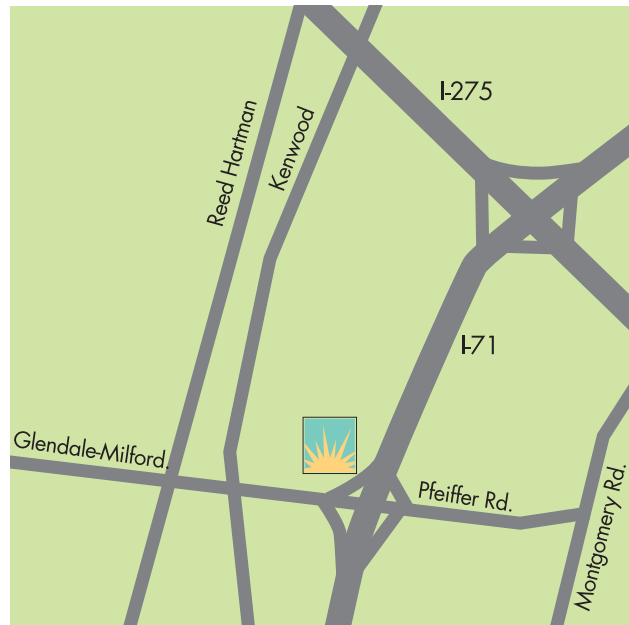


As an oncologist, I'm quite impressed by the number of clinical studies showing that exercise significantly reduces the risk of dying from cancer.

A recent breast cancer study showed the rate of survival increased by as much as 50 percent in those who were moderately active and receiving standard cancer treatment. No new medication has ever shown such a dramatic result.

I think all physicians should take the time to explain the value of exercise to their patients.

– Peter Sheng MD, oncologist,
acupuncturist, medical director of
TriHealth Integrative Health & Medicine



TriHealth



Fitness & Health Pavilion

6200 Pfeiffer Road at I-71
Cincinnati, OH 45242
513-985-6711
www.TriHealthPavilion.com



MFACERTIFIED
MEDICAL FITNESS FACILITY

*TriHealth is a community partnership of
Bethesda and Good Samaritan hospitals.*

Cancer Exercise Program

Medically safe exercise for
cancer patients and survivors



Fitness & Health
Pavilion

The 12-Week Program at the Pavilion

Our 12-week Cancer Exercise Program safely guides cancer patients and survivors through an exercise routine that is adapted to each individual's level of fitness and medical situation.

For a person undergoing cancer treatment, exercise offers important benefits:

- reduces fatigue and increases energy levels
- improves immune function and decreases infection risk
- improves tolerance to chemotherapy and minimizes treatment side effects
- increases bone density and reduces risk of osteoporosis
- increases appetite
- improves depression, anxiety and mood

What to Expect

New participants meet one-on-one with a cancer exercise specialist to discuss health history, current treatment status and personal objectives. The specialist completes a brief physical assessment to determine any physical limitations and to prescribe the safest and most effective exercise program.

Group classes emphasize low- to moderate-intensity exercise utilizing a variety of equipment, including theraballs, exercise tubing, medicine balls and dumbbells. Participants work at their own pace. They may attend class one or two times per week and may begin the program at any time.

Tuesdays 6 to 7 p.m. Third Floor Conference Room
Saturdays 1 to 2 p.m. First Floor, Studio A

Participants will be notified regarding any schedule changes due to holidays, weather emergencies, etc.

Exercise Support Team

The Pavilion exercise staff, including certified athletic trainers, exercise physiologists, a registered dietitian and nationally certified instructors, are available to provide exceptional support and resources for this program.

Fees and Registration

Advanced registration, a physician's medical clearance form and a one-on-one personal consultation are required before the first exercise class.

Program Fees	New Participants	Returning Participants
Once per week for 12 weeks	\$295	\$205
Twice per week for 12 weeks	\$395	\$305

Financial assistance may be available.

To register or learn more, call 513-985-6711.



Other Pavilion Services for Cancer Patients and Survivors

Cancer Massage

A gentle, progressive massage technique can promote the body's power to heal and to fight off side effects of surgery, chemotherapy and radiation. The light pressure of a cancer massage can stimulate restorative actions of the parasympathetic nervous system, which allow the heart rate to slow, blood vessels to dilate, blood pressure to lower and glandular activity to increase. Other benefits of this light massage include alleviating pain, anxiety, nausea, bowel problems and insomnia.

Cancer massage is not used to cure cancer but to bring restfulness and tranquility to the body as an aid to healing.

30 minutes \$47 60 minutes \$70

Acupuncture for Cancer Patients

Acupuncture uses hair-thin needles to increase the flow of energy in the body and to support the immune system and the body's healing process. For cancer patients, acupuncture has been proven effective in relieving

- fatigue
- nausea
- lack of appetite
- body aches
- depression

initial consultation \$50

acupuncture treatment \$105

acupuncture with electrical stimulation \$111

Call 513-985-6772 for appointments.