

# Cancer Care Companion

Thriving at Home During the COVID Outbreak

Issue 101



## Build Your Balance and Reduce Your Fall Risk With Exercise at Home

Older people aren't the only ones concerned about weak bones and at risk of being injured from a fall. Preliminary studies from Johns Hopkins suggest breast cancer survivors under the age of 50 might have a much higher incidence of osteoporosis than their peers without cancer.<sup>1</sup> Staying home during COVID could lead to inactivity, muscle weakness, reduced reaction time, and increased risk for bone fractures.<sup>2</sup>

Many people think of physical activity as something they need to get out to do — outside exercise, sports, gym classes. But physical activity is any time you spend moving around. Cooking, cleaning, or doing yard work all count as physical activity. On the flip side, inactivity counts as time in front of the TV, the computer or on a device. The Centers for Disease Control (CDC) calls “sitting the new smoking.”<sup>3</sup> Why? Because inactivity can take its toll on your physical strength and make you more at risk for a fall.<sup>4</sup>

Do you find yourself sitting for long periods of time? Consider setting your watch or alarm to remind you to stand up and move around at least once per hour. Imagine a breast cancer survivor in her late 70s who increased her activity level by making her home “less efficient.” Every time she has an item for the recycling bin, she takes that item out to the garage instead of stacking the items over the course of the day and making just one trip to the bin. Think of all the steps she adds to her day!

If you are already active, think of ways you can add more physical challenges to your day. Activities such as strength training, online dance classes, or doubling the distance you walk are all great ways to do more. Our bodies as well as our minds like variety. Change up your walking route or your stretches or your exercise videos. You will use new muscles and you will find the mental and emotional energy to stay motivated and to keep going. *(continued on page 2)*

## Recipe Caramelized Cauliflower

Cruciferous vegetables, such as cauliflower, are well known for their anti-inflammatory properties. They are also high in fiber and antioxidants, both of which can help with easing cancer symptoms and preventing illness.<sup>6</sup> (Recipe on page 3)

## Bone Health Exercise Standing Shoulder Side Raise

You may have heard that exercises that put weight, stress or pressure on the bones help them get stronger and regenerate bone density.<sup>5</sup> One such exercise is the standing shoulder side raise which works the muscles and bones around your shoulder and the back. The only equipment you need is a resistance band or tube, which are widely available for sale online. *(continued on page 2)*

Visit [LetsTalkAboutBoneMets.com](https://www.lets-talk-about-bone-mets.com) for more information.

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Activities such as strength training, online dance classes, or doubling the distance you walk are all great ways to add more physical challenges to your day.

*(continued from page 1)*

Consider your home environment. What are things you can do to make your home safer? In addition to improving your bone health to reduce the risk of falling, do an inventory of your home environment. Take a look around. Floor rugs, electrical cords or a piece of furniture can all prove to be a fall hazard. Even the type of shoes you wear around the home matter. Make sure your shoes have a good sole and heel. And don't choose slippers that put you at risk of slipping!

The COVID-19 crisis has disrupted everyone's daily routines, but it does not have to weaken your bones. Take this time to add new things to your daily routine and increase physical activity. Additionally, look for ways to increase the safety of your home. All these small changes could potentially decrease your risk of a fall.

## Bone Health Exercise

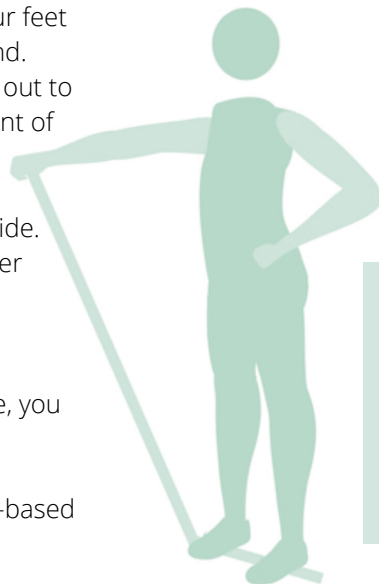
### Standing Shoulder Side Raise

*(continued from page 1)*

- Begin with one end of the band under your feet and the other end of the band in your hand.
- Keeping your arm straight, raise your arm out to your side just to shoulder height for a count of three.
- Lower for a count of three.
- Repeat 10 times and switch to the other side.
- Repeat both sides for a total of two sets per side, 10 repetitions each.
- Keep track of your sets and reps.

Modification: If you have trouble with balance, you can do this exercise from a seated position.

Visit [www.Thrivors.com](http://www.Thrivors.com) for more research-based exercises for cancer survivors.



**Exercises that put weight, stress or pressure on the bones help them get stronger<sup>5</sup>**



# Recipe

## Caramelized Cauliflower

Recipe from Open Arms MN

Ingredient	Amount
Canola oil	5 tablespoons (divided)
Yellow onion, julienned	1 medium
Kosher salt	Dash
Low-fat yogurt	½ cup
Garlic, finely chopped	1 clove
Lemon juice, fresh	3 tablespoons (from about 1 lemon)
Cauliflower, cut into 1-inch florets	1 head (about 1 ½ to 2 pounds)
Italian parsley leaves, finely chopped	¼ cup

Makes 4 Servings

**Cruciferous vegetables, such as cauliflower, are well known for their anti-inflammatory properties. They are also high in fiber and antioxidants, both of which can help with easing cancer symptoms and preventing illness. <sup>6</sup>**

### Directions

1. In a skillet, add 2 tablespoons canola oil, onions and salt. Stir onions to coat in oil and cook on medium-low heat until onions are soft and deep golden brown in color.
2. In a small bowl, whisk together the yogurt, garlic, lemon juice, and 2 tablespoons of water to create the lemon aioli.
3. In another skillet, heat the remaining 3 tablespoons canola oil over high heat. Once the oil is hot, but before it is to the point of smoking, carefully add the cauliflower.
4. Use tongs to turn in pan and caramelize on all sides.
5. Remove cauliflower from pan and put onto serving platter. Garnish with caramelized onions, chopped parsley and lemon aioli.

### Tips

- To increase your total fat intake, substitute mayonnaise in place of yogurt.
- This recipe contains about 300-400 calories, so it works best as a small meal. For extra protein, add some chicken or beef.
- If you are struggling with taste changes or intolerance to strong flavors, omit some of the spices.
- One serving of this recipe provides 5 grams of fiber, which is about 20% of the recommended intake. Fiber helps with digestion, promotes fullness and can reduce cholesterol levels.<sup>7</sup>
- This recipe is gluten free, so it's an appropriate dish for those with celiac disease or gluten intolerance.

### Health Benefits for Cancer Survivors

- This recipe provides a good balance of all three macronutrients —carbohydrates, proteins, and fats — thus is filling.
- Cauliflower is high in fiber and antioxidants.<sup>6</sup>
- Canola oil, which is a source of unsaturated fat, is used in place of butter in this recipe. Replacing saturated fat with unsaturated fat can potentially be beneficial for heart health.<sup>7</sup>
- Onions and garlic are well known for their anti-inflammatory properties and antioxidant content, which can boost health in many ways.<sup>7</sup>
- Lemon juice provides vitamin C, which is important to help you keep your immune system strong to fight off illness and infection.<sup>7</sup>
- Parsley contains small amounts of several nutrients, including vitamin K, vitamin A, vitamin C, B vitamins, folate, magnesium and phosphorus. All of these work together to keep your body strong and healthy.<sup>7</sup>
- Yogurt contains vitamin D and calcium, which are beneficial for bone health.<sup>7</sup>

The information in this newsletter is provided as an educational resource. Before undertaking any physical activity or exercise program you should consult with your physician and healthcare team.

**References:** 1. Ramin C, May BJ, Roden RBS, et al. Evaluation of osteopenia and osteoporosis in younger breast cancer survivors compared with cancer-free women: a prospective cohort study. *Breast Cancer Res.* 2018;20(1):134. Published 2018 Nov 13. doi:10.1186/s13058-018-1061-4. 2. Winters-Stone KM, Dobek J, Bennett JA, Nail LM, Leo MC, Schwartz A. The effect of resistance training on muscle strength and physical function in older, postmenopausal breast cancer survivors: a randomized controlled trial. *J Cancer Surviv.* 2012;6(2):189-199. doi:10.1007/s11764-011-0210-x. 3. Usseery EN, Fulton JE, Galuska DA, Katzmarzyk PT, Carlson SA. Joint Prevalence of Sitting Time and Leisure-Time Physical Activity Among US Adults, 2015-2016. *JAMA.* 2018;320(19):2036-2038. doi:10.1001/jama.2018.17797. 4. Gralow JR, Biermann JS, Farooki A, et al. NCCN Task Force Report: Bone Health in Cancer Care. *J Natl Compr Canc Netw.* 2013;11 Suppl 3:S1-S51. doi:10.6004/jnccn.2013.0215. 5. Winters-Stone KM, Dobek J, Nail L, et al. Strength training stops bone loss and builds muscle in postmenopausal breast cancer survivors: a randomized, controlled trial [published correction appears in *Breast Cancer Res Treat.* 2011 Jun;127(2):457]. *Breast Cancer Res Treat.* 2011;127(2):447-456. doi:10.1007/s10549-011-1444-z. 6. Ahmed FA, Ali RF. Bioactive compounds and antioxidant activity of fresh and processed white cauliflower. *Biomed Res Int.* 2013;2013:367819. doi:10.1155/2013/367819. 7. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition



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