Living Well With Myeloma: Stopping to Breathe While Moving Forward! The Benefits of Rest, Relaxation, Exercise and Nutrition for Long Term Management of Multiple Myeloma

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Objectives:

- Explore what is considered to be “healthy”?
- Define rest and relaxation
- Review exercise guidelines for MM, benefits, barriers
- Describe nutritional strategies
Stress is all around us….what to do?

Life can be stressful....

Learning strategies to deal with stress and remain healthy is important!

Taking time to do nothing often brings everything into perspective

~Doe Zantamata
Multiple Myeloma Patients are Survivors

Rest, relaxation, exercise and nutrition are essential components of survivorship and a “healthy” lifestyle.

Patients are living longer than ever.

Maintain strength, health to rebound from injury.

Prevention

Management
- Disease
- Treatments

Healthy Living

Quality of Life
What does it mean to be “healthy”?

• In general, most would agree that a healthy person
  
  – Doesn’t smoke cigarettes, drinks alcohol in moderation
  – Maintains a weight through activity and exercise according to Body Mass Index (BMI)
    • Normal weight: 18.5 to 24.9
    • Over weight: 25 to 29.9
    • Obese: >30
  – Eats a balanced diet (more fruits, vegetables, less oil and sugar)
  – Thinks positively, cultivates relationships with family, friends and others

What does it mean to be “healthy”?

• “Healthy” individuals *do* tend to live longer
  – Decreased risk of death from causes other than MM
  – Smoking
    • heart disease, stroke
    • Chronic lung disorders
    • Infections
  – Obesity/Inactivity can lead to
    • Blood clots, pneumonia, hyperglycemia
  – Alcoholism
    • Risk of falling down
    • Peripheral neuropathy can worsen (vitamin deficiency)

R and R (Rest and Relaxation) with MM?

• Adequate rest and sleep are essential to a healthy lifestyle

• Short and disturbed sleep increase risk of heart related death
  – Increase anxiety
  – Weaken immune system
  – Worsen pain
  – Increase risk for falls

• Several factors will negatively affect sleep
  – Medications: steroids, stimulants, herbal supplements
  – Psychologic: Fear, anxiety, stress
  – Physiologic: breathing, heart issues, pain

R and R with MM?

• Sleep hygiene is necessary to have normal, quality nighttime sleep and full daytime alertness
  
  – Avoid daytime napping, associate your bed with sleep
  – Diet: Avoid caffeine, nicotine, alcohol and sugar
  – Exercise promotes sleep (not too close to bedtime)
  – Food can disrupt sleep especially large meals, spicy, greasy foods)
  – Ensure adequate exposure to natural light during the day
  – Bedtime routine (warm bath, cup of warm milk or tea)

Stress is all around us

- Extensive research has focused on stress reduction techniques and medication management
- Stress disrupts the immune system
- Pills can help alleviate stress and are sometimes necessary
- Finding ways to increase resiliency is necessary to combat stress

- Complementary Alternative Medicine
  - Complementary”: Using a non-mainstream approach with conventional medicine
  - “Alternative”: Using a non-mainstream approach in place of conventional medicine
Complementary and Alternative Medicine Can Combat Stress

Types:
• Natural Products
  • Dietary supplements
• Movement Therapies
  • Yoga, pilates, Tai chi, qi gong
• Mind/Body Practices
  • Acupuncture, breathing exercises, progressive muscle relaxation
  • Guided imagery

Many cancer patients use supplements to alleviate symptoms, manage stress, sleep, anti-cancer properties

http://nccam.nih.gov/health/whatiscam
Natural Products: Dietary supplements

• Many exist. Can be costly.
• The use of supplements in cancer patients reviewed by Sandy Kurtin November, 2013 *Living well*
• Key take away: Moderation in supplements is important
• Mega-dose therapies given by oral or alternate routes have not been adequately studied for safety or efficacy in MM
• Little is know about CAM use with novel agents
• Discuss all medications, supplements, and other therapies with your health care provider
Movement Therapies

- Yoga
  - is a useful treatment for improving sleep quality and reducing sleep medication use among breast cancer survivors
  - Not studied in MM

- Pilates
  - Significant improvements in quality of life, mood of breast cancer survivors
  - Not studied in MM

Movement Therapies: Tai chi and Qi gong

Two ancient mind/body exercises

- **Tai chi**: series of movements done either very slowly or quickly to help move the body's chi.
  - combine meditation and movement and to improve and maintain health.

- **Qi gong**: different movements in different orders.
  - Relaxed movement
  - Relaxed breathing
  - Settle the mind and body
  - raising and lowering the arms, moving the head from side to side, gently rubbing the ears, feet and hands.

Mind/Body Practices

• Acupuncture
  – Use of sterile, single use needles to optimize flow of energy
  – Treat pain, injury, illness – case reports in MM bone pain, PN
  – Promotes relaxation, deep rest
  – Stimulates release of hormones, neurotransmitters

• Guided imagery
  – Imagine a peaceful scene (memory of waves on ocean), followed by a wakeful scene (waves washing away pain)

• Focus on Breathing: Pranayama (four breathing practices)
  – A series of yogic breathing techniques shown to improve cancer related sleep disturbance, anxiety, and mental quality of life
  – *Breath observation*: natural breath with the goal of maintaining awareness
  – *Ujjayi breathing*: Take in a slow, rhythmic, deep breath from diaphragm, hold, slowly lengthen the exhale. Relax and repeat

Mind/Body Practices

• Goal of Meditation
  – Relax the mind which can jump from place to place
  – Repetitive prayers are a form of meditation in every religion
  – One-pointed and two-pointed meditation

• One-Pointed meditation: Create your “mantra”
  – Use an affirming word (peace, love, hope)
  – Find a safe, quiet place and repeat your mantra for 15-20 minutes
  – If your mind wanders, guide it back

• Two-pointed meditation: Mind and Breath
  – Relax your mind by focusing on your breath
  – Non-judgmental awareness allows you to separate yourself from emotions, sensations rather than pulled into them
  – Practice this while seated or doing various activities
Ten Steps To Stress Control
From Fear To Hope

1. Be open to the idea that stress reduction is achievable and is a worthwhile objective.
2. Identify non-cancer-related stresses in your life that may be having a negative impact.
3. Use a scale of 1 - 10 (1 lowest/10 highest) to assess your stress levels.
4. Assess the level of stress you experience when you are fearful.
5. Talk to your doctor about your options.
6. Reduce stress where you can. This might call for drastic steps.
7. Let others help you. It will help them feel better too.
8. Have confidence that the treatment will work!
9. Be open to the healing power of hope.
10. Turn to IMF for guidance.

Are There Benefits To Exercise In MM?

• A higher degree of physical activity has been associated with increased life satisfaction and health-related quality of life, later onset of physical and mental diseases
• Numerous benefits have been described in MM patients as exercise can:
  • Improve mobility, decreases risk for falls
  • Improvement in functional ability, strength, and balance reduces the risk of falls and injury in those at risk
• Improve bone health, bone density, lessen bone fracture risk
• Prevent pneumonia, infections
• Prevent blood clots (increased circulation)
• Improve mood
• Combat steroid related effects (muscle wasting/weakness, weight gain, insulin resistance)
• Obesity is a risk factor for MM
• Barriers to exercise...

Is An Exercise Program Feasible in MM?

- Safety and efficacy of a tailored exercise program as rehabilitation strategy in treated MM patients
  - Evaluated feasibility, safety, quality of life, improvement in fatigue
  - 60 patients underwent exercise training 3 times per week for 6 months.
  - Patients not randomized

- Results
  - Exercise program feasible
  - General well being, upper and lower limb strength improved
  - Most patients continued for 6 mos
  - Fatigue did increase slightly – from exercise, treatment or “other”?

Study Findings

Exercise Guidelines For MM

• Consider:
  – Physical activity should be part of an overall health program that includes exercise, nutrition, and weight management
  – Is there an anti-myeloma benefit?

• Discuss level of activity and restrictions with your provider.
  – Resistance bands
  – Community centers with expertise in cancer patients

• Do as much daily self-care as possible.

• Take a walk every day. Use a pedometer (goal: 5,000 steps)
  – Park farther away, take the steps (free exercise equipment)

• Eat a nutritious diet, drink plenty of fluids, and get plenty of rest.

Any Activity is Better Than No Activity

• Weights:
  – Start low, go slow
  – Light weights, chair exercises
  – Silver sneakers – covered by Medicare

Walk:
  ✓ Work up to 30 minutes daily, 5 days/week
  ✓ Divide activity throughout the day
  ✓ ~10-15 minute walk in the am, pm
  ✓ Find a friend, family, club
  ✓ Use a pedometer and aim for 5,000 steps daily

The world is your gym: stairs, sidewalks
Swimming is exercise
Exercise Guidelines For MM

Also:

• Keep a log or journal of your activity.
• Notify your healthcare provider about sudden onset of pain, progressive weakness, headaches, blurred vision, numbness, and tingling.
• Dehydration can lead to low blood pressure, falls

Do Not:

• Overdo it
• Force exercise
• Try things without discussing with provider
• Consider weight lifting limits

You Are What You Eat:
The Importance Of Nutrition

• Heart disease: 600,000 deaths annually
• Avoid high sugar items, such as soft drinks
  – Increase risk of cancer, heart disease, obesity and diabetes
  – Refer to Dr. Durie’s Ten Steps to Better Nutrition, October 2012
• NHANES study:
  – Most US adults consumed 10% or more cals from sugar (71.4%) more added sugar than is recommended for a healthy diet.
  – A significant relationship between added sugar consumption and increased risk for cardiovascular disease mortality.
• On another study of 14,611 adults, Low folate levels linked to death in cancer patients
• General: Eat food in moderation
• Other recommendations
To Conclude....

**Turn to the IMF for information and guidance**

- Call the Hotline: 800/452-CURE (2873)
- Go to the website: http://myeloma.org
- Use the free IMF publications to guide you
And Don’t Forget……

Never . . .
Never . . .
Never . . .
Never Give up!

winston CHURCHILL

Thank You!
Select References


