC Champion
- Fitness Tip

Importance of Exercise



Any bodily movement that enhances or maintains physical fitness and overall health and well-being.

A large and growing body of research shows that exercise is a safe and important supportive therapy in the management of cancer. Specifically, individuals living with a cancer diagnosis (on or off treatment) who exercise experience fewer and/or less severe disease and treatment-related side-effects (e.g., anxiety, depression, fatigue, sleep disturbance, cancer-related pain). More active individuals may also have a lower risk of cancer recurrence and cancer-related death.

Research Profile

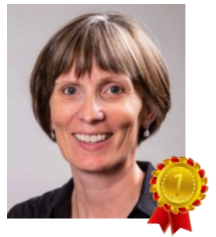
Activating Cancer Communities through Exercise Strategy for Survivors



ACCESS is a free 12-week exercise program designed to lessen the impact of a cancer diagnosis and its treatment (s) on the health and well-being of individuals confronted with the disease. Our ACCESS exercise-based research program offers tailored exercise programming to those with a recent (past 5 yrs) cancer diagnosis and/or those experiencing ongoing disease/treatment related side-effects. All of our programs are provided by trained exercise professionals. Findings from this study will help support the development of sustainable exercise programming for cancer survivors throughout Nova Scotia. To sign up for the program or for more details email Dr. Melanie Keats at melanie.keats@dal.ca

PAC Champion

Dr. Lori Wood is a Medical Oncologist at the Queen Elizabeth II Health Sciences Centre in Halifax. She completed her medical degree at Queen's University in Kingston, Ontario, her Medical Oncology training at the Cross Cancer Institute in Edmonton, Alberta and a Masters' of Science in Epidemiology from the Harvard School of Public Health. She spent two years on faculty at the MD Anderson Cancer Centre, in Houston, Texas, in the Department of Genitourinary Oncology before moving to Halifax in 2000. She is currently a Professor in the Department of Medicine at Dalhousie University with a cross appointment in the Department of Urology.



Dr. Wood feels collaboration amongst multiple disciplines is key to both excellent patient care and advancing the field of oncology. She feels research regarding exercise and **access to an exercise program for her patients is a key component of their cancer care and overall health.** She is also a strong supporter in getting the primary caregiver involved in regular exercise as their health can also be significantly impacted by a love one's cancer diagnosis.

Meet our Team



My name is Will Johnston, I am 24 years old, raised in the Annapolis Valley and graduated from the Kinesiology program at Dalhousie University in the spring of 2020. A few things about myself, I am a passionate hockey fan and die-hard Ottawa Senators fan, and I enjoy sitting down for a nice meal with friends on occasion to watch the game! I started with the PAC lab as a volunteer back in the winter of 2019. Since then, I have grown to love what the PAC lab has to offer. Currently, my role within the PAC lab involves helping with the coordination of some of our clinical research studies, as well as being a Master's student under the supervision of one of our own, Dr. Scott Grandy. My personal research goals include establishing exercise as a mainstay in cancer care, in addition to discovering different ways to use exercise to relieve some of the cardiovascular related ailments within the cancer community. I hope that with the help of the members of the PAC lab, we can accomplish these goals and so much more!

Tip of the Month

For many of us COVID has had a negative impact on our ability to remain physically active. As we sit more and move less, our body's joints are not getting the proper lubrication they need to stay healthy and smooth. You may have even noticed a few new aches and pains. Your body is just like your car; if it's not moved and regularly maintained, it will begin to break-down and rust! So, how can we combat this? Through movement! A great way to start moving is by stretching your whole body every morning and night. Yoga is a great low-impact activity to get your body moving, to strengthen your muscles and to decrease stiffness in your joints. Other activities such as tai-chi and simple static stretching can also do the trick.

