Exercise is Medicine: How Cancer Causes Heart Failure & the Protective Role of Exercise

Cancer

1.8 Million

new cases of cancer diagnosed in the US each year

Cancer Cachexia

80%
of cancer patients suffer from cancer cachexia

a muscle wasting disorder causing patient bodies to waste away

up to one-third die from cancer cachexia rather than the tumor itself

Cancer Cachexia & Heart Failure

up to 40% of cancer patients experience cardiac complications and heart failure due to cancer cachexia

Symptoms:
- Severe Fatigue
- Poor Quality of Life
- Decreased Survival

Exercise is Medicine

EXERCISE strengthens the heart and skeletal muscles to negate symptoms of cancer cachexia and heart failure

↑ Cardiac Function
↑ Quality of Life
↑ Survival

For more info, check out our recent review on:
Cancer-Mediated Cardiac Cachexia & Novel Treatment Strategies
Louisa Tichy, MS (LouisaTichy) • Traci L. Parry, PhD (tlparry)
Exercise Oncology & Myoprotection Lab
University of North Carolina Greensboro