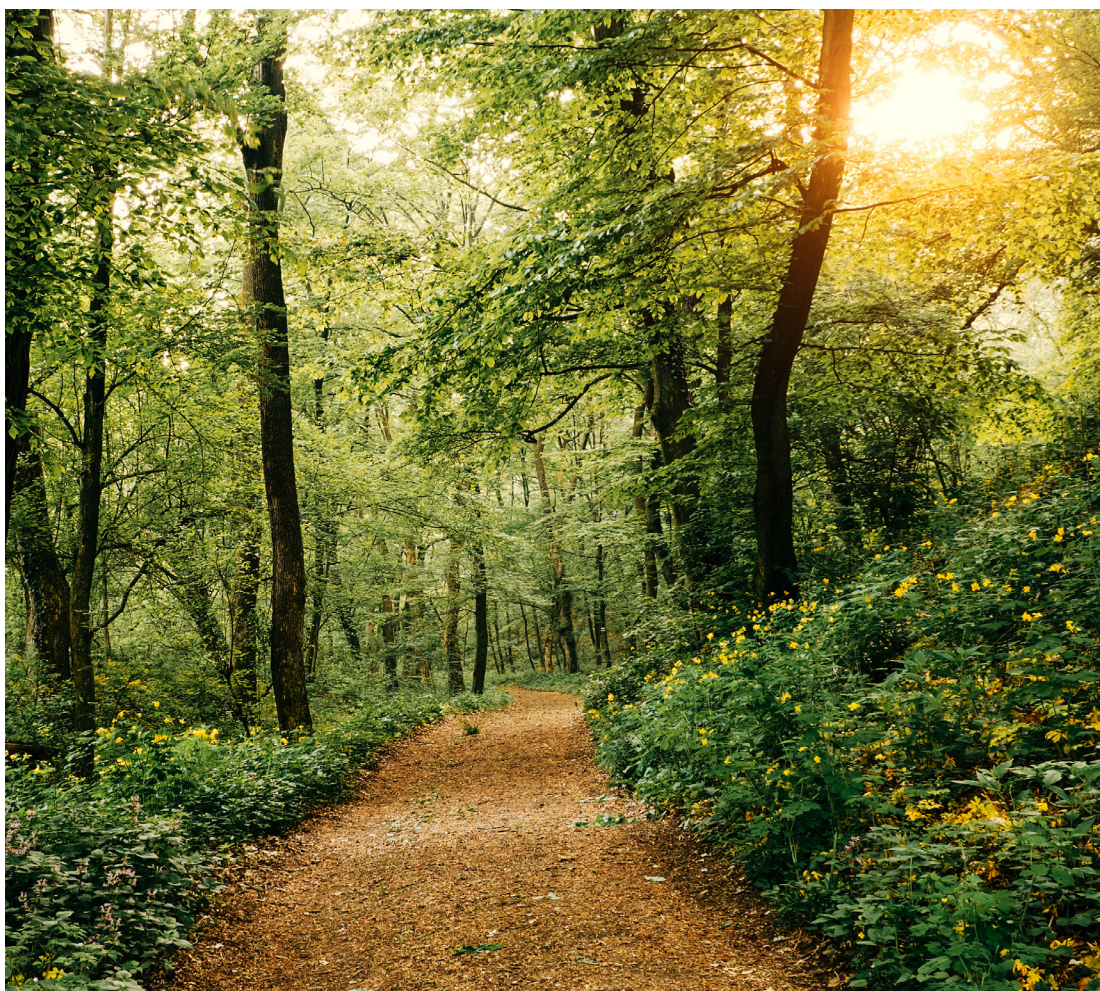









Courage Kenny Rehabilitation Institute Cancer Program



Care During Cancer Rehabilitation — At A Glance

For an Emergency, Call 911

Activity 	Keep a Log/Journal 	Medicines/Comfort 	Self-care 	When to Call Your Doctor 
<ul style="list-style-type: none"> ■ Talk with your doctor before you start an exercise program. ■ Get regular exercise each day. ■ Follow your physical therapist's directions. ■ Balance rest with activity. ■ Do a mix of exercises: <ul style="list-style-type: none"> — cardio (walking, biking, running) — weight training — stretching. ■ Do your exercises slowly so you do not get hurt or wear yourself out. ■ Drink lots of water when you exercise. ■ Consider using a pedometer or step-tracking device. ■ Take extra care in hot or cold weather. 	<ul style="list-style-type: none"> ■ Consider writing in a journal. Write down: <ul style="list-style-type: none"> — how you are feeling — your successes — your symptoms — what you are grateful for — questions or concerns for any member of your health care team. ■ Consider keeping a symptom and activity log to track your pain, fatigue, sleep, food and your steps. <div style="text-align: right;">  allinahealth.org </div>	<ul style="list-style-type: none"> ■ Take your medicines as prescribed each day. ■ Try comfort measures such as: <ul style="list-style-type: none"> — aromatherapy — listening to relaxing music — warm pack or ice pack — coloring, knitting or another light hobby. ■ Talk with your pharmacist or primary care provider before you start taking any new over-the-counter medicines, vitamins or natural or herbal products. 	<ul style="list-style-type: none"> ■ Drink lots of water. ■ Eat well-balanced meals. Try to avoid highly processed foods that are high in salt (sodium). Whole foods are best. ■ Get at least 7 hours of sleep each night. ■ Practice relaxation exercises such as: <ul style="list-style-type: none"> — breathing exercises — progressive relaxation — guided imagery. ■ Avoid naps longer than 30 minutes. ■ Consider joining a support group. ■ Do not use tobacco. If you need help quitting, ask your doctor for resources.  	<ul style="list-style-type: none"> ■ Call your doctor if you have: <ul style="list-style-type: none"> — trouble breathing — fatigue (if you cannot perform your everyday activities) — problems walking — shaking, dizziness when you walk or stand — numbness, tingling or other sensations in your leg or arm — tightness in your clothing or jewelry — pain that is new, worse or keeps you from your activities — questions or concerns.

Courage Kenny Rehabilitation Institute Cancer Program

First edition

Developed by Allina Health.

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The publisher believes that information in this manual was accurate at the time the manual was published. However, because of the rapidly changing state of scientific and medical knowledge, some of the facts and recommendations in the manual may be out-of-date by the time you read it. Your health care provider is the best source for current information and medical advice in your particular situation.

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This publication is for general information only and is not intended to provide specific advice or recommendations for any individual. The information it contains cannot be used to diagnose medical conditions or prescribe treatment. The information provided is designed to support, not replace, the relationship that exists between a patient and his/her existing physician.

For specific information about your health condition, please contact your health care provider.



Chapter 1: Cancer Rehabilitation

To Do List

- Get to know the members of your cancer rehabilitation care team. There is space to write their names on pages 8 and 9.
- Learn all you can about your rehabilitation options and how they can help you during and after cancer treatment.

Chapter 1

How Cancer Rehabilitation Can Help You

Rehabilitation can help you before, during and after cancer treatment. It does not matter where you are on your journey. Members of your cancer rehabilitation care team will meet and work with you where you are.

Rehabilitation benefits include:

- **Before treatment:** It can help build your overall strength and endurance.
- **During treatment:** It can help you maintain mobility and reduce your pain and discomfort.
- **After treatment:** It can help you regain function, decrease fatigue and build strength.

Your care and treatment is based on your specific goals and needs. Your treatment may include connecting you to resources for concerns with fitness and wellness, life and work activities, food, stress and anxiety.

Together, you and your cancer rehabilitation care team will make a safe and appropriate therapy plan to address problems, including:

- balance issues
- cancer-related cognitive problems (such as memory, judgment, thinking and making decisions)
- cancer-related fatigue (feeling very tired)
- chemotherapy-induced peripheral neuropathy (nerve damage in the hands or feet)
- gait dysfunction (problems walking)
- problems from bone metastasis (cancer that spread to the bones)
- lymphedema (swelling of arm, leg, torso, breast or face after radiation or removal of lymph nodes)
- pain related to cancer or cancer treatment.

After cancer treatment, you may notice an overall difference in your overall ability to concentrate, work or take care of yourself. Cancer rehabilitation may help you regain or improve the abilities you feel have changed as a result of your cancer or cancer treatment.

Members of your cancer rehabilitation care team can help you maintain or regain your independence and enjoy your life to the fullest.

Talk with your cancer health care provider if you want a referral to additional members of the cancer rehabilitation care team.

Your Cancer Rehabilitation Care Team

A cancer rehabilitation care team will partner with you to help you along your journey. Together, you will create a treatment plan.

Your team may include one or more of the following health care providers.

Physical medicine and rehabilitation provider (PM&R)

This doctor addresses problems that you may have during and after cancer treatment. These problems include pain, lymphedema, fatigue or other side effects from treatment.

They will work with a team of health care providers (such as rehabilitation therapists, nurses and cancer care providers) to create a program that is right for you.

Your physical medicine and rehabilitation provider is:

Cancer rehabilitation care coordinator

This person is a registered nurse who works with your PM&R provider.

They may help set up therapy appointments when you are in active cancer treatment, talk with other cancer treatment providers, provide resources (within Allina Health and your community), and serve as the communication link among the cancer rehabilitation team.

Your cancer rehabilitation care coordinator(s) is/are:

Physical therapist

This person can help you to improve your movement, strength and endurance. This may help reduce fatigue, pain and lymphedema. They may also be able to help address problems with jaw pain, balance, and pelvic pain or incontinence (bladder issues) during or after your cancer treatments.

Your physical therapist is:

Occupational therapist

This person helps with fatigue, thinking and memory problems, lymphedema, upper body stiffness or weakness and hand problems during or after your cancer treatments.


Your occupational therapist is:

Speech-language pathologist

This person treats problems with eating, swallowing and communication. They may be able to provide voice therapy, biofeedback, and VitalStim[®] electrical stimulation to help with voice therapy, or eating and swallowing.

Your speech-language therapist is:





Chapter 2:

Cancer Rehabilitation Activity and Symptom Log

To Do List

- Know how to use the log and why you need to use it.
- Use the log to track your activities, fatigue, sleep, pain level, food and drink, steps and comments.
- Ask a member of your cancer rehabilitation care team if you would like extra copies of the log.

Chapter 2

How to Use the Cancer Rehabilitation Activity and Symptom Log

Keep track of your activity level and symptoms

It is important to start with writing down your current activity level and symptoms for 3 days. This log will help your health care team create your cancer rehabilitation plan.

Please complete your log and bring it to your follow-up therapy sessions.

Use the following directions to learn how to fill out the log over the next 3 days. A sample log is on page 15.

Step 1

- Write down all activities you do during the day.
- Include all home care, self-care, work and leisure activities.

Step 2

- Write down if you feel tired or fatigued as you do your activities.
- Rate your fatigue on a scale of 0 to 10.
 - A rating of 0 means you are well-rested.
 - A rating of 1 means you have slight tiredness.
 - A rating of 10 means you are completely exhausted and can't function at all.

Step 3

- Write down the number of hours you sleep each night.
- Make a note of any naps you take.

Step 4

- Write down any time you feel pain.
- Rate your pain on a scale of 0 to 10.

- A rating of 0 means you have no pain.
- A rating of 1 means you have mild pain.
- A rating of 10 means you have the worst pain you can imagine.

Step 5

- Record when you eat or drink during the day by putting an “X” in the right column. Write down what you eat and drink in the “comments” box.

Step 6

- Write down the number of steps you take using a pedometer or activity tracker.

Step 7

- Write down any comments or concerns you want to talk about with your cancer rehab team at your next appointment.

Sample Activity and Symptom Log

Date: June 6			Pedometer Steps: 10,800			
Time	Activity/ Sleep	Fatigue (0-10)	Pain (0-10)	Food	Drink	Comments
1 a.m.	sleep					
2 a.m.	sleep					
3 a.m.	sleep					
4 a.m.	awake	5	5		X	upset stomach
5 a.m.	awake	5	5			upset stomach, took medicine
6 a.m.	sleep					
7 a.m.	sleep					
8 a.m.	stretches, shower, eat	1	1	X	X	one egg, piece of toast with butter and cup of coffee
9 a.m.	work	2	1			
10 a.m.	work	2	1			
11 a.m.	work	2	1			
Noon	lunch	2	0	X	X	cup of soup, crackers, tuna sand- wich, cookie, water
1 p.m.	work	0	0			
2 p.m.	work	0	0			felt a little nausea
3 p.m.	work, snack	1	0	X	X	banana and glass of water
4 p.m.	work	1	0			
5 p.m.	walk	3	0			
6 p.m.	eat	3	0	X	X	chicken breast, kale salad, rice, asparagus
7 p.m.	family time	3	1			
8 p.m.	family time	3	1			
9 p.m.	stretches, shower, snack	5	0	X	X	ice cream
10 p.m.	sleep					
11 p.m.	sleep					
Midnight	sleep					

Activity and Symptom Log

Date:			Pedometer Steps:			
Time	Activity/ Sleep	Fatigue (0-10)	Pain (0-10)	Food	Drink	Comments
1 a.m.						
2 a.m.						
3 a.m.						
4 a.m.						
5 a.m.						
6 a.m.						
7 a.m.						
8 a.m.						
9 a.m.						
10 a.m.						
11 a.m.						
Noon						
1 p.m.						
2 p.m.						
3 p.m.						
4 p.m.						
5 p.m.						
6 p.m.						
7 p.m.						
8 p.m.						
9 p.m.						
10 p.m.						
11 p.m.						
Midnight						

Activity and Symptom Log

Date:			Pedometer Steps:			
Time	Activity/ Sleep	Fatigue (0-10)	Pain (0-10)	Food	Drink	Comments
1 a.m.						
2 a.m.						
3 a.m.						
4 a.m.						
5 a.m.						
6 a.m.						
7 a.m.						
8 a.m.						
9 a.m.						
10 a.m.						
11 a.m.						
Noon						
1 p.m.						
2 p.m.						
3 p.m.						
4 p.m.						
5 p.m.						
6 p.m.						
7 p.m.						
8 p.m.						
9 p.m.						
10 p.m.						
11 p.m.						
Midnight						

Activity and Symptom Log

Date:			Pedometer Steps:			
Time	Activity/ Sleep	Fatigue (0-10)	Pain (0-10)	Food	Drink	Comments
1 a.m.						
2 a.m.						
3 a.m.						
4 a.m.						
5 a.m.						
6 a.m.						
7 a.m.						
8 a.m.						
9 a.m.						
10 a.m.						
11 a.m.						
Noon						
1 p.m.						
2 p.m.						
3 p.m.						
4 p.m.						
5 p.m.						
6 p.m.						
7 p.m.						
8 p.m.						
9 p.m.						
10 p.m.						
11 p.m.						
Midnight						



Chapter 3: Setting Goals

To Do List

- Talk with members of your cancer rehabilitation care team about how they can support your goals.
- Set short-term goals that you can reach.
- Set long-term goals that you can reach.
- Talk with members of your cancer rehabilitation team if you have any questions or concerns.

Chapter 3

Guidelines for Setting Goals

Goals

A goal is something you work to achieve. Your motivation — desire to change — will affect how well you reach your goal. The following guidelines can help you set and achieve a goal.

- **Set realistic goals.**
They should be challenging but possible.
- **Set a goal that is specific.**
Clearly define what you are trying to do.
- **Set a goal you can measure.**
You will know when you have succeeded by measuring your progress.
- **Make the goal yours so you “own” it.**
This is your goal, not anyone else’s goal.

There are two types of goals:

- **short-term:** This is a goal you can accomplish in a reasonably short time that contributes to a longer-range goal.
Example: “I will read at least one chapter of a book I enjoy each day.”
- **long-term:** This is a series of many short-term goals.
Example: “I will read at least 12 books this year.”

Goals are easier to accomplish when they are clear, specific and divided into steps you can manage.

How to set goals

Use the following steps to set your personal goals.

- **Understand yourself.**

Ask yourself: “What do I do well?” “What do I enjoy doing?”
“What are the most important things in my life?”

- **Make clear, specific goals.**

A goal should tell you exactly what you want and it should be measurable. For example, a clear and specific goal is
“I want to be at work by 7:30 a.m. every day this month.”

- **Make your goal positive.**

Say “I will get a B in my college course” instead of
“I don’t want to get a failing grade.”

- **Set time limits.**

Give yourself a reasonable deadline in which to accomplish your goal.

- **Write down your goals.**

Keep your written goals where you can see them. This will help keep you focused on reaching them.

- **Check your progress.**

Are you doing what needs to be done to meet your goals?
If not, what can you do to get back on target?

My Goals	
Short-term Goals	Long-term Goals



Chapter 4: Exercise

To Do List

- Ask members of your cancer rehabilitation care team if there are any types of exercises you should not do.
- Set up a schedule to get regular exercise.
- Keep an exercise log.
- Understand when to call your health care provider when you have symptoms when exercising.

Chapter 4

Benefits of Exercise

Getting regular exercise (150 to 300 minutes each week) during cancer treatment will help lower your pain and fatigue and help improve your mood.

Use the information in this chapter to help with your exercise plan.

How Getting Regular Exercise May Help You During and After Cancer Treatment

Benefits for your body

Getting regular exercise will:

- help you maintain or improve your physical abilities
- keep your muscles strong to help reduce your risk of falling
- help you feel better from side effects of cancer treatment such as:
 - muscle and joint pain
 - nausea (upset stomach)
 - feeling tired (fatigue)
- help you keep a healthy weight
- lower your risk of:
 - heart disease
 - diabetes
 - blood clots
 - certain types of cancers or recurrence of cancer
 - osteoporosis (weak, brittle bones)
- make you more independent with your normal everyday activities
- strengthen your immune system.

Benefits for your well-being

Getting regular exercise may also:

- improve your self-esteem
- improve your thinking skills
- improve your ability to participate in social or work activities
- lower your risk of being anxious or depressed
- help you stay active with family members and friends
- improve your quality of life.

Physical Therapy Fitness Assessment

Cardiorespiratory endurance (6-minute walk test)

- Your score is: _____.
- This puts you in the following range for your age and gender:
 - good fair poor
- Your physical therapist recommends:
 - Use a pedometer and keep a 3-day log to track your average daily steps.
 - Get 150 to 300 minutes of moderate physical activity a week.
 - Your maximum heart rate is: _____.
 - Your target heart rate is: _____.
 - Your Borg RPE Scale® range is: _____.

Muscle strength and endurance

- Your core strength is:
 - good fair poor
- Your upper body strength is:
 - good fair poor
- Your lower body strength is:
 - good fair poor
- Your physical therapist recommends:
 - Do your home exercise program.
 - Do weight training 2 times a week.
 - _____

Flexibility and range of motion

- Your score is:
 - good
 - fair
 - poor
- Your physical therapist recommends:
 - Do your home exercise program.
 - _____

Body composition

- Your body mass index (BMI) is:
 - less than 18.5 (underweight)
 - 18.5 to 24.9 (normal weight)
 - 25 to 29.9 (overweight)
 - 30 and higher (obese).
- Your physical therapist recommends:
 - Schedule a follow-up appointment to return to physical therapy.
 - Make an appointment with Courage Kenny Rehabilitation Associates by calling 612-863-2123.
 - Call:
 - LiveWell Fitness at 612-863-5178
 - Courage Kenny Fitness Center Golden Valley at 612-775-2713
 - Courage Kenny Fitness Center Stillwater at 651-241-3335.
 - Other community fitness resource: _____.
 - Make an appointment with your doctor.
 - Continue doing your fitness program as directed.

Exercise During and After Cancer Treatment

General Information

After a cancer diagnosis, it is important to return to being physically active as soon as possible. Exercise has many benefits that help your body, mind and spirit.

According to the American Cancer Society, exercise can help you recover from treatment side effects, help prevent long-term effects and **may** reduce the risk that cancer returns. (Source: *Cancer Treatment & Survivorship Facts & Figures 2014-2015*, page 28.)

There are three parts of a fitness program:

- cardio (raising your heart rate)
- flexibility (stretching your muscles)
- weight training (strengthening your muscles).

Your physical therapist can help create an exercise plan just for you.

If you have a condition that limits your ability to exercise, or you feel too weak or tired to be active, tell your physical therapist.

Cardio

- Do 30 minutes of cardio at least 5 times a week. You can split up the 30 minutes into 10-minute chunks — it will still help you.
- Try to get 150 to 300 minutes of moderate exercise a week or 75 to 150 minutes of vigorous exercise each week. (See the chart on page 30 for examples.)
- Together, you and your physical therapist will develop the best exercise program for you.
- If you choose to walk, use a pedometer to track your steps or time.
- Find exercises that you enjoy doing.
- Work with your physical therapist to find the cardio intensity level that is right for you.

Flexibility

- Be sure to stretch after you exercise.
- Stretching helps your joints keep a healthy range of motion. This will help make everyday activities easier.
- Stretching can help reduce pain and discomfort caused by tight muscles or scar tissue.
- Stretching can reduce stress, lower muscle tension and improve your circulation and posture.
- Your physical therapist will find stretches that are right and safe for you.

Weight training

- Together, you and your physical therapist will create a weight training program that meets your needs.
- Do weight training at least 2 times a week.
- Wait at least 1 day between weight training workouts so your muscles can recover.
- Start low and go slow. You should be able to complete 10 repetitions at a weight without significant muscle fatigue and muscle burn.
- If you are at risk for developing lymphedema, work closely with your physical therapist on a safe weight and repetition for you.
- Lifting weights can help prevent muscle loss, build bone density and increase the rate your body burns calories.
- It is normal to have some soreness in the muscles you trained 24 to 48 hours after your workout. This muscle soreness should go away in 1 to 2 days. If it lasts longer than that, you have over done it.
- Exercise should not hurt while you are doing it but you should feel a slow burn in the muscle you are training. When you stop the activity, that burn should go away.
- You should not have sharp or strong pain when you lift weights.

When to call your doctor

Stop exercising and call your doctor if you have chest pain or shortness of breath.

When to call your therapist

Call your therapist if you have increased pain or swelling after you exercise.

Examples of Exercises	
Moderate Exercise	Vigorous Exercise
walking briskly (about 3 ½ miles per hour)	running or jogging (5 miles per hour)
bicycling (5 to 9 miles per hour)	bicycling (more than 10 miles per hour)
swimming (recreational)	swimming (freestyle laps)
water aerobics	aerobics
sports such as volleyball, baseball, softball or doubles tennis	sports such as singles tennis, football, basketball, soccer, hockey or lacrosse
using an upper body ergometer (arm cycling)	jumping rope
light yard work such as raking, bagging leaves or trimming shrubs	heavy yard work such as digging large holes or carrying heavy loads

Walking Program

Walking program

Walking is a great way to start exercising. You can use a pedometer to track your steps. There are about 2,000 steps in 1 mile, depending on the length of your steps.

You and your therapist will work together to decide what goal is right for you. A good starting goal is to increase the total number of steps you take by 10 percent each week. Use the chart on page 32 to track your steps.

Ways to increase your steps

- Make a walking date with your spouse or partner, child or friend instead of talking on the phone or sitting on the couch.
- Use stairs instead of the escalator or elevator.
- Park at the far end of the parking lot.
- Instead of emailing your co-worker, walk down to their desk.
- Walk around the house while talking on the phone.
- Take the dog on a longer walk.

Signs you are doing too much

As you exercise you should be aware of how you feel. Stop and rest if you have any of the following symptoms:

- dizziness or lightheadedness
- nausea (upset stomach) and vomiting (throwing up)
- cold sweat
- shortness of breath
- having a conversation is hard
- exhaustion or unusual fatigue.

Rating of perceived exertion (RPE)

Use the rating of perceived exertion to help you determine your exercise/activity level. Ask yourself “How hard am I working?” when using the rating. Try to assess your overall feeling of exertion.

Borg RPE Scale®

6	No exertion at all
7	
8	Extremely light
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Borg-RPE-skalan®
© Gunnar Borg, 1970, 1985, 1994, 1998

The scale with correct instructions can be obtained from Borg Perception,
see the home page: www.borgperception.se/index.html.

Your Exercise Program

Exercise

Exercise is an important part of recovery. It can help you get stronger, more flexible and reduce pain and fatigue (tiredness).

When you are less active, your muscles can become weak and don't perform well in supporting and moving your body.

Exercise tips

- Do each exercise slowly.
- It should not be painful to exercise. If you have any pain, stop the exercise and talk with your therapist.
- Your therapist recommends that you exercise:

_____ time(s) each day, **and**

_____ time(s) each week.

Tracking your exercise

Use the chart on page 34 to track your exercise. Write down:

- the type of exercise
- how many repetitions you did
- any comments (such as "exercise felt fairly light" or "I felt a little sore").

How the Body Mass Index (BMI) Can Help You Stay Healthy

General information

The body mass index (BMI) is a measure of body fat based on height and weight. Your total body fat is related to your risk of obesity and indicates your risk of diseases and death related to obesity.

These diseases include diabetes, high blood pressure, heart disease, stroke, arthritis, respiratory disorders, high cholesterol and certain cancers. If your BMI score indicates you are at risk for such diseases, there are things you can do to reduce your risk and protect your health.

If you are like most people, BMI is a reliable way to calculate your total body fat. However, if you are athletic and have a muscular build, BMI may overestimate the amount of body fat you have. If you are older or have lost muscle mass, it may underestimate your amount of body fat.

Calculating your BMI score

An easy way to find your BMI score is to look at the BMI chart on page 37. Find your height in inches and move across that row to your weight range. Then find your BMI score at the top of your weight range column. For example, if your height is 62 inches and your weight is 136 to 141 pounds, your BMI score is 25. (A BMI calculator is also available on allinahealth.org or nhlbi.nih.gov.)

What your BMI score means

There are five categories of BMI scores:

- less than 18.5 — underweight
- 18.5 to 24.9 — normal weight
- 25 to 29.9 — overweight
- 30 to 39.9 — obese
- 40 or more — extreme obese

Other indicators of risk for obesity-related diseases

If you have a BMI score in the overweight, obese or extreme obese range, your health care provider may use two other indicators to assess your risk:

- the size of your waist, which may tell if you are at risk for heart disease and other problems. Your risk increases with the amount of abdominal fat you have. You have a higher risk of disease if you are a woman with a waist greater than 35 inches or a man with a waist greater than 40 inches.
 - To measure your waist, put a measuring tape snugly around your waist (where you bend). Breathe out and measure.
- the presence of certain other conditions including:
 - high blood pressure
 - high LDL cholesterol (the “bad” cholesterol)
 - low HDL cholesterol (the “good” cholesterol)
 - high triglycerides
 - high blood glucose (sugar)
 - family history of premature heart disease
 - physical inactivity
 - cigarette smoking.

If you are at increased risk for obesity-related diseases and you should lose weight, talk with your provider. Even a small weight loss (just 10 percent of your current weight) will help you lower your risk of developing diseases associated with obesity.

BMI Chart

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51
Height (in.)	Weight (pounds)																																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306
66	118	124	130	135	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	150	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418





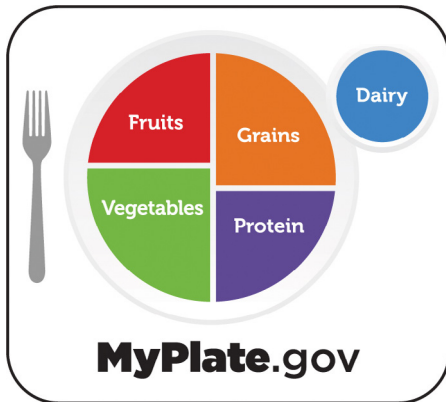
Chapter 5: Nutrition

To Do List

- Eat healthful foods.
- Drink lots of water every day.
- Limit sweets and treats.
- Avoid foods that have added salt, sugar and fat.
- Eat smaller portion more often when you lose your appetite.
- Keep a food log to become mindful of your eating.

Chapter 5

First Steps in Eating Right



Dietary guidelines

Good nutrition is essential for a healthy body. Eating well-balanced meals will help you feel your best.

According to the United States Department of Agriculture, a healthful diet is one that:

- focuses on fruit, vegetables, whole grains, and fat-free or low-fat milk
- includes lean meats, poultry, fish, beans, eggs and nuts
- is low in saturated fats, trans fats, cholesterol, salt and added sugars.

For complete information, go to myplate.gov. The website contains tips and resources, foods to eat more and less of, and nutrition information for women who are pregnant or breastfeeding, children, and people who want to lose weight.

In general, you should:

- Drink plenty of water instead of sugary drinks.
- Make at least half of your grain foods whole grain.
- Plan satisfying meals and snacks.
- Prepare more foods at home instead of eating out at fast food or other restaurants.
- Do not skip meals. Eat at least three meals a day. You may find that eating smaller meals and snacks more often works better for you.
- Eat slowly. Take your time and enjoy your food.
- Pay attention to when you are hungry and when you are full.

How to build a healthful meal

- Eat smaller portion sizes. Try using smaller plates to help you do this.
- Make half of your plate vegetables and fruits.
- Include lean protein and whole grains.
- Choose fat-free or low-fat dairy products such as milk and yogurt.
- Avoid adding foods high in salt, sugar or fat to your meals. This could include gravies, potato chips or soda.
- Try new, good-for-you foods (like kale or quinoa).

Safe food handling and storage

- Wash your hands, counter tops, utensils and cutting boards with warm, soapy water. Wash anything that comes in contact with raw meat, poultry, seafood, eggs or unwashed fresh produce.
- Wash your hands before and after handling foods and after using the bathroom, changing diapers or handling pets.
- Wash fruits and vegetables under running water before eating.
- Clean up spills in your refrigerator right away. Throw away expired foods and leftovers that are not going to be eaten.
- Keep raw meat, poultry and seafood separate from other items in your shopping cart and refrigerator.
- Use one cutting board for raw meats and another one for fresh fruits and vegetables.
- Put uncooked meat, poultry or seafood in sealed containers or plastic bags when storing in the refrigerator. Place on separate plates when raw and when cooked.
- Cook all foods well and use a clean thermometer to ensure proper temperatures. Cook foods to the following temperatures:
 - **Chicken and turkey:** 165 F
 - **Casseroles and leftovers:** 165 F
 - **Ground meats:** 160 F
 - **Eggs:** 160 F (or until yolks and whites are firm)
 - **Beef, pork, veal and lamb:** 145 F
 - **Fish and shellfish:** 145 F
 - **Ham (uncooked):** 145 F
 - **Ham (fully cooked):** 140 F

- Use a refrigerator thermometer to make sure the refrigerator always stays at 40 F or colder. This will help prevent food-borne illness.
- Refrigerate food quickly. Cold temperatures keep most harmful bacteria from multiplying.
- Never thaw foods at room temperature.

Label reading

Read food labels to become aware of what's in the foods you eat. Be sure to look at:

- serving size (The number of calories and nutrients in 1 serving.)
- nutrients (This shows how much sodium, fiber, sugars, fat, etc., in 1 serving.)
- percent of daily value (This is based on a 2,000-calorie diet. Most people follow either a lower or higher level so these percentages will change.)
- daily values chart (This shows the recommended limits on total fat, carbohydrates and dietary fiber for your diet each day. There are sets of numbers for diets of 2,000 and 2,500 calories.)
- ingredients. (This shows the order of ingredients from greatest to least.)

For more information

Ask your cancer rehabilitation or primary care provider for a referral to meet with a dietitian.





Chapter 6: Fatigue and Sleep

To Do List

- Get regular exercise.
- Eat healthful foods.
- Make your bedroom quiet and relaxing.
- Get at least 7 hours of sleep each night.
- Make a list of your priorities so you can manage your energy.
- Try meditation or relaxation exercises.

Chapter 6

Fatigue and Sleep

Fatigue is the No. 1 problem among people who have cancer. Sleep is important if you have fatigue. This chapter gives you some ideas to help manage your fatigue and get regular sleep.

How To Deal With Fatigue

General information

Fatigue is a warning sign that the body needs more rest, so listen to your body.

Signs of fatigue

- feeling weary or exhausted. Fatigue may be physical, emotional, mental exhaustion or all of these.
- decreased desire to do normal daily activities
- finding it hard to think clearly and to concentrate
- feeling very “heavy,” especially arms and legs.

When to call your oncologist

You should call your oncologist if you:

- are too tired to get out of bed for the past 24 hours
- feel confused or cannot think clearly
- think your fatigue has become rapidly worse
- have severe shortness of breath
- feel dizzy when you change positions.

How to manage your fatigue

- Plan your day so that you have time to rest.
- Take several short naps instead of one, long rest period.
- Pace your activities around your energy level.
- Eat a well-balanced diet if possible and drink plenty of fluids.
- Increase the protein and calories in your diet (such as cheese, yogurt, milk shakes, fish, meat, poultry and supplements).
- Take short walks or do light exercise once a day if you can.
- Try easier or shorter versions of activities you enjoy.

- Try less strenuous activities, like reading or visiting with friends and family.
- Save your energy for those activities that are most important to you.
- Try to become comfortable asking friends and family for help.
- Avoid caffeine and alcohol.
- If you can, reduce your hours at work or stop working temporarily.
- Do activities that you enjoy or make you feel good.

Cancer fatigue is real. Please do not ignore it. Talk with members of your cancer rehab team about what you can do to help maintain your quality of life.

Manage Your Energy

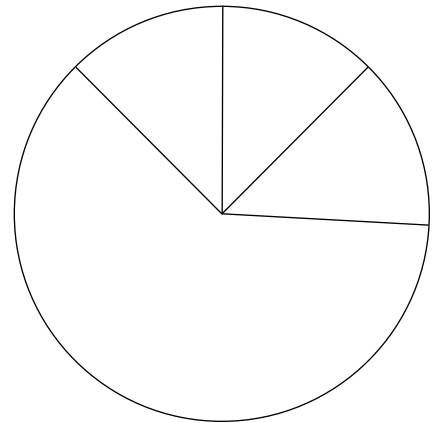
You can help manage your fatigue with good sleep hygiene and doing relaxation exercises. It is also important to manage the energy you have.

The following information can help you create priorities so you save your energy for what matters most to you.

Your Energy Budget

Take care of yourself to make sure you have enough energy to manage all areas of your life:

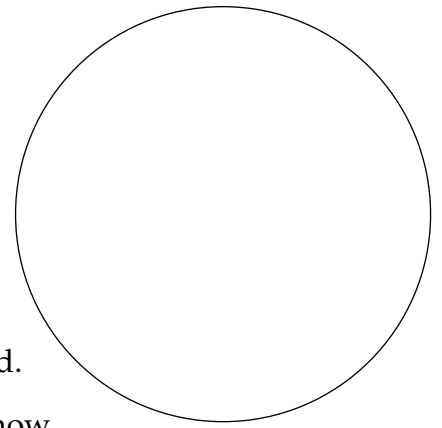
- care of yourself
- medical care
- care of others
- community
- work, volunteering.



Your Energy Budget

The top priority during your recovery needs to be taking care of you:

- set realistic expectations
- ask for help when needed
- take care of your needs
- adjust expectations when needed.



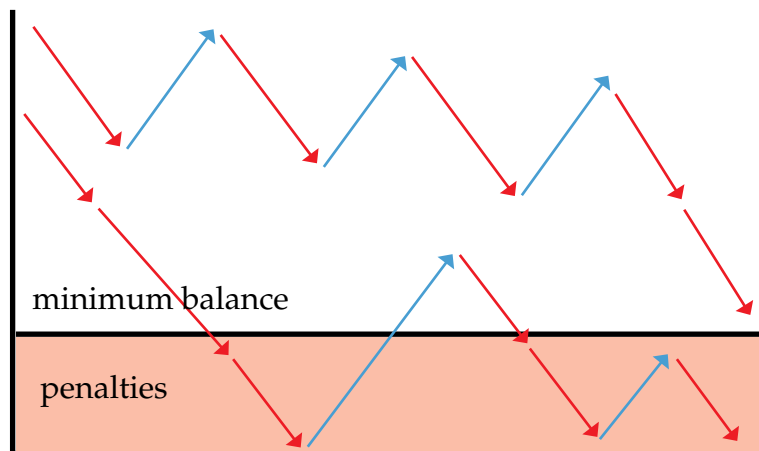
In the circle on the right, draw in how you are currently using your energy budget.

Your Energy Budget is Like a Checking Account

Your balance varies from day to day, based on the “expenses” and “deposits” put in. You have a minimum balance. If you fall below that mark, you experience “penalties.”

Penalties can:

- be physical such as increased pain
- affect thinking such as difficulty concentrating or having memory errors
- affect your mood such as an increase in irritability.



Your Top Priorities

Manage Your Life Roles and Tasks

It can be difficult to do your life roles and tasks when managing cancer treatment.

Rehabilitation will be most effective if you target your top priorities. This will help you manage the life roles and tasks that have been challenged.

You and members of your cancer rehabilitation team will work together to create your plan.

- Your job:

- Identify your top priorities.

- Together:

- Identify the areas, concern or barriers.

- Talk about concepts or new behaviors that can help you move forward.

- Create exercises and strategies to help you.

- Decide which resources you need.

- Your job:

- Put in the time and energy to develop new habits.

- Together:

- Review the plan at every session, update as needed and celebrate the successes.

Sleep Hygiene

General information

Bedtime hygiene often consists of washing your face and brushing your teeth. Sleep hygiene refers to the sleep habits that you develop over a period of time.

Good sleep habits promote restful sleep and daytime alertness. They can also prevent the development of sleep problems and disorders.

Good sleep hygiene

You can create good sleep hygiene by doing the following.

- Get regular exercise, but not right before bed. Regular exercise, especially in the afternoon, can help deepen your sleep. Strenuous (heavy) exercise within 4 hours before bedtime can decrease your ability to fall asleep because your body is too stimulated.
- Find a good temperature for sleeping. A bedroom that is too cold or too hot can keep you awake. A cool bedroom is often the best temperature for sleeping.
- Go to bed only when you are tired and get into your favorite sleeping position. If you can't fall asleep right away, leave the room and find something quiet to do (such as reading). When you are tired, go back to bed and try to fall asleep.
- Go to bed and wake up at the same time every day. Your body works on a rhythm, which means it needs to go to sleep and wake up at the same time every day.
- Get up when your alarm goes off. Avoid hitting the snooze button. Hitting the snooze button many times causes you to feel more tired than if you just get up, even on weekends or vacation. Keeping a regular schedule during the entire week helps your body establish on a normal pattern, and makes you feel more alert.
- Avoid taking long naps during the day. A nap longer than 1 hour might make you feel better at the time, but it can cause problems for nighttime sleep. If you do nap, limit the time to one nap of less than 1 hour. Do not nap later than 5 or 6 hours before bedtime.
- Avoid eating a heavy meal or spicy foods before bedtime. If you are hungry at bedtime, eat a light snack (such as a glass of warm milk or cheese and crackers).
- Avoid drinking alcohol 4 to 6 hours before bedtime. Alcohol can make you feel sleepy right after drinking it, but a few hours later when the alcohol levels in your blood start to fall, your body becomes alert, or stimulated.
- Avoid drinking/eating caffeine. Caffeine is a stimulant. Beverages such as coffee, green and black tea, many sodas and chocolate make your body more alert. Caffeine may not only affect how quickly you fall asleep, but it also affects the quality of your sleep.
- Avoid nicotine before bed. Nicotine is a stimulant and can make it harder for you to fall asleep. Nicotine withdrawal during sleep can disrupt healthy sleep patterns. Quitting smoking or cutting down on tobacco can help you fall asleep easier and prevent waking up fewer times each night.

- Use your bed only for sleep and sex. Let your body “know” that the bed is for sleeping.
- Avoid noise and bright rooms. Distractions can keep you from relaxing. Consider putting up darkening shades on the windows, wearing earplugs, or using a white noise machine if you live in a noisy neighborhood.
- Avoid watching the clock. Lying in bed unable to sleep and getting frustrated makes matters worse. If you keep looking at your clock, move it out of your bedroom or turn it around.
- Don’t take your worries to bed. Try to find time to think and sort out problems earlier in the day. Keep a journal and write down your problems on a list. Star the more serious ones and work on how you will resolve them — during the day.
- If you think you may have depression, anxiety or excessive stress, talk with your health care provider. Problems getting to sleep or staying asleep can be signs of depression or anxiety.
- If you take medicine, ask your health care provider or pharmacist if the medicine may be causing sleep problems.

Getting up in the middle of the night

Many people wake up at night for various reasons. If you need to get up to use the bathroom, try to use a night light to see, instead of turning on a main light. Bright lights can stimulate your body and may keep you from falling asleep.

If you get up in the middle of the night and can’t get back to sleep, do not stay in bed. Leave the bedroom and do a quiet activity (such as reading). Do not do office work, housework or watch television. When you are tired, lie down again and you should be able to get back to sleep in about 20 minutes.

Televisions and phones

Many people have televisions in their bedrooms and fall asleep with the TV on. Watching TV before bed isn’t a good idea because it can keep you up. It is not recommended that you have a TV in the bedroom. Having a radio on at bedtime (or a white noise machine) is a better option than TV.

Using a phone right before you fall asleep makes your brain stay active. You should avoid looking at your phone at least 30 minutes before you go to bed.

If you have any questions or concerns about your sleep patterns, talk with your health care provider.

Relaxation Exercises

Relaxation exercises can help you fall asleep. There are many forms of relaxation exercise. One is called progressive relaxation. This is a short and easy exercise to help you relax and restore your energy.

Getting started

- Find a relaxing position. You may sit down or lie on your back. Uncross your arms and legs.
- Let your eyes gently close. If you prefer, you can keep your eyes open as you focus on one spot in front of you.
- Bring your attention to your breathing. Be aware of your breath as it comes in and out of your nose or mouth. Notice as your chest and belly move out with each breath in, and then in with each breath out.
- As you breathe in, imagine a gentle, peaceful wave of relaxation flowing through your body. You can imagine this gentle wave of relaxation moving through your body in any way that is most comfortable for you. Some imagine it as light, water or a peaceful feeling.
- The gentle wave can help soften places you hold tension. Give yourself permission to breathe out the tension, letting go of tightness in your muscles as you relax.
- When your mind wanders, gently bring it back to your breathing.

Relax from your head to your feet

- As you breathe in, imagine a wave of gentle relaxation beginning at the top of your head.
- As you breathe out, imagine this wave flows over your scalp, through your head and face. Let your jaws soften and relax.
- Breathe in and breathe out as you focus on your neck and shoulders. Imagine the muscles in your neck and shoulders can soften and relax.
- Breathe in. As you breathe out, imagine the relaxing wave moving through each arm, all the way down to your hands. Your hands may feel heavier as they relax.
- Breathe in. With your next breath out, imagine the wave of relaxation rolling gently and peacefully down your spine. Let all of your back muscles relax and soften.

- Continue to be aware of your breathing and imagine the wave flows even more easily each time you breathe out.
- Let the wave of relaxation flow through your pelvic area and hips into your upper legs and thighs.
- Breathe in. As you breathe out, let the wave move into your calves, then your feet. You may notice your feet becoming heavier.
- Take another breath in and let it out. Imagine any remaining stress flowing easily and gently out the bottoms of your feet.
- Breathe in. With your next breath out, let the wave help your whole body relax and soften, giving each muscle and body part permission to relax. Notice how your whole body feels as you breathe in and breathe out, relaxing and letting go as you relax.

Take a moment to observe the quiet feeling you have created. With practice, relaxation will become easier. Find ways to add progressive relaxation into your day.



Chapter 7:

When to Call for Help

To Do List

- Keep a list of your health care team members handy in case you, a family member or friend needs to call one of them.
- Add these names and numbers as contacts into your phone: clinic, pharmacy, primary care provider and your cancer care provider.
- Program your “in case of emergency” (ICE) contacts into your phone.

Chapter 7

Whom to Call and When

It can be hard to tell when you should call your doctor or how seriously to take your symptoms. Use the symptoms below to guide your decision of when to call your doctor or health care provider.

Balance

Call your doctor or health care provider if:

- you cannot exercise or stopped going on walks because you think you may fall
- you catch you toes on the floor or ground when you walk.

Fitness / Endurance

Call your doctor or health care provider if:

- you feel weak or short of breath when you do things you used to do easily
- you have more trouble breathing or doing your regular everyday activities
- you feel dizzy or weak when you walk or go from sitting to standing
- your legs shake or tremble easily when you walk
- you have to take many rest breaks when you walk or get dressed
- you find it harder to walk upstairs.

Lymphedema

Call your doctor or health care provider if:

- you feel a full or heavy sensation in your arm or leg
- your skin feels tight
- you have more problems moving your hand, wrist, foot or ankle
- you have problems fitting into specific areas of your clothes
- your jewelry fits more tightly.

Neuropathy (nerve pain, sensation changes)


Call your doctor or health care provider if:

- you have tingling in your hands or feet
- you have trouble picking up small objects
- you have new pain in your hands or feet since starting chemotherapy
- you have changed sensations in your hands or feet since starting chemotherapy that bother you.

Pain

Call your doctor or health care provider if:

- you have pain that makes it hard to do your regular daily activities
- you have pain or stiffness that is getting worse
- you have pain that started suddenly
- you have pain that happens only at night or wakes you up
- you have increased pain with weight-bearing activities such as walking or going up stairs.



Chapter 8: Resources

To Do List

- Ask your provider about creating a health care directive. This will help you define your wishes for medical care if you can't communicate or make your own health care decisions.
- Go to allinahealth.org/hcd to learn more about how to fill out a health care directive or to print a copy.
- Sign up for a free Allina Health Account on allinahealth.org to fill out an online health care directive.

Chapter 8

Resources

Allina Health

- **Allina Health** (locations, find a provider, Allina Health Account and more):
allinahealth.org
- **Allina Health Cancer Institute:**
allinahealth.org/cancercare
- **Penny George™ Institute for Health and Healing:**
allinahealth.org/pennygeorge

Courage Kenny Rehabilitation Institute

- **Courage Kenny Cancer Rehabilitation provider** to schedule an appointment: 612-863-2123
- **Courage Kenny Cancer Rehabilitation therapist** to schedule an appointment: 612-863-2123

National resources

- **American Cancer Society:**
cancer.org
- **National Cancer Institute:**
cancer.gov
- **The National Lymphedema Network:**
lymphnet.org

Support groups

- **Gilda's Club Twin Cities**
gildasclubtwincities.org (Under "who we are," click "News & Events," then click on "Support Program Offerings/Calendar.")
- **Minnesota Oncology**
mnoncology.com (Search for "support group.")



Get connected

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- schedule appointments
- manage a child or another adult's account
- get lab results
- and more!
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Fewer steps. Greater access.

- email with your care team*
- view immunizations
- read visit notes* and follow-up instructions



Never run out. We're always open online.

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Sign up for your account at allinahealth.org today

Your account is a free service of Allina Health.

*Availability varies by location. Ask your clinic or hospital if this service is available.

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On the calendar. Off your mind.

- quickly schedule appointments*
- do online visits for common conditions



Less waiting. More knowing

- get lab results fast – usually same day



Small effort. Big reward.

- take a wellness assessment
- set and track health goals
- create a health care directive





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Affordable Care Act – Section 1557

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Allina Health:

- provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - ◊ qualified sign language interpreters, and
 - ◊ written information in other formats (large print, audio, accessible electronic formats, other formats)
- provides free language services to people whose primary language is not English, such as:
 - ◊ qualified interpreters, and
 - ◊ information written in other languages.

If you need these services, ask a member of your care team.

If you believe that Allina Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, gender identity or sex, you can file a grievance with:

Allina Health Grievance Coordinator
P.O. Box 43
Minneapolis, MN 55440-0043
Phone: 612-262-0900
Fax: 612-262-4370
GrievanceCoordinator@allina.com

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Allina Health Grievance Coordinator can help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.



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