



Living through cancer with exercise

Sunflower Wellness provides
therapeutic movement and exercise
for people living with cancer.

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May - June 2013

Congratulations, Regan Fedric!



Zero Breast Cancer presented the 2013 Hal Brown Shining Star award to Sunflower Wellness co-founder **Regan Fedric**. The award was presented at the group's **14th Annual Honor Thy Healer** awards dinner and program on May 9 in Mill Valley,

California. Four other individuals and organizations were also recognized for their contributions in the understanding of breast cancer, the healing process and the health of our communities. Tom Scott, Director of Global Branding and Innovation at the Bill and Melinda Gates Foundation, was the Honorary Chair and keynote speaker for the event.

As Zero Breast Cancer noted: "**Regan Fedric, ACSM, CES** is co-founder of **Sunflower Wellness**, a non-profit organization that promotes movement and exercise to improve the lives of those living with cancer. Ms. Fedric has developed programs at Marin General Hospital's Center for Integrative Health and Wellness, the Bay Club Marin, Smith Integrative Oncology, Rolling Hills Club and the UCSF Comprehensive Cancer Center."

Zero Breast Cancer is a non-profit organization dedicated to prevention and finding the causes of breast cancer through community participation in the research process. They focus on identifying environmental factors and the role they play in breast cancer at all life stages and across generations. To learn more, please visit www.zerobreastcancer.org.

Sunflower Wellness is now operating at the Stanford Cancer Center



Sunflower Wellness launched a Cancer-Exercise Counseling program onsite at the Stanford Cancer Center on January 15, 2013. The program is offered as a free service to all cancer patients regardless of affiliation with Stanford. Sunflower Wellness exercise pioneer Jane Clark provides the Exercise Counseling sessions.

The program offers a free "Exercise for Health" exercise class for people living with cancer on Tuesday afternoons from 1:00 pm to 2:00 pm in Room CC2105 (second floor). No prior registration is required for the class, but Jane asks that participants show up early to begin the class on time.

For anyone interested in scheduling an Exercise Counseling appointment at the Stanford Cancer Center, please call (650) 725-9456, or send an email to cancersupportivecare@stanfordmed.org. Appointments are available every Tuesday in Room CC-2104 on the second floor. The Cancer Center is located at 875 Blake Wilbur Dr., Palo Alto, CA.

Also in this issue:

- *Nutrition: "I really want to wine about this..."*
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Kimberly Powell, and our newest volunteers
- *Exercises of the month: Stretches on video!*

Now you can



find us on facebook

I really want to wine about this...

Part of our ongoing series on cancer and nutrition

By Cecelia Ottenweller

I began working with a new oncologist this past September. As we were wrapping up the appointment, he ran down his lists of things I should do and not do during the six months before I was scheduled to see him again.

“Ok, so I want you to get at least 30 minutes of exercise a day each week – more is preferable...”

“Check!” (I’m such an eager beaver...)

“And,” he continued, “eat a lot of vegetables, especially cruciferous...”

“Check!” My “Vegetarian Cooking for Everyone” book by Deborah Madison has prolific staining on my favorite recipes and automatically opens on the Mushroom Enchilada recipe thanks to over-use.

“Finally, limit your intake of alcohol. No more than two drinks per week.”

WHOA. Stop there... “No wine?? Really????”

“Really,” he insisted. “The latest research shows a 35% increase in the chance of recurrence with breast cancer. Limit the booze, please.”

Disappointed, I did a little poking around and learned that researchers are seeing increasing evidence that alcohol is more than mildly carcinogenic. That’s bad news for folks who’ve been relying on wine – red wine in particular – to boost cardiac health. But, how great are the risks?

According to a report published by Nelson, et al., in the American Journal of Public Health in December of 2012, the risks are not minor. The authors estimated that alcohol consumption alone is responsible for up to 21,000 cancer deaths in the US between 2009 and 2010, or about 4% of all cancer-related deaths. In females, mortality was mostly due to breast cancer (56% - 66%) and in men the deaths were due to upper airway and esophageal cancers (53% to 71%).

And just how much alcohol are they talking about? Not much! According to the study, between 26% and 35% of deaths caused by alcohol consumption were from drinking less than one and a half drinks per day, or approximately 20 grams of alcohol.

Hmmm...

I’m not a lush, not by anyone’s standards. As a matter of fact, my hubby Charles happily refers to me as his “cheap date.” But I do like a nice glass of wine with dinner or hanging with friends. Since my appointment, I’ve been good at minding my intake. As a matter of fact, my beautiful niece Tracy married her sweetheart this weekend and I drank to the couple many times, toast after toast, from a fine vintage of sparkling water with just a twist of lime. I have every intention of spoiling my grand nieces and nephews rotten for many years to come, you see.

Have I completely cut out wine? No. I do have a glass now and then, but I’m mindful of making sure I stay well within the two-per-week minimum Dr. Osborne put me on.

Now all I need to do is increase my exercise... I wonder if there’s a group that can help me with that???

“Hello, Sunflower Wellness? I need some help...”

Note: You can find more information about cancer and nutrition on our website at

<http://www.sunflowerwellness.org/Nutrition>

By the numbers

UCSF Exercise Consultation stats

- Program start: April 15, 2010 (Three years ago!)
- Over 850 patient phone inquiries logged
- Over 590 patient consultation sessions held to date
- Patients who report they now exercise: 76%
- Average STRESS reduction: 26.2%
- Average FATIGUE reduction: 26.0%

Sunflower Exercise program stats

- Weekly exercise classes offered (currently): 12
- Total clients served: 350
- Class sessions logged: 1,750
- Personal training sessions: 425
- Total client- hours of exercise: Over 9,600

Sunflower Wellness Gratefully Thanks

In Memoriam



It always breaks our hearts when we receive news that we have lost one of our program participants, and no less so than for our beloved Kimberly Powell, who passed on April 11. Kimberly was not only one of the warmest, nicest people we've ever

known, she was also an extremely talented designer. Kimberly's designs have graced our website for the past several years. We will soon unveil her latest design on our new website (sneak peek below). We are forever grateful for all the contributions we received from this amazing woman. Thank you, Kimberly! We'll remember you always.



New Volunteers



Thank you to all of our new volunteers! On April 23, over 20 people gathered at Bay Club Marin to offer their talents and skills in support of Sunflower Wellness.

It was the first meeting of its kind, and they were quite clear about wanting to do more to support our mission and vision. Grass roots at its very finest! Cinder246337

Research News:

Exercise reduces cancer-related fatigue

By Trisha Hue, PhD, MPH

Sunflower Wellness Board Secretary

Fatigue is one of the most common symptoms experienced by patients undergoing cancer treatment. Additionally, post-cancer fatigue is often a severe long-term side effect that continues to plague 20-40% of cancer survivors after treatment has been completed.¹⁻⁴ Research indicates that fatigue may be caused by several contributing factors, including abnormalities in energy production.⁵

The mitochondria in the body's cells are essential for energy production.⁶ Both strength training and aerobic exercise stimulate mitochondrial biogenesis and may therefore reduce physical and/or mental exhaustion by affecting the body's generation of energy. This theory is supported by data from a recently published randomized controlled trial, conducted to explore the impact of physical activity on fatigue. The authors found that increasing exercise in men and women during cancer treatment resulted in significantly less fatigue and more vigor.⁷

References: ¹Bower JE, et al. Fatigue in long-term breast carcinoma survivors: a longitudinal investigation. *Cancer* 2006;106:751-758.; ²Hjermstad MJ, et al. Fatigue in long-term Hodgkin's disease survivors: a follow-up study. *J Clin Oncol* 2005;23:6587-6595.; ³Servaes P, et al. The course of severe fatigue in disease-free breast cancer patients: a longitudinal study. *Psychooncology* 2007;16:787-795.; ⁴Servaes P, et al. Fatigue after treatment for malignant and benign bone and soft tissue tumors. *J Pain Symptom Manage* 2003; 26:1113-1122.; ⁵Gatenby RA, Gillies RJ. Why do cancers have high aerobic glycolysis? *Nat Rev Cancer*. 2004;4:891-899; ⁶Berger AM, et al. Cancer-related fatigue: implications for breast cancer survivors. *Cancer* 2012;118(8 Suppl):2261-9; ⁷Wenzel JA, et al. Impact of a Home-Based Walking Intervention on Outcomes of Sleep Quality, Emotional Distress, and Fatigue in Patients Undergoing Treatment for Solid Tumors. *Oncologist*. 2013 Apr 8 [Epub ahead of print].



Sunflower Wellness wishes to acknowledge and thank Copymat (455 Market Street, Suite 180, San Francisco) for their generous printing support for this newsletter mailing.

Exercises of the month: Some stretchy selections from the VIDEO LIBRARY on our website!

Regan, Jane and Annie say: It's time for some homework, everyone! No need to get out your pens – just head to www.sunflowerwellness.org and find the Exercise Videos on our website – they are under “Get Educated” on the top menubar. Here are a few examples of the available videos focused on sticking out your right arm!



1) ***Arm range of motion exercises***
Regan demonstrates a simple series of movements that help increase the range of motion for your arms. Look for: YTW!

2) ***Arm and breath work, in a chair***
Annie demonstrates gentle movements to restore and improve arm flexibility, with simple breathing – in a comfy chair, with a cute pooch!

3) ***Dynamic balance***
Annie shows a more active exercise that will get you up and moving a bit. Helpful with balance, you can do it just about anywhere.

Letters: Dear Sunflower Wellness

I owe you a great debt of gratitude for the Sunflower Wellness program.

My dearest friend BJ Stiles received two simultaneous cancer diagnoses in February 2011. He's in good shape now -- the doctors say he's clear -- but the 18 months of treatments were very difficult. The weekly work he did with [yoga instructor] Chad Stose as part of the Sunflower Wellness "Yoga for Cancer Survivors" course at Club One Fillmore Center was priceless. I'll go so far as to say the work was critical to BJ's survival and recovery.

It wasn't a natural fit for BJ -- he's not a "yoga type." He grew up in the Great Depression, the son of a Texas dirt farmer, but went on to do important Civil Rights work in Nashville, Selma, and Chicago. He was recruited by Bobby Kennedy for the nomination campaign, then by the Kennedy family to found the RFK Fellowship program. Having raised a family, he came out as gay and took a brave stand as a pioneer in the earliest days of the AIDS crisis. Among his accomplishments during that period was his founding of the National AIDS Fund.

BJ is my hero, and I often consider how many thousands -- maybe tens of thousands or more -- are alive today because of his early advocacy.

And now I think how grateful I am for you and your work, because BJ is still with us today.

Best wishes and thanks,

John Pull
Washington DC

In Brief

- ***New Sunflower Wellness exercise program begins at Rolling Hills Club, Novato (Marin County)***
We're extremely pleased to welcome Rolling Hills Club to our family of health clubs that offer Sunflower Wellness exercise programs for people living with cancer. Rolling Hills began their program in April with a new set of classes tailored to meet the needs of participants in the local area. Regan Fedric joined new Sunflower Wellness Medical Advisory Board member Dr. Leah Kelley earlier in April to present a training workshop to fitness instructors at the club. Rolling Hills has also committed to presenting fundraising events to benefit Sunflower Wellness.
- ***Join us: Dance Day at the San Francisco Bay Club, Saturday, May 18, 2013 from 12:30 – 4:00 pm***
Sunflower Wellness partner Michael Parra presents a special dance event, complimentary to Bay Club members and \$40 to non-member guests. While registering at groupexercise@sfbayclub.com (required), please let us know if you'd like to make a donation to Sunflower Wellness. For more information, please call Michael at 415.730.2385.

Sunflower Wellness kindly requests your support. Please visit our website to donate.