

Flex Therapist CEUs

Exercise Effects on Cancer Survivors

1. Exercise plays a role in all of the following ways in people with and without cancer, except for:

- A. Exercise reduces C-reactive protein.
 - B. Exercise reduces tumor necrosis factor-alpha.
 - C. Exercise reduces IL10.
 - D. Exercise reduces IL6.
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2. There is moderate-quality to high-quality evidence that there is a significant difference with which of the following after completion of an exercise program compared with usual care?

- A. Inflammatory markers
 - B. Usual walking-speed
 - C. Sit-to-stand ability
 - D. None of the above
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3. Exercise can play a significant role in reducing fatigue, particularly in people with:

- A. Solid tumors
 - B. Hematological malignancies
 - C. Both (A) and (B)
 - D. None of the above
-

4. The review demonstrated a significant effect of exercise in reducing fatigue in people:

- A. Undergoing treatment
 - B. After treatment
 - C. Both (A) and (B)
 - D. None of the above
-

5. The significant reductions in fatigue were accompanied by significant improvements in walking endurance.

- A. True
 - B. False
-

6. The results in this review suggest that exercise does increase certain pro-inflammatory markers, which contribute to cancer risk and tumor development.

- A. True**
 - B. False**
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7. Moderate-intensity exercise has a greater effect on reducing fatigue and increasing walking endurance than either high-intensity or low-intensity exercise.

- A. True**
 - B. False**
-

8. The current recommendations for exercise for people with cancer are that they complete at least _____ minutes of moderate-intensity exercise per week, with a combination of aerobic and resistance exercise to achieve this goal.

- A. 60**
 - B. 90**
 - C. 150**
 - D. 180**
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