

Cardiotoxicity

&



Physical Activity

Cardiotoxicity Awareness

Cardiotoxicity can be **ASYMPTOMATIC** and can appear as a late effect of cancer treatment up to 15 years after treatment

What is Cardiotoxicity

a negative side effect of cancer therapies that affect the heart

Treatments that ↑ Risk

- Radiotherapy around the chest
- Certain chemotherapeutic agents (eg: Daunomycin, Doxorubicin, Adriamycin)
Note: Doses above 250 mg/m² further increase risk

DID YOU KNOW?

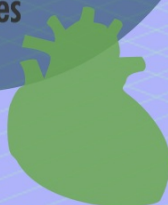


Physical Activity is **RECOMMENDED** for patients undergoing Cardiotoxic therapies



DID YOU KNOW

The most common Cardiotoxic Condition is Congestive Heart Failure



Physical Activity Recommendations

- Talk to your doctor prior to engaging in exercise
- Engage in weight training
- Engage in cardiovascular training
- Avoid holding your breath while exercising
- Consult a physician if you experience: dizziness, swollen ankles, heart palpitations, chest pain or abnormal shortness of breath

Refer to Ch 6 in the POEM Manual for addition information

