

## NEW EXERCISE PROGRAM HELPS BREAST CANCER PATIENTS

A new exercise and recreational therapy program is helping women with invasive breast cancer deal with the side effects of cancer treatment.

Get REAL (Get Recreation, Get Exercise, Get Active, Get Living) & HEEL is a collaborative effort between the department of exercise and sport science in the College and Lineberger Comprehensive Cancer Center. With support from a \$42,316 grant from the N.C. Triangle Affiliate of the Susan G. Komen Breast Cancer Foundation, the program is being offered free to a limited number of women in a 13-county region.

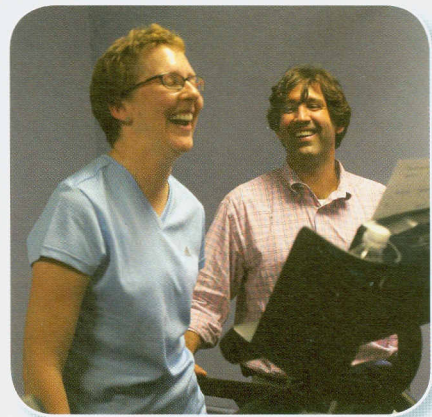
The goal of Get REAL & HEEL is to increase participants' chances of survival by enhancing the overall quality of their lives. All patients enrolled in the program are working with a personal trainer and a recreational therapist to design an individual

exercise and recreational plan to help manage cancer treatment-related symptoms.

Get REAL & HEEL is the brainchild of Claudio Battaglini and Diane Groff, assistant professors in the department of exercise and sport science. They say the program is distinctive in its holistic approach to dealing with the side effects of cancer treatment.

"We believe this program will complement the strong national history that UNC has in breast cancer research," said Battaglini, a former international level endurance sports coach. "Breast cancer is the highest incidence of cancer among women. This is a disease that kills people every day."

In the pilot program, Battaglini and Groff will try to determine if exercise and recreational therapy are effective ways to reduce symptoms associated with breast cancer treatment and explore how women



*Patient Gretchen Hoag  
with professor Claudio Battaglini.*

respond to these combined therapies. Pain, depression, worry and fatigue are among the most prevalent adverse side effects of cancer treatment.

Learn more about the program online at [www.unc.edu/depts/exercise/RTB/index.htm](http://www.unc.edu/depts/exercise/RTB/index.htm). •