BOOK REVIEW

Fight Breast Cancer with Exercise

Reviewed by Debbie Benoit and Diana Taylor

Authors: Dr. Jeff Vallance and Dr. Kerry Courneya
Publication date: 2014
Publisher: Company’s Coming Publishing Limited, Vancouver, BC

Dr. J. Vallance and Dr. K. Courneya created an informative 93-page patient resource booklet outlining the benefits of physical activity for individuals dealing with breast cancer. There are 12 concise chapters in this brightly coloured booklet. Each chapter has an upbeat title such as, The Evidence is Building; Your Mission; and, Where the Rubber Hits the Road. The information in the book is well laid out with photos of a variety of people taking part in various types of physical activity. There are personalized inserts from individuals living with cancer describing the benefits they derived from exercise during their treatments. They discussed the benefits of an array of activities in relation to breast cancer including cycling, yoga, walking, and biking, as well as weight lifting.

The authors provided current evidence to support the recommendations in each chapter and addressed numerous relevant questions raised by individuals living with cancer, such as types of exercises for lymphedema and determining the appropriate level of physical activity during chemotherapy. The authors provided some informative charts with statistics and tools for tracking a person’s level of activity, as well as strategies to promote exercise. Vallance and Courneya also presented the reader with evidence demonstrating the mental health benefits of exercise along with a reduction in the risk of recurrence of cancer. The booklet includes information about exercising in the cold, the impact of exercise on energy, goal setting, the use of physical activity monitors, and instructions for a basic walking program.

The book is written in plain English and is easy to understand. Vallance and Courneya ensured the written information was entertaining and motivating for the readers. The target population is individuals diagnosed or living with breast cancer. The cost of the book is $12.99. The reviewers would recommend this book to anyone diagnosed with breast cancer or who is a breast cancer survivor.

ABOUT THE REVIEWERS

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