

# FIGHTING CANCER



**HOW THE RIGHT EXERCISE  
PROGRAM CAN IMPROVE  
YOUR OUTCOMES**

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Being diagnosed with a form of cancer, or other chronic condition, is a very confronting experience for both the patient and their loved ones.

It is natural to be scared and be frustrated by what feels like a loss of control in your life.

As patients are referred from doctor to specialists they often feel powerless. The medical fraternity tends to focus on the disease rather than the person and the actual treatments can make you feel worse.

Socially, many start to feel that they are defined by the illness and that what happens next is really beyond their control.



## THE GOOD NEWS IS...



You can actually still dictate aspects of your journey in order to improve your quality of life and the outcomes of your treatment.

Exercise is the number one thing you can do yourself to aid your journey and have some control over your situation.

Regular exercise after cancer diagnosis can increase survival rates by 30-60%.

Research highlights that regular exercise before, during and following cancer treatment decreases other adverse side effects and is associated with reduced risk of developing new cancers and comorbid conditions.



In fact, The **Clinical Oncology Society of Australia (COSA)** is very clear on the directive.

Its recommendations are:

Exercise should be embedded as part of standard practice in cancer care and viewed as an adjunct therapy that helps counteract the adverse effects of cancer and its treatment.

All members of the multi-disciplinary cancer team should promote physical activity and help their patients adhere to exercise guidelines.

Best practice cancer care should include referral to an accredited exercise physiologist and/or physiotherapist with experience in cancer care.

*"If we could turn the benefits of exercise into a pill, it would be demanded by patients, prescribed by every cancer specialist and subsidized by government. It would be seen as a major breakthrough in cancer treatment."*

Dr Prue Cormie

Chair of the COSA Exercise Cancer guidelines committee.





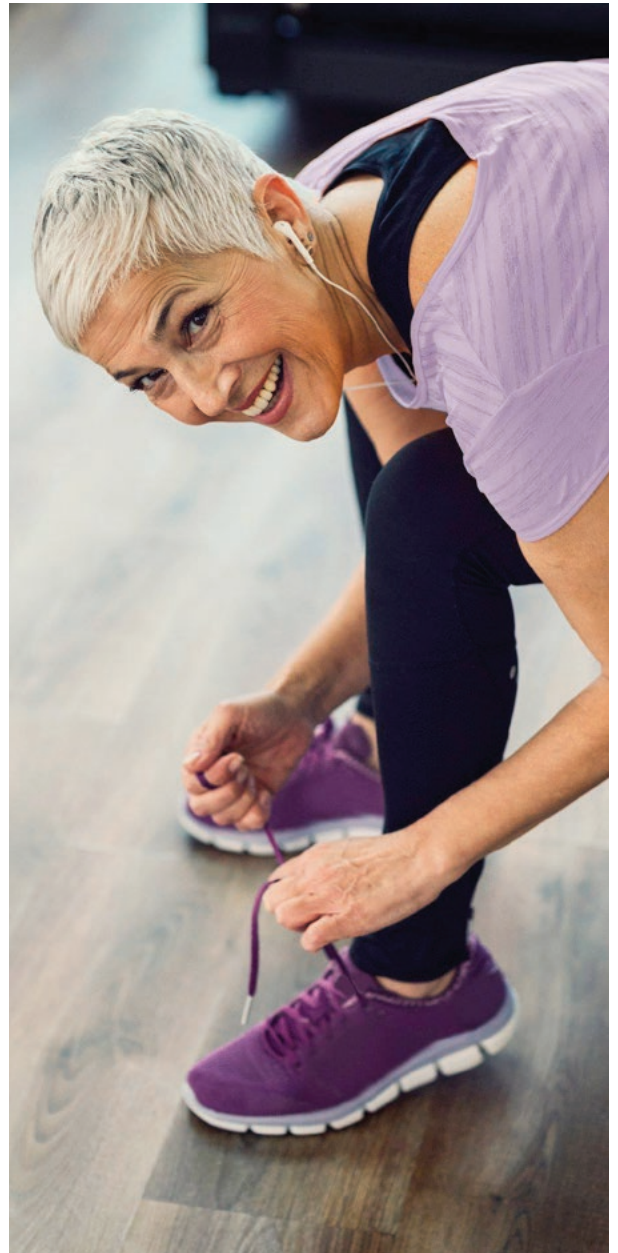
# BUT I'M SICK, HOW CAN I EXERCISE?

A natural response to the diagnosis of cancer or a chronic illness is one of helplessness, to rest and let the doctors do everything.

However it is crucial that you keep moving and try to develop a regular pattern of movement. A little bit can go a long way.

COSA recommends that patients should avoid inactivity and be as physically active as they are able. Ideally, this should include moderate to vigorous intensity aerobic exercise (e.g. walking, jogging, cycling, swimming) each week and some resistance exercise (e.g. lifting weights) sessions each week involving moderate to vigorous intensity exercises targeting the major muscle groups.

Here at The Kaden Centre we understand that, while this is not always possible, we try to help patients do what is possible whenever they can.



## **COSA Further recommends that a care team should:**

- ✔ tailor exercise recommendations to the individual's abilities, anticipated disease trajectory, and health status
- ✔ consult with accredited exercise physiologists and physiotherapists as the most appropriate health professionals to prescribe and deliver exercise programs to people with cancer
- ✔ promote these recommendations throughout treatment;





# WHAT, WHY, HOW & WHEN?

Here at The Kaden Centre, the most common questions we hear are “What, why, how & when”?



What can I do to contribute to my cancer or chronic disease journey?

**Answer: Targeted exercise**



Why would I do this?

**Answer: To improve mental and physical health, tolerance to treatment, outcomes and quality of life.**



How would I do this?

**Answer: With the guidance of allied health professionals.**



When would I do this?

**Answer: 3 times per week.**



# THE KADEN CENTRE IS HERE TO HELP

*We help people affected by cancer or chronic illness get better outcomes through tailored exercise programs.*

The Kaden Centre is Australia's leading dedicated exercise oncology facility, run by exercise physiologists and physiotherapists, that is designed to deliver custom, targeted exercise programs to people experiencing all stages of cancer and chronic conditions.



Since 2018 The Kaden Centre has supported almost a 1000 people experiencing a wide range of cancer and chronic conditions.

The Kaden Centre was founded after Suzanne Clark Pitrolo, now Managing Director of the facility, went through the stages of cancer treatment herself.



*“When you speak of cancer, I know what you are talking about. I know the shock, the fear, the feeling of powerlessness, the loss of what you thought your life was and where it would go, the vulnerability and the change in how people looked at you. I know what the side effects feel like. And I also know that we cancer patients and survivors don’t want to be pitied.*

*My journeys with 3 cancers (breast, colorectal, appendix) all had me searching for something I could do to have an impact on my health and help in my prognosis. At the least, I wanted to feel OK during this time and not feel like an onlooker in my life.*

*I watched a program about cancer and exercise, and it was “the light”. This was something I could do to help me, and to be involved. Trying to access the help to find the appropriate exercise for my battered body was the next challenge. And I couldn’t. It didn’t seem to exist. So I built it.*

*Loukas (my physiotherapist son-in-law) and I studied the research, of which there was/is bucketloads. We took the research and put it into practice, opening the Kaden Centre in 2018. The centre helps over 300 people per year and now we are reaching further with our Home Exercise Platform. We never stop needing exercise and now we have access to exercise for us – people with cancer or chronic conditions and survivors. “*

*- Suzanne Clark Pitrolo*



Now, using the insights gained from helping almost 1000 people, we are very proud that the Kaden Centre program is now available to anyone in Australia who needs it.

The Home Programs is a digital platform designed to help you exercise from the comfort of your own home, anywhere in Australia, with guided advice from our expert team.



# FOR A LIMITED TIME THE KADEN CENTRE IS OFFERING:



**An initial assessment with a trained clinician**  
(value at \$125)



**A personalised home exercise program, posted to your online membership area**



**3 months access to the Home Programs platform**  
(value at \$195)



**Access to our exclusive Facebook Group –**  
A source of information as well as a place to share experiences with individuals going through similar life events



**3 months of contact with your clinician as and when needed to modify or change your program.**

## ALL FOR JUST \$150

Schedule your free 30-minute Home Exercise discussion to get started.



**BOOK NOW**

**OR CALL (02) 4001 0113**





# TESTIMONIALS

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*“This has given me an opportunity to take control of some part of my life. The doctors do their thing, the treatment does its thing. Here I feel like I can do my thing and start to feel like me again.”*

- Nicole, patient.

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*“Kaden is the missing link between treatment and wellbeing.”*

- Brett, patient

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*“My oncologist said, ‘You’re only as good as you are because you’ve been exercising.’”*

- Ann, patient.

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