

# Acsm's Guide To Exercise And Cancer Survivorship

Essentials of Cancer Survivorship Long-Term Survivorship Care After Cancer Treatment Handbook of Cancer Survivorship Exercise and Cancer Survivorship Implementing Cancer Survivorship Care Planning ACSM's Guide to Exercise and Cancer Survivorship Everyone's Guide to Cancer Survivorship From Cancer Patient to Cancer Survivor Cancer Survivorship Acupuncture and Cancer Survivorship From Cancer Patient to Cancer Survivor: Lost in Transition Handbook of Cancer Survivorship Care LiveStrong 100 Questions & Answers for Women Living with Cancer: A Practical Guide for Survivorship A Cancer Survivor's Almanac Survivorship Care for Cancer Patients Cancer Survivorship: How to Navigate the Turbulent Journey Models of Cancer Survivorship Care Issues of Cancer Survivorship Topics in Cancer Survivorship Lidia Schapira National Academies of Sciences, Engineering, and Medicine Michael Feuerstein John Saxton The National Cancer Institute American College of Sports Medicine Ernest Rosenbaum Committee on Cancer Survivorship: Improving Care and Quality of Life Patricia A. Ganz Beverley de Valois National Research Council Maria Alma Rodriguez The Lance Armstrong Foundation Michael L. Krychman National Coalition for Cancer Survivorship Stefan Rauh Hussam Haj Hasan U. S. Department Human Services Debra Kantor Ravinder Mohan

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the growing number of cancer survivors presents a new challenge to generalists and specialists involved in their care prior cancer treatments may compound known comorbidities or contribute to future health risks the ultimate success of cancer treatments ultimately depends on the meticulous management of post cancer care and this requires a clinical workforce that is engaged and ready cancer survivorship has now become recognized as an independent field of research and clinical practice this new concise guide is intended for cancer clinicians as well as generalists and specialists who meet cancer survivors in their practices for routine check ups or specialized consultations with an expanding population known to have complex medical psychosocial and emotional needs we hope this book sparks interest and provides answers for those involved in their care

the 2006 institute of medicine iom consensus study report from cancer patient to cancer survivor lost in transition made recommendations to improve the quality of care that cancer survivors receive in recognition that cancer survivors are at risk for significant physical psychosocial and financial repercussions from cancer and its treatment since then efforts to recognize and address the unique needs of cancer survivors have increased including an emphasis on improving the evidence base for cancer survivorship care and identifying best practices in the delivery of high quality cancer survivorship care to examine progress in cancer survivorship care since the lost in transition report the national cancer policy forum of the national academies of sciences engineering and medicine held a workshop in july 2017 in washington dc workshop participants highlighted potential opportunities to improve the planning management and delivery of cancer survivorship care this publication summarizes the presentations and discussions from the workshop

not long ago a cancer diagnosis was regarded as an automatic death sentence today there are ten million survivors equally impressive is the growing number of clinicians and researchers dedicated to improving the quality of survivors lives and care yet despite this encouraging picture there has never been a reliable central source for relevant clinical information till now the handbook on cancer survivorship responds to the diverse needs of

survivors and their support communities by comprehensively addressing the major issues in the field from the burden of survivorship to secondary prevention editor michael feuerstein himself a cancer survivor and sixty other top scientist practitioners analyze in depth how survivors meet and manage the challenges of life after cancer and what clinicians researchers and public health systems can do to ease the transition the handbook s 27 comprehensive chapters include the latest research and practice related to survivors quality of life and how it can be assessed managing everyday and chronic stress depression anxiety pain disorders and cognitive changes coping adaptation and resilience behavior change strategies exercise weight control smoking cessation cancer survivorship centers and other models for follow up care survivor clinician and international perspectives new frontiers in practice research and policy such wide ranging coverage benefits everyone involved in cancer survival primary care providers oncologists behavioral health specialists physical and occupational therapists nutritionists epidemiologists health systems professionals and policymakers and of course survivors themselves and their families

an increasing number of exercise scientists are applying their skills collaboratively with medics and physiotherapists to clinical populations and investigating the effects of exercise in relation to wide ranging clinical pathophysiological and psycho social outcomes the book is aimed at final year undergraduate and master s level students of exercise science who are interested in working with clinical populations such as cancer patients many university sport and exercise science courses in the uk and usa now have modules which are focused on exercise for health and cover aspects of exercise science which are appropriate for clinical populations the book would also be a very valuable resource for undergraduate and postgraduate physiotherapy courses and a very useful resource for students of exercise science and physiotherapy as well as practitioners working with cancer patients there are an increasing amount of research opportunities for exercise scientists who are interested in working with clinical populations furthermore a considerable amount of government and charity research funding is being targeted at active lifestyles and this is helping to generate a new culture of collaboration between exercise scientists and medics hence it is highly likely that an increasing number of students from sport and exercise science courses will pursue careers within the clinical realm in the future practicing exercise therapists clinical exercise physiologists and physiotherapists would also find lots of useful up to date knowledge to support their evidence based clinical practice this book would also be of

interest to informed readers who are themselves undergoing or recovering from cancer treatment

one of the key recommendations of the joint iom and nrc book from cancer patient to cancer survivor lost in transition is that patients completing their primary treatment for cancer be given a summary of their treatment and a comprehensive plan for follow up this book answers practical questions about how this survivorship care plan including what exactly it should contain who will be responsible for creating and discussing it implementation strategies and anticipated barriers and challenges

acsm s guide to exercise and cancer survivorship presents the science behind the benefits of exercise for cancer survival and survivorship as well as the application of that science to the design or adaptation of exercise programs for cancer patients and survivors developed by the american college of sports medicine acsm this authoritative reference offers the most current information for health and fitness professionals working with survivors of many types of cancers dr melinda l irwin has assembled a team of the most respected experts in the field of exercise and cancer survivorship with an emphasis on practical application the text discusses the following incidence and prevalence of the most common cancers common cancer treatments and side effects benefits of exercise after a diagnosis of cancer exercise testing prescription and programming nutrition and weight management counseling for health behavior change injury prevention program administration this guide presents evidence based information to assist health fitness and medical professionals in using exercise to help cancer survivors with recovery rehabilitation and reducing the risk of recurrence throughout the text readers will find quick reference take home messages that highlight key information and how it can be applied in practice chapters also include reproducible forms and questionnaires to facilitate the implementation of an exercise program with a new client or patient such as physician s permission forms medical and cancer treatment history forms weekly logs of exercise and energy levels medication listings and nutrition and goal setting questionnaires in addition acsm s guide to exercise and cancer survivorship discusses all of the job task analysis points tested in the acsm acs certified cancer exercise trainer cet exam making this the most complete resource available for health and fitness professionals studying to attain cet certification each chapter begins with a list of the cet exam points discussed in that chapter a complete listing is also included in the appendix as both an essential preparation text for certification and a practical

reference acsm s guide to exercise and cancer survivorship will increase health and fitness professionals knowledge of the benefits of exercise after a cancer diagnosis as well as the specifics of developing and adapting exercise programs to meet the unique needs of cancer survivors evidence has shown that physical activity has numerous health benefits for cancer patients and survivors more clinicians and oncologists are recommending exercise as a strategy for reducing the side effects of treatment speeding recovery and improving overall quality of life in turn cancer survivors are seeking health and fitness professionals with knowledge and experience to help them learn how to exercise safely within their capabilities with acsm s guide to exercise and cancer survivorship health and fitness professionals can provide safe exercise programs to help cancer survivors improve their health take proactive steps toward preventing recurrences and enhance their quality of life

dr rosenbaum leads a team of 34 oncology specialists and medical contributors some of whom are both doctors and survivors themselves in creating a guide specifically geared for cancer survivorship with information thats geared to managing the lingering effects of cancer treatment

with the risk of more than one in three getting cancer during a lifetime each of us is likely to experience cancer or know someone who has survived cancer although some cancer survivors recover with a renewed sense of life and purpose what has often been ignored is the toll taken by cancer and its treatmentâ on health functioning sense of security and well being long lasting effects of treatment may be apparent shortly after its completion or arise years later the transition from active treatment to post treatment care is critical to long term health from cancer patient to cancer survivor focuses on survivors of adult cancer during the phase of care that follows primary treatment the book raises awareness of the medical functional and psychosocial consequences of cancer and its treatment it defines quality health care for cancer survivors and identifies strategies to achieve it the book also recommends improvements in the quality of life of cancer survivors through policies that ensure their access to psychosocial services fair employment practices and health insurance this book will be of particular interest to cancer patients and their advocates health care providers and their leadership health insurers employers research sponsors and the public and their elected representatives

ancer survivors have increased in number more than threefold over the last 30 years to the

current level of 10 million and growing among patients diagnosed today nearly two thirds are expected to survive 5 or more years this success may be attributed to the expertise of physicians and nurses from multiple disciplines who precisely execute a complex plan based in clinical research yet after a period of orchestrated and frequent interaction with healthcare professionals bolstered by the attention and encouragement of family and friends the cancer patient may view the end of treatment with anxiety and concern and what exactly is the plan just as healthcare providers are expected to keep up to date with the latest in treatment and prevention they must now coordinate and provide comprehensive survivor care this significant text organized and edited by Patricia A Ganz and involving the contributions of over 40 distinguished authors provides a greatly needed resource for survivor care today and tomorrow the current attention on cancer survivorship represents a convergence of burgeoning survivor numbers a corpus of data on late treatment effects in children and adults and increased public and professional awareness Dr Ganz and many of the contributors to this comprehensive text pioneered cancer survivorship and they must justifiably be proud that their advocacy and commitment to survivor care and research have resulted in in-depth reports by the President's Cancer Panel several Institute of Medicine studies and this timely text

acupuncture can play a vital role in helping the growing number of cancer survivors adjust to life after receiving cancer treatments including surgery chemotherapy and radiotherapy this includes managing the physical and emotional after effects of diagnosis and treatment making healthy lifestyle choices coping with fear of recurrence learning how to manage a chronic condition and establishing the new normal that is the legacy of a cancer diagnosis and its treatments as a guide for practitioners it aims to help acupuncturists to understand the challenges faced by cancer survivors who have completed treatment surgery chemotherapy radiotherapy understand the biomedical context of the consequences of cancer treatments relate their patient's cancer experience to the principles of East Asian medicine treat some specific consequences of cancer treatment work safely with cancer survivors support cancer survivors on an emotional level help patients come to terms with a chronic condition and adjust to the new normal manage expectations of both patient and practitioner access the research that has been conducted in this field

this report of the proceedings of a symposium held in conjunction with the release of the IOM report from cancer patient to cancer survivor lost in transition represents an effort on the part of the American Society of Clinical Oncology ASCO the National Coalition for Cancer

survivorship nccs and the institute of medicine iom to further disseminate the findings and recommendations of the iom report and to take the next step toward implementation of those recommendations the symposium and this report serve as important vehicles to raise awareness fill gaps that have existed in cancer patients long term care and chart a course for quality care for cancer survivors and their families more than 100 stakeholders in the cancer community including survivors advocates healthcare providers government officials insurers and payers and researchers participated in the symposium this report culminates a series of work at the iom focused on cancer survivorship the idea to embark on a major study of cancer survivorship within the national academies originated with the national cancer policy board ncpb the ncpb was established in 1997 in the iom and the national research council s division of earth and life studies at the request of the national cancer institute nci the national institutes of health and the president s cancer panel the ncpb identified emerging policy issues in the nation s effort to combat cancer and prepared reports that address those issues including a series of reports on topics ranging from cancer prevention to end of life care

handbook of cancer survivorship care serves as a practical and concise guide for the multidisciplinary management of cancer survivors nearly all of the chapters are authored by a team consisting of a seasoned oncologist and an experienced practitioner who provides direct services in survivorship care chapters reflect the importance of interdisciplinary collaboration and cover the high yield pearls and clinical applications that lead to quality patient care outcomes part i discusses the basic concepts of survivorship care models of care and clinical tools while addressing late and long term effects of treatment screening methods for secondary or recurring tumors and prevention of disease relapse part ii includes chapters on cancers commonly seen in community practice such as breast prostate lymphoma and colorectal chapters in part ii provide clinical pearls and disease specific background a guide to disease surveillance instructions for monitoring late effects early detection tips and information on psychosocial health all to better direct clinical assessment and management with cancer survivors an increasing segment of the healthcare population and survivorship care rapidly evolving it is paramount that oncologists and other care providers are up to date on the clinical strategies interventions and recommendations for follow up care as a pocket sized quick reference handbook of cancer survivorship care is an indispensable resource for any healthcare provider including physicians nurses and other

practitioners seeing patients in remission it covers the must know points of clinical management and successfully carries over cutting edge expertise into clinical practice whether it is used at the bedside or in the clinic key features includes practical guidance on challenging areas such as addressing psychosocial issues establishing screening and prevention strategies managing late effects in cancer survivors and many more easy to read outline format makes referencing in the clinical setting quick and convenient practical clinical vignettes with self assessment q a accompany chapters in part ii clinical pearls highlight survivorship guidelines and their application provides management guidelines and detailed disease surveillance strategies for site specific cancers includes digital access to the e book

since the now ubiquitous livestrong wristbands became available in may 2004 the lance armstrong foundation founded by cancer survivor and cycling champion lance armstrong has raised more than 50 million for cancer survivorship programmes here for the first time is a collection of the voices and personal stories of a range of cancer survivors there is mike a male survivor of breast cancer who talks about gender stereotypes and genetic testing eric the father of a five year old brain tumour survivor recalls how friends and strangers helped his family with financial issues and how the experience brought him and his wife closer together from cancer s effect on a marriage to coping with grief from financial and work struggles to insight into how cancer can change the parent child relationship irrevocably this reassuring poignant and ultimately uplifting book sheds light on all aspects of living with and after cancer

there are approximately ten million people living with cancer and more than half of them are women whether you re a newly diagnosed woman with cancer a survivor or a friend or relative of someone with cancer this book offers help the only text to provide both the patient s and doctor s views this invaluable resource provides up to date authoritative practical answers to the most common questions asked by women with cancer and survivors whether active or remissive 2007 261 pages

i m thrilled that this book is available to cancer survivors i only wish i d had a copy 10 years ago when i was diagnosed with breast cancer jill eikenberry actor and breast cancer advocate a valuable resource for survivors pearl moore rn mn faan executive director oncology nursing society a cancer survivor s almanac is a clearly written sensitive and sensible guide to surviving with cancer this almanac can help you more comfortably and



knowledgeably take charge of your life with cancer david spiegel md professor of psychiatry behavioral sciences stanford university school of medicine and author living beyond limits ballantine 1994 this indispensable guide provides helpful information and much needed support that will improve the quality of life for cancer survivors richard klausner md director national cancer institute from the time of its discovery and for the balance of life an individual diagnosed with cancer is a survivor national coalition for cancer survivorship charter a cancer survivor s almanac charting your journey serves as a guide to help survivors caregivers families and friends chart a survivorship journey written by the survivors and professionals who founded the cancer survivorship movement a cancer survivor s almanac provides essential up to date practical information on the latest information in medical diagnosis treatment pain control and long term and late effects of cancer treatment health insurance how to find and keep it under the most current laws including the federal health reform law which takes effect in 1997 tips on how to find and work with the best doctors and hospitals understanding the risks and benefits of unconventional treatments how to win the battle against job discrimination clear answers to legal and financial questions how to cope with the personal and social impact of cancer communicating with family and friends including dealing with grief and loss the benefits of peer support with tips on starting your own peer support network advocating for yourself and others in addition an expanded resource section lists hundreds of organizations and agencies that offer help regarding specific cancer related issues and explains how to find cancer information through the internet cancer survivors and their caregivers families and friends share their greatest gifts to today s survivors the power of knowledge no cancer journey is easy this book however provides the information understanding support and resources to help dispel the myths and improve the quality of life with through and beyond cancer all royalties from the sales of this book benefit the national coalition for cancer survivorship

this book is a valuable source for oncologists and all other physicians dealing with cancer survivors it provides detailed information on the evidence based benefits and forms of intervention with contributions by a highly prestigious and well recognized panel of experts chapters deal with all features of survivorship outlining the role of the oncologist and other caregivers and discusses survivorship care in different countries and different settings the book addresses new challenges and complex issues broader than medical issues faced by patients who are cured highlighting that cancer is no longer a death sentence it provides

evidence based management guidance and addresses issues such as symptom management palliative care screening for recurrence rehabilitation fertility issues among others this is an indispensable resource for oncologists oncology nurses and other professionals dealing with cancer patients as well as patient advocacy groups and cancer leagues

forget about your cancer for a moment and imagine your life without it now ask yourself the question does cancer have to consume my whole life the answer lies dormant inside your mind and you urgently need to let it out but you need help whether your hope is escaping the emotional pain reducing the burden on your family searching for remission or just finding a new normal to cope peacefully cancer survivorship how to navigate the turbulent journey is your roadmap this step by step strategy to self management teaches how to learn about your diagnosis and staging to help you make informed decisions about treatment choices how to establish effective communication channels with your oncologist to allow for collaboration and to participate in making health decisions how to categorize your health status at any moment on the cancer continuum and how to proceed with progress from that point forward how to adapt to new lifestyle adjustments to help you find your new normal and what to do to reduce the chances of recurrence and the emergence of second primary cancers how to navigate your survivorship journey during and after cancer to minimize side and late effects of treatment and sustain a healthy mind and body in this book hasan dives into what it means to enact a follow up survivorship plan why you should implement it and then deeply explains how this can be done if you think that cancer is treatable and can be controlled as a chronic condition or you can't find a reason not to hope and wish for remission or recovery this is the book for you cancer is a complex system of complex diseases making the road to recovery or remission not easy but possible it is your turn to join the millions of cancer survivors who are living with cancer just fine this book gives you the tools to enable you to join those millions now get out there and use them

as of january 2012 the united states had nearly 14 million cancer survivors with 59 percent ages 65 years or older the number of survivors is projected to grow to 18 million by 2022 survivors that is patients who have completed active treatment have unique physical psychological social and spiritual health needs even as the oncology workforce is projected to experience substantial shortages the number and needs of cancer survivors is projected to increase relative to pediatric cancer survivors adult survivors i e survivors of adult onset

cancers are understudied further their health care needs differ from those of pediatric survivors adult survivors may have an increased risk for comorbidities presenting unique care coordination challenges consequently this technical brief seeks to increase knowledge regarding survivorship care models for adult cancer survivors 19 years of age or older cancer survivors have unique post treatment needs as these individuals may have higher risks of recurrence and secondary cancers chronic or late occurring effects of cancer or cancer treatment comorbid conditions that may have been exacerbated by cancer treatment and increased likelihood of preventable morbidity and mortality that can be reduced by health promotion activities these unique needs highlight the importance of care programs specifically tailored for cancer survivors as described in the institute of medicine iom report from cancer patient to cancer survivor lost in transition survivorship care i e the delivery of health care services specifically designed for cancer survivors ideally includes 1 prevention of new primary and recurrent cancers and other late effects 2 surveillance for recurrence or new cancers 3 interventions for illnesses secondary to cancer and cancer treatment including physical consequences of symptoms such as pain and fatigue psychological distress experienced by cancer survivors and their caregivers and concerns related to employment insurance and disability and 4 coordination between specialists and primary care providers pcps to ensure that all the health needs of survivors are met although these iom recommendations form an important framework for examining cancer survivorship care they are largely based on expert consensus developing appropriate health care programs that provide needed supports and enhance relevant outcomes for individuals with cancer following completion of acute i e potentially curative cancer treatment can be difficult an initial challenge for this project was to define a model of cancer survivorship care the term model is frequently used in the cancer survivorship literature but is rarely if ever defined research shows general agreement that a model of survivorship care involves a broad and holistic approach to followup care for cancer survivors addressing multiple needs as discussed by gilbert et al although approaches vary all models are directed toward the common goal of improving the quality of care provided to cancer survivors by delivering comprehensive coordinated and tailored followup care survivorship has various definitions and encompasses varying stages of the cancer survivor s experience this report focuses only on individuals who have completed active cancer treatment and are transitioning from acute to more long term medical care objectives

issues of cancer survivorship addresses the issues of experiencing life with cancer from diagnosis to living with and beyond cancer it focuses on the psychological impact of cancer including psychological distress the uncertainty the short term and long term side effects of treatments body image issues spirituality religious issues impact of the disease on finances impact on family relationships and social support in addition the book covers cancer in children and secondary cancers as a result of the treatment they received which is increasingly an issue as patients are living longer

cancer is now the leading cause of death in the world in the u s one in two men and one in three women will be diagnosed with a non skin cancer in their lifetime cancer patients are living longer than ever before for instance when detected early the five year survival for breast cancer is 98 and it is about 84 in patients with regional disease however the diagnosis and treatment of cancer is very distressing cancer patients frequently suffer from pain disfigurement depression fatigue physical dysfunctions frequent visits to doctors and hospitals multiple tests and procedures with the possibility of treatment complications and the financial impact of the diagnosis on their life this book presents a number of ways that can help cancer patients to look feel and become healthier take care of specific symptoms such as hair loss arm swelling and shortness of breath and improve their intimacy sexuality and fertility

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