

# Exercise for Cancer & Autoimmune Conditions

2pm-6pm, Friday 27 April, 2018  
 2pm-7pm, Saturday 28 April, 2018  
 8am-4pm, Sunday 29 April, 2018

Movement practitioners are experts at assisting people with different conditions to achieve a healthier and more functional body. A growing group of people in need of this assistance are people with a history of cancer. On January 1, 2016, there were more than 15.5 million people in the United States living with a history of cancer. By January 1, 2026, it is estimated that the population of cancer survivors will increase to 20.3 million (almost 10 million males and 10.3 million females)<sup>1</sup>.

Therefore, it is little wonder that as movement practitioners we are seeing an increase in the number of clients that have been diagnosed with some form of cancer. We are seeing these clients both during and after their treatment.

*In 2016, there were 1,734,870 people with a history of cancer living in the state of California<sup>1</sup>*

There are also people with autoimmune conditions who are often treated with the same medications as cancer patients. Many people with autoimmune conditions have similar symptoms from their disease as those who have had cancer. As a result, understanding the symptoms and the treatments

of some of these conditions can be helpful when working with people at the time of diagnosis, and 5 to 10 years after they have initially been diagnosed.

This 16-hour workshop, taught over three days, is designed to help movement teachers understand:

- // What cancer is
- // What a tumour is
- // What an autoimmune disease is
- // How patients may be experiencing these conditions
- // What the medical treatment is for these conditions
- // What the implications for the person are during and after treatment
- // What the exercise considerations and strategies are for these conditions:
  - » During treatment
  - » 1-5 years after treatment
  - » 5 years or more after treatment

Preliminary exercises and movements are explored in conjunction with adaptations and considerations for the traditional Pilates repertoire.

<sup>1</sup> American Cancer Society. Cancer Treatment & Survivorship Facts & Figures 2016-2017. Atlanta: American Cancer Society; 2016

## Who will be teaching the course?

Dr Janet Schloss and Carla Mullins have been working together since 2003 at multidisciplinary clinics in Brisbane, Australia. Dr Schloss has gone on to obtain her doctorate on the topic of Chemotherapy Induced Peripheral Neuropathy. She now combines her clinical practice with regular speaking engagements and consulting work around the world.



Carla Mullins came to the world of Pilates in 1993 when complex neurological and autoimmune diseases were interfering with her life and ability to work as a lawyer. Over time Carla moved from the law to Pilates, the Gyrotonic method and CoreAlign. Carla runs accredited training for the Australian Pilates Method Association, the Pilates Alliance Australasia as well as the Exercise and Sports Science Association of Australia. Carla is the director of multidisciplinary practices in Australia.

## Why undertake the Body Organics' Cancer & Autoimmune Conditions and exercise course?

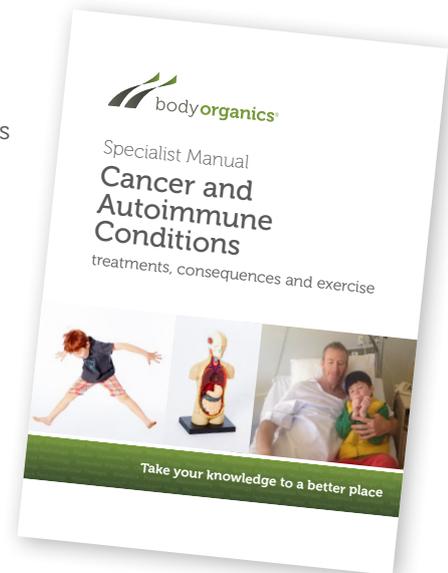
In this course we examine various cancers and autoimmune diseases (such as rheumatoid arthritis, MS, scleroderma, breast cancer, prostate cancer, bowel cancer and leukemia to name but a few) that have common treatments. We look at treatments and their implications, such as:

- // peripheral neuropathy
- // lymphoedema
- // vestibular problems
- // osteoporosis and sarcopenia
- // radiotherapy burns
- // complications from surgeries

In the course we examine how various symptoms of treatment can present initially and then throughout a person's lifetime. We explore how a movement teacher can address this in their

sessions in order to help people overcome pain and complications, therefore experiencing a better quality of life. We also discuss exercise prescription and look at the impact of medication on exercise.

Course participants receive a manual with educational photographs and details (over 250 pages). It details conditions and provides examples of exercises to be used both in the studio and as homework in Pilates, the Gyrotonic method or with the CoreAlign.



## The key learning outcomes of the workshop will be:

- // Basic understanding of biochemistry and how it relates to the muscles and fascial components of the body
- // Basic understanding of the physiological definitions as they relates to cancer, tumours and autoimmune conditions such as rheumatoid arthritis, diabetes, Parkinson's disease and multiple sclerosis
- // Cancer treatments and the physical implications they may have during and after the treatment
- // Basic understanding of what lymphoedema is and relevant exercise programming

**Find out more:** [www.bodyorganics.com.au/product-category/anatomy-dimensions-courses/santa-barbara-anatomy-dimensions-courses/](http://www.bodyorganics.com.au/product-category/anatomy-dimensions-courses/santa-barbara-anatomy-dimensions-courses/)