

Report: breast cancer survivors who exercise live 40 percent longer

A recent report on NBC Nightly News said that breast cancer survivors who exercise are 40 percent more likely to live longer than those who led a sedentary lifestyle.

While the story was played as news, it didn't come as a surprise to Eric Brown, M.D., director of the Center for Breast Health in Troy. "We have known about the effects of exercise for quite a while," he said.

Dr. Brown and Lisa D'Andrea, RN, Wilson Cancer Resource Center's nurse manager and oncology nurse navigator, both place substantial importance on exercise.

"We put obstacles in their (survivors) path, which makes it that much more important to exercise. The meds we give them put on a little weight, particularly the anti-estrogen meds. You get excess estrogen if you don't exercise, along with a slight increase in risk for cardiac events," Dr. Brown added.

At Beaumont Health, oncology survivorship programs help answer the question: Now, how do I make sure this doesn't come back?

Both Dr. Brown and Lisa concur that Beaumont's treatment is built around health, nutrition, exercise and overall wellness. Unlike the NBC report, which said "women with breast cancer don't need to make extreme diet changes," the Beaumont specialists think that lifestyle recommendations for every aspect of health promotion will best benefit the patient.

"We recommend 30 minutes of exercise a day for three days to start, and then five days. If you can hold a conversation while exercising, then you're not exercising hard enough," Dr. Brown said.

Lisa, who facilitates Beaumont, Troy's Breast Cancer Survivorship Clinic, said she's a strong believer in the benefit of incorporating exercise



into the patient's daily routine. "We're talking about overall lifestyle modifications," she said. "We work with a physical therapist, a social worker, integrative medicine, a dietitian and the Sharing and Caring resource and education team. Barriers to health and wellness are addressed one-on-one to suit the individualized needs of our patients."

Health benefits are achieved by participating in a variety of exercises. For example, "strength training and resistance builds endurance, and maintains/improves bone density."

"Beaumont is doing an excellent job addressing the survivorship goals of patients with all types of cancer," she added.

Honor your Beaumont Health physician on National Doctors' Day

March 30 is National Doctors' Day – a day set aside to celebrate the talented physicians and surgeons who faithfully serve our communities.

As a leading provider of health care services in Southeast Michigan, Beaumont Health recognizes the extraordinary efforts of all of its doctors today and every day. But we can always do more to show our appreciation.

Our physicians represent the high-quality, compassionate care we provide in partnership with our patients and families, and make a positive impact in the community. Throughout the system, we'll celebrate in various ways. Please join us in honoring your favorite physician or physicians by sharing your personal thoughts and expressions of gratitude.

Here are several ways to shine a spotlight on our partners in care:

- [Make a gift](#) in the name of a physician who has touched your life.
- Use a [Service Model](#) tool by sending a thank you note.
- Post your thoughts to [facebook.com/BeaumontHospitals/](https://www.facebook.com/BeaumontHospitals/).
- Nominate a physician for site level recognition through the physician of the month, quarter and year programs or recognize your favorite physician via Employee Appreciation and Recognition by contacting your site Human Resources department.

Please take the time today to recognize the physicians who work in your unit/department and the valuable contributions they make to patient care.