

ESSENTIAL ARTICLES OF PM&R

CANCER REHABILITATION

Authors:

Terrence Pugh, MD

Charles Rhoads, III, MD

"I would say that these [bolded] are the most important articles. Impairments are things that many cancer patients face that don't always translate into functional deficits. Cognitive deficits, cancer related fatigue, etc. all cause a significant amount of distress and can limit patients in return to work and other quality of life indicators. The articles about cancer prehabilitation is a major component of cancer rehab care. Improving performance status prior to initiation of cancer treatment (chemo v. radiation) is imperative to improving outcomes." – Pugh.

Impairment-driven cancer rehabilitation: an essential component of quality care and survivorship.

Silver JK, Baima J, Mayer RS. *Cancer J Clin* 2013 Sep;63(5):295-317. doi: 10.3322/caac.21186. Epub 2013 Jul 15. <http://www.ncbi.nlm.nih.gov/pubmed/23856764>.

Cancer rehabilitation and prehabilitation may reduce disability and early retirement.

Silver JK. *Cancer* 2014 Jul 15;120(14):2072-6. doi: 10.1002/cncr.28713. Epub 2014 Apr 18. <http://www.ncbi.nlm.nih.gov/pubmed/24752917>.

Cancer prehabilitation: an opportunity to decrease treatment-related morbidity, increase cancer treatment options, and improve physical and psychological health outcomes.

Silver JK, Baima JA. *J Phys Med Rehabil*. 2013 Aug;92(8):715-27. doi: 10.1097/PHM.0b013e31829b4afe. <http://www.ncbi.nlm.nih.gov/pubmed/23756434>.

Impact of nutrition and exercise on cancer survival.

Irwin ML, Mayne ST. *Cancer J* 2008 Nov-Dec;14(6):435-41. doi: 10.1097/PPO.0b013e31818daeee. <http://www.ncbi.nlm.nih.gov/pubmed/19060611>.

Colorectal cancer survivorship: movement matters.

Denlinger CS, Engstrom PF. *Cancer Prev Res* 2011 Apr;4(4):502-11. doi: 10.1158/1940-6207.CAPR-11-0098. <http://www.ncbi.nlm.nih.gov/pubmed/21464030>.

The effect of resistance training on muscle strength and physical function in older, postmenopausal breast cancer survivors: a randomized controlled trial.

Winters-Stone KM, Dobek J, et al. *J Cancer Surviv* 2012 Jun;6(2):189-99. doi: 10.1007/s11764-011-0210-x. Epub 2011 Dec 23. <http://www.ncbi.nlm.nih.gov/pubmed/22193780>.

Randomized controlled trial of exercise training in postmenopausal breast cancer survivors: cardiopulmonary and quality of life outcomes.

Courneya KS, Mackey JR, et al. J ClinOncol 2003 May 1;21(9):1660-8.<http://www.ncbi.nlm.nih.gov/pubmed/12721239>.

Cancer prehabilitation and its role in improving health outcomes and reducing health care costs.

Silver JK.SeminOncolNurs 2015 Feb;31(1):13-30. doi: 10.1016/j.soncn.2014.11.003. Epub 2014 Dec 3.<http://www.ncbi.nlm.nih.gov/pubmed/25636392>.

Advancing a quality-of-life agenda in cancer advocacy: beyond the war metaphor.

Parikh RB, Kirch RA, Brawley OW.JAMA OncolJul 2015;1(4):423-4. doi: 10.1001/jamaoncol.2015.0925.<http://www.ncbi.nlm.nih.gov/pubmed/26181244>.