



STRONG study

Since our last bulletin, we have also started recruitment at UPMC Mercy and McKeesport!





A P P E T I Z E R

STRONG Study Updates **3**

Graphics that break down participants by cancer type, place of recruitment, etc.

M A I N C O U R S E

Summer Fun **4**

Activities you can enjoy while undergoing cancer treatment.

Managing Fatigue **5**

Evidence-based strategies for reducing weakness and fatigue.

C H E F ' S C H O I C E

What resources do we recommend to our cancer patients? Where can they learn more?

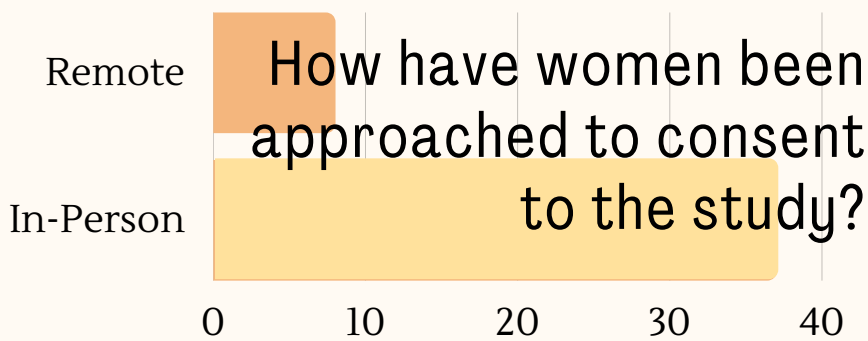
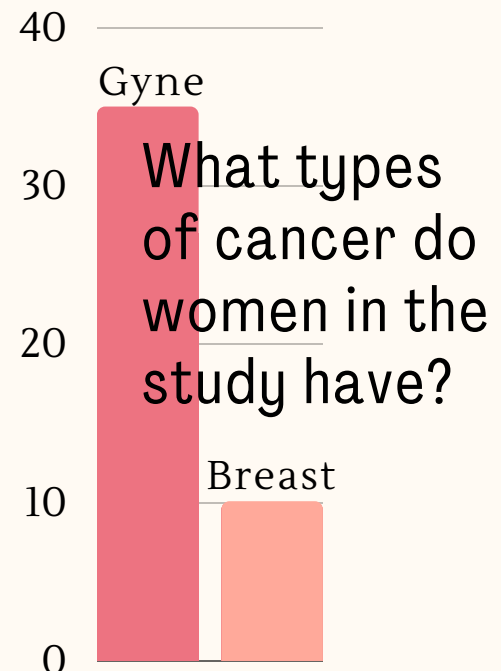
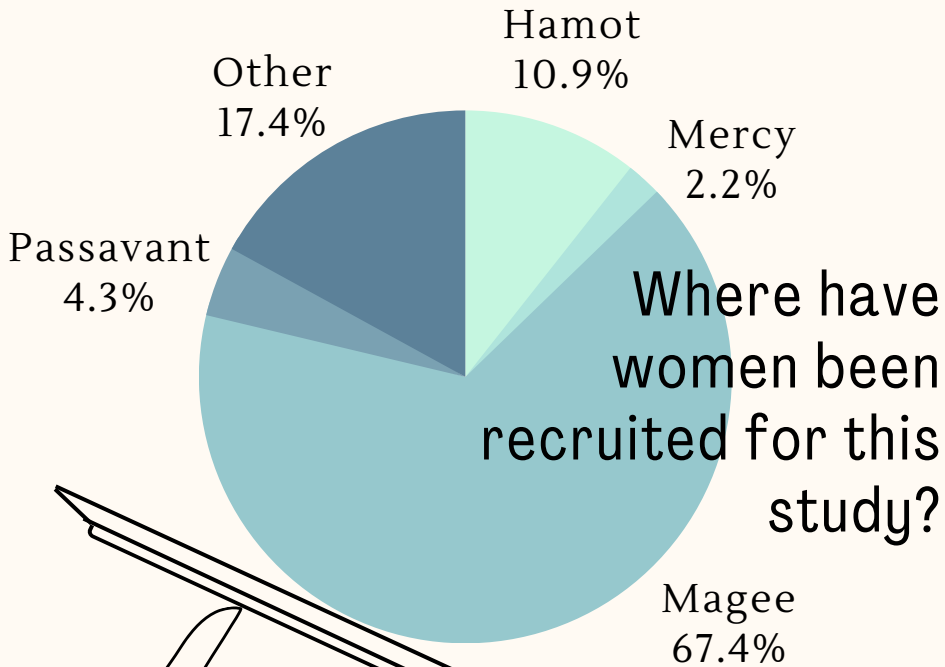
Imerman Angels **6**

Their Vision: a world where cancer is not a solitary experience.

Cancer Support Community **6**

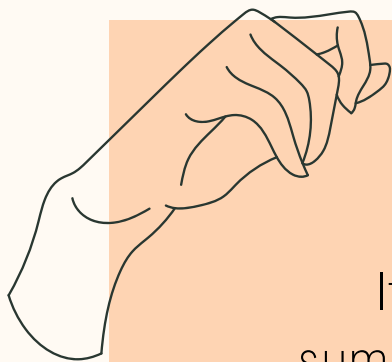
"We are a relentless ally for anyone who is striving to manage the realities of this disruptive disease and get back to normal."

TAKE A *BITE* OF THESE UPDATES!



Walking

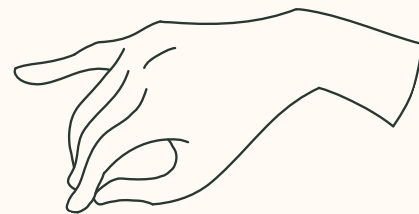
Hiking or taking a walk outside is a good way to get exercise while enjoying the beautiful scenery summer has to offer. You can hike or walk at a comfortable pace, making sure you are safe and not pushing yourself too hard



Reading

If you just want to relax in the nice summer weather, try grabbing a book or magazine, a cold glass of lemonade, and settling in for some light outdoor reading. It stimulates your brain, too!

Fruit Picking



Picking fresh fruit and vegetables is both fun and a way to promote healthy eating habits. Since farms do not offer a lot of shade, dressing appropriately and putting on sunscreen are crucial!



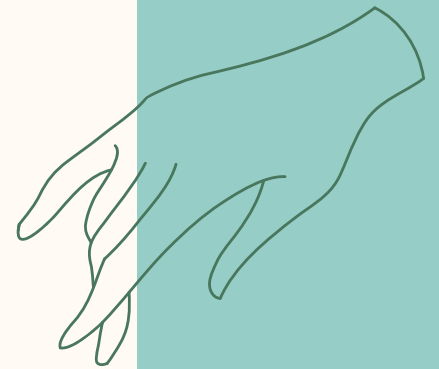
Physical activity (both during and after treatment) can reduce fatigue. Ask your healthcare team about physical therapists, rehab specialists, etc. that can help come up with workout plans for you. Just remember that safety should always be a priority!

Counseling

Other ways of dealing with tiredness include behavioral therapy, mental health counseling or even just sharing your feelings with others, such as with your loved ones or in a support group. Additionally, learning to manage your stress can both help you deal with fatigue-related emotions and help you handle your tiredness.

Rest Breaks

When making plans, remember to leave time to rest. Long naps can make sleeping at night more difficult, so keep breaks to 30 minutes or less. Try to avoid caffeine and sleep/wake up on a regular schedule, which is an important part of a healthy sleep routine.



I M E R M A N A N G E L S

Imerman Angels is a peer-to-peer support community of cancer patients, survivors, and caregivers that



C H O I C E

spans over 113 countries. After choosing to be either a mentee or mentor, you are personally matched with someone of a similar profile so that you can share experiences and struggles, ask questions, etc. No one should ever have to face cancer alone!

<https://imermanangels.org/>

C A N C E R S U P P O R T C O M M U N I T Y

The Cancer Support Community (CSC) is another great organization for cancer patients. Their Cancer Support Helpline, which can be reached at (888)-793-9355, connects callers to experts, resources at the local and national level, counseling, and much more. Their website offers healthy recipes, articles on how to navigate cancer, research, meditation videos, etc. You can also sign up to MyLifeLine, an online support community.

<https://www.cancersupportcommunity.org/>