



RESEARCH TO
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EXERCISE FOR PATIENTS WITH LESS COMMON CANCERS: WHAT'S THE EVIDENCE?

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Every ~10 minutes an Australian is diagnosed with a rare or less common cancer such as brain, thyroid, liver, pancreatic, kidney, testicular and many more. Every hour ~3 Australians die from rare and less common cancers and these cancers are responsible for ~7% of the total burden of disease in Australia. Rare and less common cancers and the anti-cancer treatments used to manage them can lead to debilitating sequelae that compromise patients' health and wellbeing. These effects include accelerated functional decline, fatigue, musculoskeletal symptoms, neuropathies, psychological distress and numerous other detrimental symptoms. There are few supportive care services available to patients with rare and less common cancers which leads to high levels of unmet needs. Research involving common cancers (e.g. breast, prostate, bowel, lung) has established exercise is an important adjunct therapy in the management of cancer but far less is known regarding the feasibility and potential impact of exercise in patients diagnosed with other types of cancers. This presentation will summarise the available evidence of the efficacy of exercise in counteracting the detrimental side effects of rare and less common cancers and their treatment.

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Session: Not So Rare: Exercise for Patients with Less Common Cancer
Date: Wednesday, 28 March 2018
Time: 11:00am – 12:30pm
Co-Presenters: Prof Clare Scott; A/Prof Prue Cormie; Miss Jane Turner
Panel Practitioner: Mr Michael Marthick
Session Chairperson: Dr Michael Baker