

## Information regarding *Body & Cancer*

**An exercise program at Rigshospitalet for cancer patients undergoing chemotherapy.**

### **Information about the exercise program**

We are contacting you to ask if you would like to participate in the '*Body & Cancer*' exercise program. The program is designed for men and women over the age of 18 who are interested in physical activity and are receiving chemotherapy.

### **Purpose**

Cancer patients often express a desire to use their bodies actively, but they are unsure what is possible and safe in relation to their disease and treatment. The '*Body & Cancer*' exercise program is therefore designed to help you increase your physical fitness and well-being and improve your quality of life by actively using your body.

The program lasts six weeks with nine hours of training per week and takes place in groups of 14 to 16 participants.

### **Why exercise during chemotherapy?**

Chemotherapy can lead to fatigue and reduced quality of life, and cancer patients often become less physically active as a result of treatment. Therefore, since 2001, Rigshospitalet has been testing an exercise program based on the assumption that exercise will lead to positive results in terms of physical strength and reduction of side effects.

Studies of the exercise program used in '*Body & Cancer*' have shown that patients can achieve increased physical capacity and improve their well-being. This program is therefore now offered to cancer patients residing in the Capital Region of Denmark.

### **The '*Body & Cancer*' program**

The program consists of cardio and strength training, relaxation activities, body awareness and massage. The training is customized to the individual and the activities take place in training rooms in Rigshospitalet's buildings at Rymsgade 27 (orange building in back courtyard), 2200 Copenhagen N. There are a few parking spaces. Alternatively, parking tickets can be issued for Rigshospitalet's parking lot on Blegdamsvej.

The program consists of:

- Cardio and strength training (and warm-up), three times a week.
- Body awareness training once a week (e.g., breath, balance, senses)
- Relaxation activities four times a week, using different techniques (e.g., progressive muscle relaxation, visualization, mindfulness inspired meditation).
- Individual massage is given once a week within the allotted time (see table below).

Monday 8.30 – 11.15	Tuesday 8.30 –10.15	Wednesday 8.30 – 11.15	Thursday	Friday 8.30 – 11.15
Cardio- and strength training	Body awareness training	Cardio- and strength training		Cardio- and strength training
Relaxation	Relaxation	Relaxation		Relaxation
	Massage (10.15 – 12.15)			

### What your participation entails

You will be able to participate in the program whether you are working, on sick leave or retired. To design the most appropriate training program for you, we will assess your physical capacity (strength, fitness).

You may also be asked to participate in research aimed at assessing exercise programs for cancer patients with different types of diagnoses and treatments. You may therefore be asked to fill out questionnaires, participate in interviews, record side effects and/or have blood samples taken etc.

### Responsibility

The overall responsibility for your participation lies with the doctors responsible for your treatment. The doctors may terminate your participation in *'Body & Cancer'* at any time if there is a safety risk, in which case you will be informed.

### Risks associated with participation in the program

The program has been tested on more than 3000 participants since 2001, and so far, no serious adverse events or other risks have been recorded in connection with participation of the various activities. As with any physical activity, it cannot be ruled out that sports injuries may occur. Likewise, you should expect to experience muscle soreness. Your participation will not prevent you from doing your usual activities. You are welcome to continue your hobbies, gardening etc. as before.

### Voluntary participation

Your participation in the exercise program and research is voluntary. You can stop and withdraw your consent at any time without affecting your care, treatment or connection to your oncology department. Your participation in the program does not preclude you from receiving other support services.

### **Consent to share health information**

All healthcare professionals have a duty of confidentiality. In connection with the program, we need to obtain information about your course of treatment, and after participation in the program, we may need to exchange health information with other hospitals.

### **Contact persons**

If you have any questions regarding the program, you are welcome to contact the *'Body & Cancer'* team at Rigshospitalet.

Yours sincerely

Nurse, MPH, PhD, Daily manager  
Christina Andersen  
Tel. 3545 7388

Physiotherapist, MSc Human Physiology  
Christian Lillelund  
Tel. 3545 7335

Physiotherapist, MSc in Health Science, PhD.  
Kira Bloomquist

MSc in Sports Science and Health  
Sanne Eltang Høgh

Nurses  
Jette Brabrand & Birgitte Rasmussen  
Phone. 3545 7309

### **Cancellation daily training**

Nurses Jette Brabrand & Birgitte Rasmussen  
Phone. 3545 7309  
Mobile tel.8175 9599

UCSF administration  
Tel. 3545 7336