Physical Activity & Childhood Brain Cancer

Common Treatments
- Surgery
- Cranial radiotherapy
- Chemotherapy

Side Effects of Common Treatments
- Difficulty with:
  - Memory
  - Problem solving
  - Thought processing
  - Attention
  - Ability to read
  - Heart & lung function
- Body awareness
- Coordination
- Ability to speak
- Ability to understand
- Environmental awareness

Children with brain tumours don’t have a decreased capacity to learn, but rather a decreased rate of learning

Physical Activity is thought to be beneficial for brain cancer survivors

PA is thought to improve:
- Brain’s ability to make new neural connections
- Ability to organize, plan & strategize
- Ability to pay attention and remember
- Self confidence & well being

TIP: Engage in activities that raise heart rate
Refer to Ch 10 in the POEM Manual for additional information