

Good evening,

Below is a recap of the Central New Jersey Multiple Myeloma Support Group Meeting held on Wednesday December 7, 2016.

Special Guest Speaker, Jennifer Weidemann, ACSM-CEP

RWJ Sports Physical Therapy & Performance Center

1 Patriots Park (TD Bank Ballpark) Bridgewater, NJ 08807

908-203-5972

www.rwjuh.edu/sportsmedicine

THE IMPORTANCE OF EXERCISE AFTER A CANCER DIAGNOSIS

- Exercise can decrease the physical side effects from the disease and treatments
- Exercise increases endorphins to decrease depression
- Inactivity causes negative effects on the body
 - decreased aerobic capacity
 - decreased muscle strength and flexibility
 - osteoporosis
 - patient will have a lower pain threshold
- Exercise will make you more energized from fatigue related to the cancer itself and treatment
- Benefits of exercise
 - decrease in symptoms
 - increase in muscle strength
- Benefits of exercise for the Caregiver

- decrease in anxiety, depression, and stress
- increase in strength
- increase in energy
- lower blood pressure
- all of the above makes you a better caregiver

- Exercise goals

- identify your goals...what do you need/want
- set short and long term goals

- Aerobic Exercise

- makes the heart stronger
- suggested 30 minutes of aerobic exercise, most days of the week, of moderate intensity
- start for less time, build up to the 30 minutes. Can do 3, 10 minute sessions
- start with 3 days per week and work up to 7 days per week of continuous aerobic activity (can be walking, dusting, etc. , as long as it is continuous)

- Strength Training

- strengthens the skeletal muscle
- target your major muscle groups (shoulders, arms, core, back, legs)
- use weight machines, free weights, resistance bands, or your own body weight
- start with a low intensity workout, and work up to moderately hard intensity workout

- Balance Training

- treatment side effects can affect patient's balance (neuropathy for example)

- do single and double leg exercises
- vision is important to a patient's balance, so be sure to have your eyes checked
- Flexibility Training
 - increases flexibility to skeletal muscles
 - increased blood flow to muscles helps flexibility
 - stretch to a point of discomfort, BUT NOT PAIN
 - stretch every day
 - hold each stretch for 15-30 seconds, 2-3x's each muscle you are stretching
- Exercise Precautions
 - if you are Anemic...Delay exercise activity or avoid high intensity exercise
 - if you have Low White Blood Counts...Avoid crowds, gyms
 - if you have Low Platelets...Avoid activities that have a high risk of injury or bleeding
 - if you have a Fever above 100.4...Exercise should be avoided
 - if you have Severe Weight Loss...Exercise at a mild intensity
 - if you have Nausea/Vomiting...Delay exercise
 - If you have Fatigue/Muscle Weakness...Delay exercise
 - If you have recently had Radiation...Avoid swimming pools, as chlorine will cause irritation to radiated area
- Always check with your doctor before starting an exercise program
- Start slowly
- Warm Up/ Cool Down...Start Slow/End Slow
- Set realistic goals

- Wear good sneakers with proper arch support and cushioning to protect your joints
- Choose activities that are fun and not exhausting
- Surround yourself with supportive people (a spouse, child, pet)
- Listen to your body...Pay attention to how you feel

Q&A

1) If you would like to search on-line for exercises, visit the following trusted sites

-ACE

-NASM

-American Cancer Society

2) The Wellness Program at the RWJ Sports Physical Therapy and Performance Center is an out of pocket program, but check with your insurance carrier. You do not need a script to attend, but you will need medical clearance, which they can provide. This Wellness Program is only at the ballpark location, but other programs are offered at both the ballpark location and RWJ Somerset location.

Attached is a flyer about their HEALTHHIKE WALKING PROGRAM

The remainder of the meeting was open discussion.

I gave a short update on the Celebration. Please RSVP by the RSVP date. The Room Set-up Committee has visited the Celebration room, and preliminarily mapped out the event. The Menu Planning

Committee has chosen a delicious menu! And the 50/50 Raffle Committee has decided that our 50/ 50 will split as follows... 50% of monies collected will go to the IMF, and the remaining will be split 4 ways, 10%,10%, 10%, 20% so there will be 4 lucky winners! Tickets are \$10 apiece, CASH ONLY! It was suggested to collect money from family/friends and purchase tickets for them the night of our Event.

One last thing... a member reported that a “cocktail” recommended by NYU, and made up of the following vitamins/supplements has helped with neuropathy. PLEASE CHECK WITH YOUR DOCTOR BEFORE TAKING THIS “COCKTAIL”

Glutamine – 30 gram QD (once a day)

B6 – 100 mg QD (once a day)

Folate – 1 mg QD (once a day)

B12 = 1000 mg sublingual (under the tongue) QD (once a day)

Happy Holidays to all! Stay healthy and warm, and hope to see you all at the Celebration on January 4, 2017.

Debbie Morelli