

## Exercise and Physical Activity for Cancer Patients

Absolute Neutrophil Count refers to the number of neutrophils in the blood, which is an important indicator of a cancer patient's ability to fight infection, infection risk is a major concern during cancer treatment. Accelerated Rehabilitation is a type of rehabilitation that focuses on quickly restoring a cancer patient's physical function and mobility after surgery or treatment, this approach is often used in conjunction with physical therapy. Activities of Daily Living are the everyday activities that people do to take care of themselves, such as bathing, dressing, and eating, cancer patients may need assistance with these activities during treatment. Acute Exercise is a single bout of exercise, such as a 30-minute walk, acute effects of exercise can include improved mood and reduced fatigue. Adaptive Equipment refers to devices or tools that are used to help people with disabilities or limitations perform daily tasks, wheelchairs and walkers are examples of adaptive equipment. Adjuvant Therapy is a type of cancer treatment that is used in addition to primary treatment, such as chemotherapy or radiation therapy, to help prevent cancer recurrence, adjuvant therapy can include exercise and physical activity. Aerobic Capacity is the body's ability to use oxygen to generate energy during exercise, aerobic capacity is an important indicator of cardiovascular health. Aerobic Exercise is a type of exercise that raises the heart rate and improves cardiovascular health, examples of aerobic exercise include walking, jogging, and cycling. Alternative Therapy is a type of therapy that is used in addition to conventional medical treatment, such as acupuncture or massage, alternative therapies can be used to manage cancer symptoms and side effects. American College of Sports Medicine is a professional organization that provides guidelines and recommendations for exercise and physical activity, ACSM is a leading authority on exercise and sports medicine. Anaerobic Exercise is a type of exercise that does not require oxygen to generate energy, examples of anaerobic exercise include weightlifting and sprinting. Androgen Deprivation Therapy is a type of hormone therapy that is used to treat prostate cancer, androgen deprivation therapy can have significant side effects, including fatigue and weight gain. Anemia is a condition characterized by low red blood cell count, anemia is a common side effect of cancer treatment. Anthropometric Measurements are measurements of the body's size and shape, such as height and weight, anthropometric measurements can be used to monitor changes in body composition during cancer treatment. Anti-Angiogenic Therapy is a type of cancer treatment that targets the blood vessels that feed cancer cells, anti-angiogenic therapy can have significant side effects, including fatigue and hypertension. Anxiety is a common emotional symptom experienced by cancer patients, anxiety can be managed with exercise, meditation, and other therapies. Appetite Stimulation is a type of therapy that is used to increase appetite in cancer patients, appetite stimulation can include nutritional supplements and appetite-stimulating medications. Assessment of Physical Function is an evaluation of a person's ability to perform physical activities, assessments can include tests of strength, flexibility, and endurance. Assistive Technology is a type of technology that is used to help people with disabilities or limitations perform daily tasks, assistive technology can include devices such as wheelchairs and communication devices. Balance Exercise is a type of exercise that improves balance and reduces the risk of falls, balance exercises can include activities such as tai chi and yoga. Basal Metabolic Rate is the number of calories that the body needs to function at rest, basal metabolic rate can be affected by cancer treatment and weight loss. Behavioral

Intervention is a type of therapy that is used to change behaviors, such as exercise and diet, behavioral interventions can be used to promote healthy behaviors in cancer patients. Bioelectrical Impedance Analysis is a method of measuring body composition, BIA can be used to monitor changes in body composition during cancer treatment. Biomechanics is the study of the movement and function of the body, biomechanics can be applied to the design of exercise programs for cancer patients. Blood Cell Count is a test that measures the number of blood cells in the body, blood cell count can be affected by cancer treatment and infection risk. Body Composition is the percentage of body fat and lean body mass, body composition can be affected by cancer treatment and weight loss. Body Mass Index is a measure of body fat based on height and weight, BMI can be used to monitor changes in body composition during cancer treatment. Bone Density is the measure of the strength and density of bones, bone density can be affected by cancer treatment and osteoporosis. Bone Metastasis is a type of cancer that spreads to the bones, bone metastasis can cause pain and fractures. Brachytherapy is a type of radiation therapy that involves the placement of radioactive material directly into the tumor, brachytherapy can cause radiation side effects. Breast Cancer is a type of cancer that affects the breast tissue, breast cancer can be treated with surgery, radiation, and hormone therapy. Cancer Fatigue is a common symptom experienced by cancer patients, cancer fatigue can be managed with exercise, rest, and other therapies. Cancer Rehabilitation is a type of rehabilitation that focuses on restoring physical function and mobility in cancer patients, cancer rehabilitation can include physical therapy, occupational therapy, and speech therapy. Cancer-Related Fatigue is a type of fatigue that is specifically related to cancer and its treatment, cancer-related fatigue can be managed with exercise, medications, and other therapies. Cardiopulmonary Exercise Testing is a type of test that measures the body's ability to use oxygen during exercise, CPET can be used to monitor changes in cardiovascular health during cancer treatment. Cardiorespiratory Fitness is the body's ability to use oxygen to generate energy during exercise, cardiorespiratory fitness is an important indicator of cardiovascular health. Chemotherapy is a type of cancer treatment that uses medications to kill cancer cells, chemotherapy can have significant side effects, including fatigue, nausea, and hair loss. Chronic Exercise is regular, long-term exercise, such as a daily walking routine, chronic effects of exercise can include improved cardiovascular health and weight loss. Cognitive Behavioral Therapy is a type of therapy that is used to change thoughts and behaviors, cognitive behavioral therapy can be used to manage anxiety and depression in cancer patients. Cognitive Function is the ability to think, learn, and remember, cognitive function can be affected by cancer treatment and chemotherapy. Colorectal Cancer is a type of cancer that affects the colon and rectum, colorectal cancer can be treated with surgery, radiation, and chemotherapy. Complementary Therapy is a type of therapy that is used in addition to conventional medical treatment, such as acupuncture or massage, complementary therapies can be used to manage cancer symptoms and side effects. Comprehensive Cancer Care is a type of care that includes physical, emotional, and social support, comprehensive cancer care can include exercise programs, nutrition counseling, and psychological support. Conditioning Exercise is a type of exercise that improves overall fitness and athleticism, conditioning exercises can include activities such as strength training and cardiovascular exercise. Core Stability is the ability to maintain good posture and balance, core stability is important for overall physical function and mobility. Corticosteroids are a type of medication that is used to reduce inflammation and swelling, corticosteroids can be used to manage cancer symptoms and side effects. Creatinine Clearance is a test that measures kidney function, creatinine clearance can be affected by cancer treatment and kidney damage. Depression is a common emotional symptom experienced by cancer patients, depression can be

managed with exercise, medications, and other therapies. Detoxification is the process of removing toxins from the body, detoxification can be supported with nutrition and supplements. Diabetes is a condition characterized by high blood sugar levels, diabetes can be managed with exercise, diet, and medications. Diagnostic Imaging is a type of medical imaging that is used to diagnose and monitor cancer, diagnostic imaging can include tests such as CT scans and MRI scans. Disability is a condition that limits a person's ability to perform daily activities, disability can be caused by cancer and its treatment. Disease-Free Survival is the length of time that a person survives without cancer recurrence, disease-free survival can be improved with exercise and healthy lifestyle habits. Distress is a common emotional symptom experienced by cancer patients, distress can be managed with exercise, meditation, and other therapies. Durable Medical Equipment is a type of equipment that is used to help people with disabilities or limitations perform daily tasks, durable medical equipment can include devices such as wheelchairs and walkers. Dyspnea is a condition characterized by shortness of breath, dyspnea can be caused by cancer and its treatment. Early Stage Cancer is a type of cancer that is diagnosed at an early stage, early stage cancer can be treated with surgery, radiation, and chemotherapy. Edema is a condition characterized by swelling, edema can be caused by cancer and its treatment. Electromyography is a test that measures the electrical activity of muscles, electromyography can be used to monitor changes in muscle function during cancer treatment. Emotional Support is a type of support that includes emotional comfort and reassurance, emotional support can be provided by family and friends, as well as mental health professionals. Endocrine System is a system of glands that produce hormones, endocrine system can be affected by cancer and its treatment. Endurance Exercise is a type of exercise that improves cardiovascular health and reduces fatigue, endurance exercises can include activities such as walking and jogging. Energy Balance is the balance between the number of calories consumed and the number of calories expended, energy balance can be affected by cancer and its treatment. Energy Expenditure is the number of calories expended by the body, energy expenditure can be affected by cancer and its treatment. Environmental Factors are factors that are outside of the body, such as air pollution and UV radiation, that can affect cancer risk and treatment. Epidemiology is the study of the distribution and determinants of health and disease, epidemiology can be used to study the relationship between exercise and cancer. Erectile Dysfunction is a condition characterized by the inability to achieve or maintain an erection, erectile dysfunction can be caused by cancer and its treatment. Estrogen Receptor is a protein that is found in some cancer cells, estrogen receptor can be targeted with hormone therapy. Exercise Adherence is the ability to stick to an exercise program, exercise adherence can be improved with goal setting and social support. Exercise Intervention is a type of intervention that is designed to promote exercise and physical activity, exercise interventions can include exercise programs and fitness classes. Exercise Physiology is the study of the body's response to exercise, exercise physiology can be used to design exercise programs for cancer patients. Exercise Prescription is a type of prescription that is written by a healthcare provider to recommend exercise, exercise prescription can include type, intensity, and duration of exercise. Exercise Science is a field of study that focuses on the science of exercise and physical activity, exercise science can be applied to the design of exercise programs for cancer patients. External Beam Radiation Therapy is a type of radiation therapy that uses a machine to deliver radiation to the tumor, external beam radiation therapy can cause radiation side effects. Falls Prevention is a type of program that is designed to prevent falls, falls prevention can include exercise programs and environmental modifications. Family Support is a type of support that includes emotional comfort and reassurance from family members, family support can be an important part of cancer care. Fatigue is a common symptom

experienced by cancer patients, fatigue can be managed with exercise, rest, and other therapies. Fear of Recurrence is a common emotional symptom experienced by cancer patients, fear of recurrence can be managed with exercise, meditation, and other therapies. Fitness is a state of physical well-being that includes cardiovascular health, muscular strength and endurance, and flexibility, fitness can be improved with exercise and physical activity. Flexibility Exercise is a type of exercise that improves flexibility and range of motion, flexibility exercises can include activities such as stretching and yoga. Functional Assessment is an evaluation of a person's ability to perform daily activities, functional assessments can include tests of strength, balance, and endurance. Functional Capacity is a person's ability to perform daily activities, functional capacity can be affected by cancer and its treatment. Gastrointestinal Cancer is a type of cancer that affects the digestive system, gastrointestinal cancer can be treated with surgery, radiation, and chemotherapy. Gynecologic Cancer is a type of cancer that affects the female reproductive system, gynecologic cancer can be treated with surgery, radiation, and chemotherapy. Health Behavior is a behavior that is related to health, such as exercise or smoking, health behaviors can be influenced by social support and environmental factors. Health Coaching is a type of coaching that focuses on promoting healthy behaviors, health coaching can include goal setting and social support. Health Education is a type of education that focuses on promoting healthy behaviors, health education can include classes and workshops on topics such as nutrition and exercise. Health Promotion is a type of program that is designed to promote healthy behaviors, health promotion can include exercise programs and health education. Health-Related Quality of Life is a measure of a person's overall well-being, health-related quality of life can be affected by cancer and its treatment. Heart Rate Variability is a measure of the variation in heart rate, heart rate variability can be used to monitor changes in cardiovascular health during cancer treatment. Hematologic Cancer is a type of cancer that affects the blood and bone marrow, hematologic cancer can be treated with chemotherapy, radiation therapy, and stem cell transplantation. Hormone Receptor is a protein that is found in some cancer cells, can be targeted with hormone therapy. Hormone Therapy is a type of cancer treatment that uses medications to block the production or action of hormones, can be used to treat breast cancer and prostate cancer. Hospice Care is a type of care that is designed to provide comfort and support to people who are dying, can include pain management and emotional support. Human Performance is a field of study that focuses on the science of human movement and performance, human performance can be applied to the design of exercise programs for cancer patients. Hyperthermia is a condition characterized by elevated body temperature, hyperthermia can be caused by cancer and its treatment. Hypertension is a condition characterized by high blood pressure, hypertension can be caused by cancer and its treatment. Hypothyroidism is a condition characterized by low thyroid hormone levels, hypothyroidism can be caused by cancer and its treatment. Imaging Studies are tests that use medical imaging to diagnose and monitor cancer, imaging studies can include CT scans and MRI scans. Immune System is a system of cells and organs that help to fight infection and disease, immune system can be affected by cancer and its treatment. Immunotherapy is a type of cancer treatment that uses medications to stimulate the immune system, immunotherapy can be used to treat melanoma and lung cancer. Incontinence is a condition characterized by the inability to control the bowels or bladder, can be caused by cancer and its treatment. Infection Risk is the risk of developing an infection, infection risk can be increased by cancer and its treatment. Inflammatory Bowel Disease is a type of disease that affects the digestive system, can be treated with medications and surgery. Informed Consent is a type of consent that is given by a person before undergoing a medical procedure or treatment, can include information about

risks and benefits. Insomnia is a condition characterized by difficulty sleeping, insomnia can be caused by cancer and its treatment. Integrative Medicine is a type of medicine that combines conventional medical treatment with complementary therapies, integrative medicine can include acupuncture and massage. Intensity is a measure of the level of effort or difficulty of an activity, intensity can be used to describe exercise programs and physical activity. Internal Beam Radiation Therapy is a type of radiation therapy that uses a small implant to deliver radiation to the tumor, internal beam radiation therapy can cause radiation side effects. Interstitial Fluid is a type of fluid that surrounds cells and tissues, interstitial fluid can be affected by cancer and its treatment. Interventions are programs or treatments that are designed to promote healthy behaviors or improve health outcomes, interventions can include exercise programs and health education. Intravenous Therapy is a type of therapy that uses medications or fluids that are delivered through a vein, intravenous therapy can be used to treat dehydration and nutritional deficiencies. Isokinetic Exercise is a type of exercise that involves contracting and lengthening muscles at a constant speed, isokinetic exercises can be used to improve strength and endurance. Kinesiology is the study of human movement and exercise, kinesiology can be applied to the design of exercise programs for cancer patients. Lactate Threshold is a measure of the level of intensity at which lactic acid begins to accumulate in the muscles, lactate threshold can be used to monitor changes in cardiovascular health during cancer treatment. Laryngeal Cancer is a type of cancer that affects the voice box, laryngeal cancer can be treated with surgery, radiation therapy, and chemotherapy. Leukemia is a type of cancer that affects the blood and bone marrow, leukemia can be treated with chemotherapy, radiation therapy, and stem cell transplantation. Lifestyle Intervention is a type of intervention that is designed to promote healthy lifestyle habits, can include exercise programs and health education. Linear Accelerator is a type of machine that is used to deliver radiation therapy, linear accelerator can be used to treat cancer and other diseases. Lymphedema is a condition characterized by swelling in the arms or legs, lymphedema can be caused by cancer and its treatment. Lymphoma is a type of cancer that affects the immune system, lymphoma can be treated with chemotherapy, radiation therapy, and stem cell transplantation. Magnetic Resonance Imaging is a type of medical imaging that uses magnetic fields to create images of the body, MRI can be used to diagnose and monitor cancer. Malnutrition is a condition characterized by inadequate nutrition, malnutrition can be caused by cancer and its treatment. Massage Therapy is a type of therapy that involves the manipulation of soft tissues, massage therapy can be used to manage pain and stress. Maximal Oxygen Uptake is a measure of the body's ability to use oxygen during exercise, maximal oxygen uptake can be used to monitor changes in cardiovascular health during cancer treatment. Mechanoreception is the ability to sense movement and pressure, mechanoreception can be affected by cancer and its treatment. Medical Oncology is a type of medicine that focuses on the diagnosis and treatment of cancer, medical oncology can include chemotherapy, hormone therapy, and targeted therapy. Meditation is a type of practice that involves the use of mindfulness and relaxation techniques, meditation can be used to manage stress and anxiety. Melanoma is a type of cancer that affects the skin, melanoma can be treated with surgery, radiation therapy, and chemotherapy. Menopause is a natural transition that occurs in women, menopause can be affected by cancer and its treatment. Metabolic Equivalent is a measure of the energy cost of an activity, metabolic equivalent can be used to describe exercise programs and physical activity. Metastasis is the spread of cancer to other parts of the body, metastasis can be treated with chemotherapy, radiation therapy, and surgery. Mind-Body Therapy is a type of therapy that involves the use of mindfulness and relaxation techniques, mind-body therapy can be used to manage stress and anxiety. Mobility is the ability to move

and walk, mobility can be affected by cancer and its treatment. Molecular Biology is the study of the structure and function of molecules, molecular biology can be applied to the study of cancer and its treatment. Motor Control is the ability to control movement and coordination, motor control can be affected by cancer and its treatment. Motor Function is the ability to move and perform physical activities, motor function can be affected by cancer and its treatment. Muscle Atrophy is a condition characterized by the loss of muscle mass and strength, muscle atrophy can be caused by cancer and its treatment. Muscle Strength is the ability to generate force and move, muscle strength can be improved with exercise and physical activity. Myeloma is a type of cancer that affects the bone marrow, myeloma can be treated with chemotherapy, radiation therapy, and stem cell transplantation. National Cancer Institute is a type of organization that focuses on cancer research and treatment, NCI can provide information and resources on cancer and its treatment. Neoadjuvant Therapy is a type of therapy that is given before the main treatment, neoadjuvant therapy can include chemotherapy and radiation therapy. Neurological Cancer is a type of cancer that affects the brain and nervous system, neurological cancer can be treated with surgery, radiation therapy, and chemotherapy. Neuropathy is a condition characterized by damage to the nerves, neuropathy can be caused by cancer and its treatment. Nutrition is the study of the relationship between diet and health, nutrition can be applied to the design of meal plans and nutrition programs for cancer patients. Nutrition Counseling is a type of counseling that focuses on providing information and guidance on healthy eating, nutrition counseling can be used to manage weight loss and malnutrition. Obesity is a condition characterized by excess body fat, obesity can be a risk factor for cancer and other diseases. Occupational Therapy is a type of therapy that focuses on helping people to perform daily activities, occupational therapy can be used to manage disability and mobility issues. Oncology is the study of cancer, oncology can include medical oncology, radiation oncology, and surgical oncology. Ophthalmologic Cancer is a type of cancer that affects the eye, ophthalmologic cancer can be treated with surgery, radiation therapy, and chemotherapy. Osteoporosis is a condition characterized by brittle bones, osteoporosis can be caused by cancer and its treatment. Ovarian Cancer is a type of cancer that affects the ovaries, ovarian cancer can be treated with surgery, radiation therapy, and chemotherapy. Pain is a common symptom experienced by cancer patients, pain can be managed with medications, physical therapy, and other therapies. Palliative Care is a type of care that focuses on providing comfort and support to people with serious illnesses, palliative care can include pain management and emotional support. Pathology is the study of the diagnosis and treatment of disease, pathology can include anatomic pathology and clinical pathology. Patient Education is a type of education that focuses on providing information and guidance to patients, patient education can be used to manage symptoms and side effects. Patient Navigation is a type of service that helps patients to navigate the healthcare system, patient navigation can include support and guidance from navigators. Pediatric Cancer is a type of cancer that affects children, pediatric cancer can be treated with surgery, radiation therapy, and chemotherapy. Pelvic Floor Dysfunction is a condition characterized by problems with the pelvic floor muscles, pelvic floor dysfunction can be caused by cancer and its treatment. Performance Status is a measure of a person's ability to perform daily activities, performance status can be used to monitor changes in functional capacity during cancer treatment. Peripheral Neuropathy is a condition characterized by damage to the nerves, peripheral neuropathy can be caused by cancer and its treatment. Pharmacogenomics is the study of the relationship between genetics and drug response, pharmacogenomics can be applied to the design of personalized medicine plans for cancer patients. Phlebotomy is a procedure that involves the removal of blood from the body, phlebotomy can be used to

diagnose and monitor cancer. Physical Activity is any bodily movement that requires energy expenditure, physical activity can be used to manage symptoms and side effects of cancer treatment. Physical Function is the ability to perform physical activities, physical function can be affected by cancer and its treatment. Physical Medicine and Rehabilitation is a type of medicine that focuses on helping people to recover from illness or injury, physical medicine and rehabilitation can include physical therapy, occupational therapy, and speech therapy. Physical Therapy is a type of therapy that focuses on helping people to recover from illness or injury, physical therapy can be used to manage mobility and function issues. Physiologic Response is the body's response to exercise or physical activity, physiologic response can be monitored with heart rate and blood pressure measurements. Platelet Count is a test that measures the number of platelets in the blood, platelet count can be affected by cancer and its treatment. Pneumonia is a condition characterized by inflammation of the lungs, pneumonia can be caused by cancer and its treatment. Podiatry is the study of the diagnosis and treatment of foot and ankle disorders, podiatry can include foot care and orthotics. Prognosis is the outlook or forecast for a person's recovery from illness or injury, prognosis can be affected by cancer stage and treatment. Prostate Cancer is a type of cancer that affects the prostate gland, prostate cancer can be treated with surgery, radiation therapy, and hormone therapy. Prostate-Specific Antigen is a protein that is found in the blood, prostate-specific antigen can be used to diagnose and monitor prostate cancer. Psychiatric Oncology is a type of medicine that focuses on the diagnosis and treatment of mental health disorders in cancer patients, psychiatric oncology can include psychotherapy and medications. Psycho-Oncology is the study of the psychological and social aspects of cancer, psycho-oncology can include support groups and counseling. Psychology is the study of the mind and behavior, psychology can be applied to the design of behavioral interventions for cancer patients. Quality of Life is a measure of a person's overall well-being, quality of life can be affected by cancer and its treatment. Radiation Oncology is a type of medicine that focuses on the diagnosis and treatment of cancer using radiation therapy, radiation oncology can include external beam radiation therapy and internal beam radiation therapy. Radiation Therapy is a type of cancer treatment that uses radiation to kill cancer cells, radiation therapy can cause radiation side effects. Radiofrequency Ablation is a type of procedure that uses heat to kill cancer cells, radiofrequency ablation can be used to treat liver cancer and other cancers. Radiology is the study of the diagnosis and treatment of disease using medical imaging, radiology can include CT scans and MRI scans. Randomized Controlled Trial is a type of study that compares the outcomes of two or more groups, randomized controlled trial can be used to evaluate the effectiveness of cancer treatments. Rehabilitation is a type of care that focuses on helping people to recover from illness or injury, rehabilitation can include physical therapy, occupational therapy, and speech therapy. Relapse is a return of cancer after treatment, relapse can be treated with chemotherapy, radiation therapy, and surgery. Remission is a state of being free from cancer, remission can be achieved with treatment and follow-up care. Respiratory Therapy is a type of therapy that focuses on helping people to breathe and manage respiratory problems, respiratory therapy can be used to manage shortness of breath and other respiratory symptoms. Resting Energy Expenditure is the number of calories that the body needs to function at rest, resting energy expenditure can be affected by cancer and its treatment. Risk Factor is a factor that increases a person's chance of developing a disease, risk factors can include age, family history, and lifestyle habits. Sarcoma is a type of cancer that affects the bones and soft tissues, sarcoma can be treated with surgery, radiation therapy, and chemotherapy. Screening is a type of test that is used to detect disease, screening tests can include mammograms and colonoscopies. Second Primary Cancer is a new cancer that develops in a person who has already had

cancer, second primary cancer can be treated with chemotherapy, radiation therapy, and surgery. Self-Management is the ability to manage one's own health and well-being, self-management can be promoted with education and support.