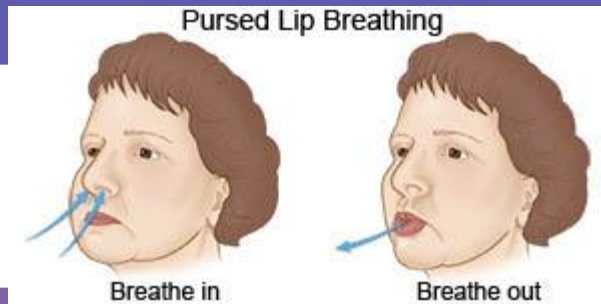


Feeling Short of Breath?

Pursed Lip breathing – “Blow as you go”

Breathing out through pursed lips (making a small O with your lips like blowing out a candle) can help reduce breathlessness.



It is very common to experience breathlessness when you are receiving cancer treatments or as a result of cancer itself. There are many things you can do to help you feel less short of breath. This can be very frightening and limit your ability to carry out normal activities so ensure to tell your Chartered Physiotherapist, Nurse or Doctor if you are experiencing breathlessness.

Exercising on Hollywood Ward

Benefits of keeping active while in hospital when you have cancer:



Cancer related fatigue, improves sleep, improves energy



Improves quality of life, reduce anxiety and depression




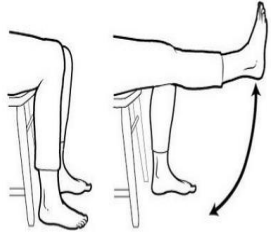
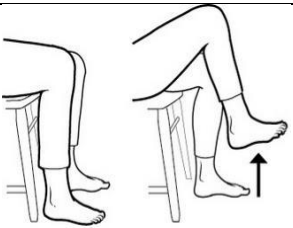
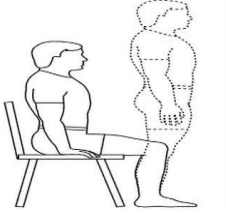
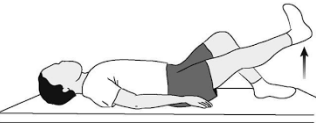
Bone health and reduce risk of fractures



Maintains strength and prevents weakness



Helps reduce side effects of treatments, reduces amount of treatments missed due to illness

Exercise	What to do
	Arms at your side, draw up your hand by bending at the elbow. Try sitting if needed. Reps _____ Sets _____
	Feet placed on the floor. Straighten one of your legs and hold for 3 seconds. Place your foot back on the floor. Reps _____ Sets _____
	In sitting, with your feet on the floor - lift alternate feet off the floor as if you were marching. Reps _____ Sets _____
	Stand up and sit down from a chair without using your hands as support if possible. Use any chair. Reps _____ Sets _____
	Lying on your back. Lift your leg off the bed keeping your knee straight and draw the toes towards your head. Reps _____ Sets _____

When should you be more careful with exercising?



While it is important to stay active when you have cancer but some days you will have less energy than others. Make sure to take adequate rest between exercising and where you are unable to exercise do not worry.

You may have more energy at different times of the day. Make sure to ask for supervision or help with walking and activities if you need it even if you usually walk on your own.



Why might I be feeling tired?

- ❖ Some cancers and treatments can reduce how much oxygen is carried in your blood (anaemia) and this can make you feel very tired and can also cause dizziness.
- ❖ If you have low platelets you should only perform light exercise – your Physio, Nurse or Doctor will advise you on this.
- ❖ When you spend a long time in bed you can experience dizziness when you stand up again. Make sure to take your time and tell someone if this is happening to you.