Leukemia and Physical Activity

Leukemia Information

What is it?
A disease where the bone marrow produces abnormal white blood cells.

Main Types
In the pediatric population, the most common types of leukemia are:
- Acute lymphocytic leukemia
- Acute myeloid leukemia

Leukemia Treatment
Treatment in multiple stages may include using chemotherapy, corticosteroids, stem cell therapy & radiation. Treatment can last up to 3 years.

Physical Activity during the Leukemia journey is found to be:

1. Safe
2. Feasible
3. Beneficial

Benefits of Physical Activity
- Increased strength
- Stronger bones
- Improved heart & lung health
- Improved self-confidence

Physical Activity Goals
- Manage side-effects of treatment
- Prevent decreases in strength & endurance
- Improve overall health
*Goals are highly individual

Refer to Ch 7 in the POEM Manual for additional information