

## Living Your Best Life With and Beyond Cancer: Patient User Guide

There are things that you can do to live well despite having cancer. This video series includes **3 expert speakers** in areas that help cancer patients live well beyond their diagnosis. Mike Lang hosts this video series, and uses his personal cancer experience to help connect each of the 3 topics to real life situations.

### How to use these videos:

- You can watch these videos back-to-back, or one at a time.
- If one topic is more interesting to you, start there.
- Use the guide below to help form a plan or list of things you would like to try.

**Physical Activity for Cancer Thrivers**, Dr. Nicole Culos-Reed, Exercise and Cancer Researcher, [wellnesslab@ucalgary.ca](mailto:wellnesslab@ucalgary.ca)  
[www.thriveforcancersurvivors.com](http://www.thriveforcancersurvivors.com)

**Description:** Dr. Culos-Reed explains the "why" of exercise and makes suggestions of what exercise you can do while on treatment or after. She will share resources and tips to help you be more active.

Living Well Ideas	Things to Try
<p><b>Why you should move?</b></p> <ul style="list-style-type: none"> <li>• The evidence is very positive – exercise is good for you!</li> </ul>	
<p><b>What you should move?</b></p> <ul style="list-style-type: none"> <li>• Did you know that what YOU (the “cancer survivor”) should do is THE SAME as what is good for everyone else?</li> <li>• And that YOU have more to gain from activity, like physical, mental and social benefits.</li> <li>• Being active can enhance your well-being and decrease the chance of the cancer coming back.</li> </ul>	
<p><b>How you should move?</b></p> <ul style="list-style-type: none"> <li>• There are simple activities that you can do to be more physically fit, like parking further away, standing up and sitting down as much as you can during TV commercials, or by taking the stairs.</li> </ul>	

## The Science and Practice of Living Well, Dr. Kevin Wallace, Clinical Psychologist, [www.wallacepsychology.com](http://www.wallacepsychology.com)

**Description:** Our sense of happiness or wellbeing is impacted by the activities we choose. Positive psychology is the study of living well. We can enhance our sense of wellbeing by practicing activities that promote it.

Living Well Ideas	Things to Try
<p><b>Living well comes largely from what we do.</b></p> <ul style="list-style-type: none"> <li>• Things like fatigue, pain, and worry may limit what you can do.</li> <li>• Often, we can find small ways to try to live well.</li> </ul>	
<p><b>Living well means different things to different people.</b></p> <ul style="list-style-type: none"> <li>• There are many types of activities that improve well-being when done regularly.</li> <li>• What does living well mean to you?</li> <li>• Think about the things you've done in the past that have brought you a good life. Could you do those things again? Or, would you like to try something different?</li> </ul>	
<p><b>There are many simple activities a person can do to improve well-being.</b></p> <ul style="list-style-type: none"> <li>• Simple activities can sometimes bring great rewards.</li> <li>• Choose activities that fit your likes, and schedule them into your day.</li> <li>• Don't forget to be kind to yourself and set reasonable goals.</li> </ul>	

## Long-Term Side Effects of Cancer - What You Can Do About it, Dr. Dean Reuther, Medical Oncologist

**Description:** Each body system is affected by cancer. It is possible for cancer survivors to have many long-term effects from their cancer and its treatment. Mike Lang asks the Oncologist what these long-term effects could be, and what we can do about them. The Oncologist gives tips to help you live well despite any long-term effects.

Living Well Ideas	Things to Try
<p><b>STOP SMOKING!!!</b></p> <ul style="list-style-type: none"> <li>• Did you know that smoking is also linked to many kinds of cancer (like Bladder and Kidney). Smoking is also linked to heart disease, stroke and other health issues.</li> </ul>	
<p><b>Exercise</b></p> <ul style="list-style-type: none"> <li>• Daily exercise is important for physical and mental health.</li> <li>• Poor exercise habits are linked to diseases (heart disease, diabetes, cancer and more).</li> <li>• Exercise could improve survival from some cancers.</li> </ul>	
<p><b>Eat a healthy diet and be a healthy weight</b></p> <ul style="list-style-type: none"> <li>• Eat more vegetables and fruits</li> <li>• Control portion sizes</li> </ul>	
<p><b>Family and social support</b></p> <ul style="list-style-type: none"> <li>• Cancer affects patients and their loved ones.</li> <li>• Cancer is a challenge we can face together. Ask for help.</li> <li>• It is easier to manage long-term side effects of cancer and treatment with support.</li> </ul>	
<p><b>Give Back</b></p> <ul style="list-style-type: none"> <li>• Many of our programs depend on volunteers.</li> <li>• Giving back can help you live a more positive life.</li> </ul>	