

Can Cure is the Nag Foundation's quarterly newsletter that helps create awareness about various issues related to cancer and its treatment. It is an opportunity for our members, both doctors and patients, to share their insights and testimonies with you.

Exercise for Good Health



By Bharati Khandelwal

(Fitness Expert, Reebok Master Trainer & Certified Celebrity Trainer)

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. (Wikipedia)

Exercise can be categorized as:

- ✚ Aerobic
- ✚ Strength Training
- ✚ Stretching
- ✚ Balance

Each with different benefits and gains.

For the longest time exercise was associated with weight loss and if you randomly talk to exercise enthusiasts you will hear that weight loss was the sole reason they started on an exercise regime.

What could be the additional benefits of exercise?

1. Mood Elevator

Exercising is an amazing stress buster. It decreases anxiety & depression by promoting production & distribution of endorphins and serotonin.

2. Heart Health Check

Exercising helps maintain healthy cholesterol levels in the body & it reduces the risk of cardiovascular diseases. **Exercise** can reduce “bad” cholesterol levels in the blood (the low-density lipoprotein [LDL] level), as well as total cholesterol, and can raise the “good” cholesterol (the high-density lipoprotein level [HDL]).

3. Improves Blood Pressure (BP)

A workout will help achieve a possible decrease in resting & exercising BP.

4. Controls Blood Sugar

Exercising forces the muscles to use more glucose, the **sugar** in your **blood** stream. Over time, this can lower your **blood sugar** levels. It also makes the insulin in your body work better.

5. Increases Stamina and Endurance

Due to the increase in muscular strength and endurance (once you start exercising regularly), one is able to work more efficiently.

6. Enhances Body Composition

Due to an eventual increase in muscle mass and reduction in body fat through exercising, the body composition, along with the overall appearance is enhanced.

7. Improves Metabolic function

Increase in muscle mass, increases the body’s metabolic rate i.e. fat is metabolized more rapidly.

8. Prevents Injuries

Since muscles act as shock absorbers, the stronger they are, the more they can help dissipate shock from weight bearing activities such as jogging, dancing, etc.

9. Good Quality Sleep

It can strengthen circadian rhythms, promoting daytime alertness and helping bring on sleepiness at night.

10. Increases Sex drive

Men and women who exercise may be more likely to feel sexually desirable, which can lead to better sex.



It is important to develop an exercise schedule to suit the needs and the goals of the individual.

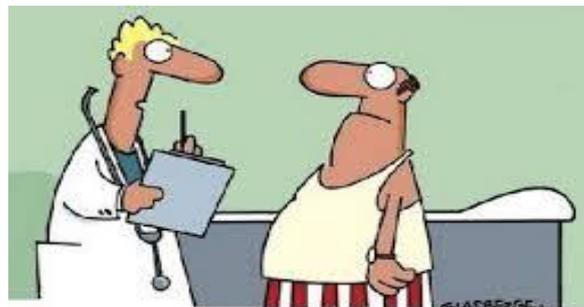
Goal	Type of exercise
Cardiovascular endurance,	Walking, dancing, swimming, cycling
Muscular strength	Weight training, body weight exercises
Flexibility	Yoga, stretching

Along with a good exercise regime it is important to eat healthy.

Let me leave you with this thought...

Sitting is the new smoking... what you don't use, you lose... Get active.

Today is the start of a new day.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

CAN YOU MAKE A DIFFERENCE?

Lizaz Sheikh, a five year old from Silvassa, has been diagnosed with leukemia. The Nag Foundation has partly supported her treatment; however since the treatment is extended and she comes from a socio-economically disadvantaged background, her family is seeking more help. If you wish to help Lizaz, please contact the Foundation.

Don't just sit there!

We know sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But what exactly goes wrong in our bodies when we park ourselves for nearly eight hours per day, the average for a U.S. adult? Many things, say four experts, who detailed a chain of problems from head to toe.

REPORTING BY BONNIE BERKOWITZ; GRAPHIC BY PATTERSON CLARK

ORGAN DAMAGE

Heart disease

Muscles burn less fat and blood flows more sluggishly during a long sit, allowing fatty acids to more easily clog the heart. Prolonged sitting has been linked to high blood pressure and elevated cholesterol, and people with the most sedentary time are more than twice as likely to have cardiovascular disease than those with the least.

Overproductive pancreas

The pancreas produces insulin, a hormone that carries glucose to cells for energy. But cells in idle muscles don't respond as readily to insulin, so the pancreas produces more and more, which can lead to diabetes and other diseases. A 2011 study found a decline in insulin response after just one day of prolonged sitting.

Colon cancer

Studies have linked sitting to a greater risk for colon, breast and endometrial cancers. The reason is unclear, but one theory is that excess insulin encourages cell growth. Another is that regular movement boosts natural antioxidants that kill cell-damaging — and potentially cancer-causing — free radicals.

MUSCLE DEGENERATION

Mushy abs

When you stand, move or even sit up straight, abdominal muscles keep you upright. But when you slump in a chair, they go unused. Tight back muscles and wimpy abs form a posture-wrecking alliance that can exaggerate the spine's natural arch, a condition called hyperlordosis, or swayback.

Tight hips

Flexible hips help keep you balanced, but chronic slitters so rarely extend the hip flexor muscles in front that they become short and tight, limiting range of motion and stride length. Studies have found that decreased hip mobility is a main reason elderly people tend to fall.

Limp glutes

Sitting requires your glutes to do absolutely nothing, and they get used to it. Soft glutes hurt your stability, your ability to push off and your ability to maintain a powerful stride.

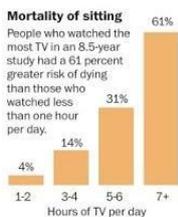
LEG DISORDERS

Poor circulation in legs

Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. Problems range from swollen ankles and varicose veins to dangerous blood clots called deep vein thrombosis (DVT).

Soft bones

Weight-bearing activities such as walking and running stimulate hip and lower-body bones to grow thicker, denser and stronger. Scientists partially attribute the recent surge in cases of osteoporosis to lack of activity.

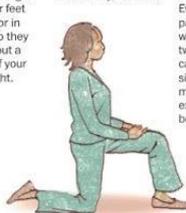


So what can we do? The experts recommend . . .

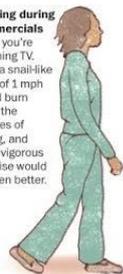
Sitting on something wobbly such as an exercise ball or even a backless stool to force your core muscles to work. Sit up straight and keep your feet flat on the floor in front of you so they support about a quarter of your weight.



Stretching the hip flexors for three minutes per side once a day, like this:



Walking during commercials when you're watching TV. Even a snail-like pace of 1 mph would burn twice the calories of sitting, and more vigorous exercise would be even better.



Alternating between sitting and standing at your work station. If you can't do that, stand up every half hour or so and walk.



Trying yoga poses — the cow pose and the cat — to improve extension and flexion in your back.



TROUBLE AT THE TOP

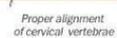
Foggy brain

Moving muscles pump fresh blood and oxygen through the brain and trigger the release of all sorts of brain- and mood-enhancing chemicals. When we are sedentary for a long time, everything slows, including brain function.



Strained neck

If most of your sitting occurs at a desk at work, craning your neck forward toward a keyboard or tilting your head to cradle a phone while typing can strain the cervical vertebrae and lead to permanent imbalances.



Sore shoulders and back

The neck doesn't slouch alone. Slumping forward overextends the shoulder and back muscles as well, particularly the trapezius, which connects the neck and shoulders.

BAD BACK

Inflexible spine

Spines that don't move become inflexible and susceptible to damage in mundane activities, such as when you reach for a coffee cup or bend to tie a shoe. When we move around, soft disks between vertebrae expand and contract like sponges, soaking up fresh blood and nutrients. When we sit for a long time, disks are squashed unevenly and lose sponginess. Collagen hardens around supporting tendons and ligaments.



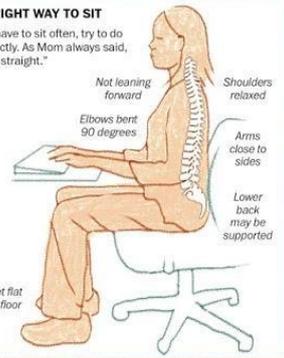
Disk damage

People who sit more are at greater risk for herniated lumbar disks. A muscle called the psoas travels through the abdominal cavity and, when it tightens, pulls the upper lumbar spine forward. Upper-body weight rests entirely on the ischial tuberosity (sitting bones) instead of being distributed along the arch of the spine.

Lumbar region bowed by shortened psoas

THE RIGHT WAY TO SIT

If you have to sit often, try to do it correctly. As Mom always said, "Sit up straight."



The experts

Scientists interviewed for this report:

James A. Levine, inventor of the treadmill desk and director of Obesity Solutions at Mayo Clinic and Arizona State University.

Charles E. Matthews, National Cancer Institute investigator and author of several studies on sedentary behavior.

Jay Dicharry, director of the REP Biomechanics Lab in Bend, Ore., and author of "Anatomy for Runners."

Tal Amasay, biomechanist at Barry University's Department of Sport and Exercise Sciences.

Additional sources: "Amount of time spent in sedentary behaviors and cause-specific mortality in U.S. adults," by Charles E. Matthews, et al., of the National Cancer Institute; "Sedentary behavior and cardiovascular disease: A review of prospective studies," by Earl S. Ford and Carl J. Casperman of the Centers for Disease Control and Prevention; Mayo Clinic.



THE THERAPY KIT

An initiative of the Nag Foundation

Chemotherapy is the process of using different drugs to treat cancer. In simple language chemo destroys cancer cells; however it also attacks a few normal cells like the hair, skin, mouth and the gut. Quite often patients have digestive issues and poor oral hygiene prior to starting the chemotherapy. These patients are likely to face more of these side effects. The same is seen with Radiation as well.

The Therapy Kit will help patients change personal habits to either prevent the aforementioned side effects or manage them if they occur.

The Therapy Kit contains all the essentials for Oral care, Skin care and Gut care with printed instructions for use.

A short questionnaire documenting the patient's personal habits is filled before the kit is handed over. This questionnaire will help us gauge the effectiveness of this kit.

A small inspiration note is included to motivate them in their journey through cancer.

PALLIATIVE CARE



(Dr. Almas Pathan, Family Physician and Palliative Consultant)



Palliative care is comprehensive treatment of the discomfort, symptoms and stress of serious illness. It does not replace primary treatment, but works together with the primary treatment. The goal is to prevent and ease suffering and improve quality of life.

Often misunderstood, palliative care is often thought of as one is dying. The purpose of palliative care is to address distressing symptoms such as pain, breathing difficulties or nausea, among others. Receiving palliative care does not necessarily mean one is dying. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems.

Palliative care is the prevention and relief of suffering of any kind – physical, psychological or spiritual.

WHO NEEDS PALLIATIVE CARE

Patients who have chronic diseases such as cardiovascular diseases, chronic respiratory diseases, cancer, AIDS and diabetes.

Patients who experience:

- Pain and other distressing physical symptoms: Pain is one of the most frequent and serious symptoms experienced by patients in need of palliative care. Opioid analgesics are essential for treating the pain and other common distressing physical symptoms associated with many advanced progressive conditions.
- Emotional isolation or distress: Psychosocial support is another common concern. Depression, anxiety, despair and loss of autonomy are frequently expressed mental health issues amongst palliative patients.
- Poor communication with their treating team: Patients with life-threatening illness and their caregivers go through great stress, and health professionals treating them need to be adequately trained or prepared to help them manage their stress
- Lack of familial and social support: An emotional distancing may occur in some patients and a sense of abandonment affects the quality of the

significant relations. Caregivers also experience 'fatigue' which needs to be identified and addressed.

Palliative Care is a team centred approach. The team may include:

- Palliative Care Doctors and Nurses
- Social Workers
- Spiritual Healers
- Nutritionists
- Counselors



PALLIATIVE CARE SERVICES OVERVIEW

Palliative Care begins by:

- ✓ Identifying patients who could benefit from palliative care
- ✓ Assessing and reassessing patients for physical, emotional, social and spiritual distress
- ✓ Assessing family members for emotional, social or spiritual distress
- ✓ Clarifying the patient's values and determining culturally appropriate goals of care.

Spectrum of Problems

Physical	Psycho – Social
<ul style="list-style-type: none"> • Pain (all types mild, moderate, severe and neuropathic) • Respiratory Problems (shortness of breath, Cough) • Gastrointestinal problems (constipation, nausea, vomiting, diarrhea) • Oral (dry mouth, mucositis) • Skin (wounds, rash and skin lesions) • Delirium (drowsiness, sedated, disorientation) • Sleep (insomnia, hypersomnia) • Eating (Anorexia, cachexia) • Anaemia 	<ul style="list-style-type: none"> • Depression • Anxiety • Fatigue • Guilt • Social withdrawal and anxiety • Spiritual distress (loss of faith) • Existential distress • Bereavement • Panic attacks • Cognitive (loss of memory, focus and concentration) • Changes in familial dynamics • Inability to socialize

The crux of palliative care could be summed up in the quote of Dame Cicely Saunders, a Doctor, Nurse and Social Worker who initiated the Palliative Care movement.

“You matter because you are you, and you matter to the last moment of your life.” – Dame Cicely Saunders. ...



Our activities reflect our vision and mission of Cancer – Care to Cure. Our dedicated team of doctors, professionals and survivor volunteers reach out into the community to destigmatise Cancer and to educate and inform women and men about the curative aspects of Cancer. The survivorship programmes for patients and caregivers help them navigate life after Cancer.

THE LAST QUARTER (1st April to 30th June 2019)

Total No. of Awareness Sessions: 8



31st May – ‘World No Tobacco Day’ was a busy day at the Foundation. Most of our members gave awareness talks on anti-tobacco and the negative impact on lung health.



Group counselling in villages in Satara

Total No. of patients supported in the last quarter - **27**

Total No. of Herceptin vials given in the last quarter - **08**

If the Nag Foundation has made a difference in the lives of our patients and enabled individuals to reconsider health priorities, it is because of the empathy and the generosity of our patrons and donors. We would like to thank –

Victor Banerjee
Uma and Girish Gupte
Amrendra and Nupur Kumar

A special gratitude to all our donors who wish to remain anonymous

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