

CottageHouseCall

Galesburg Cottage Hospital • 695 N. Kellogg St. • Galesburg, IL 61401 • 309-343-8131

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By: John McClean, M.D.
Board Certified in
Internal Medicine,
Hematology and
Oncology



A New Normal for Cancer Survivors

An exercise program designed just for cancer survivors is proven to boost self-esteem, physical fitness, and chemotherapy completion rates. That's why Galesburg Cottage Hospital recently launched its Cancer Phase III Exercise Program, a supervised outpatient exercise course and educational classes designed exclusively and individually for cancer survivors. It's the first of its kind in downstate Illinois.

Galesburg Cottage Hospital's exercise specialist team of Johnna Steller, RRT, Director, Cardiac Lab, Bess Heck, R.N., E.S., and Drew Boisen, E.S., have created an exercise regimen designed to match the survivor's individual medical health needs. While each program is personalized, all of the regimens include blood pressure and pulse monitoring, a warm-up period, walking and stretching, aerobic exercises, group and individual strength training, a cool-down and educational health classes. Both Heck and Boisen have been accredited nationally to administer the program.

This program not only helps to build strength, endurance and confidence, it also provides participants with the opportunity to interact with others who are coping with similar conditions. Exercising is essential to promoting and increasing the flow of oxygen in the lungs and blood post chemotherapy and radiation but our patients need a specific exercise program suited to their individual needs and supervised by those who are trained in cancer exercise regimens.

The downstate landmark program has just successfully concluded its first round of classes with additional classes planned. I see so much need for this program because cancer patients are surviving in record numbers nationwide and even patients with a terminal diagnosis are living longer thanks to new drug therapies

The Cottage Phase III exercise patients are demonstrating exactly what it means to get back to living. They are truly inspirational. The cancer exercise program is held on Tuesday and Thursdays from 3:00 p.m. to 4:00 p.m. in the cardiac lab on the hospital's 4th floor. A two month commitment is required and so are reservations. For more information call 345-4371.