

Session Title

Exercise – Debunking the Myths

Plenary Session: Saturday, October 25 at 1:45pm

Learning Stream: 1, 2 and 3

Session Summary and Goals

The first published studies challenging the myth that vigorous upper body exercise may increase the risk of breast cancer related lymphedema or worsen symptoms for those already affected appeared over 15 years ago. The original research by McKenzie in 1998 and Harris and Niesen-Vertommen in 2000 looked at the sport of dragon boat racing and inspired a new generation of research debunking the myths and outlining how exercise could be used in the treatment of lymphedema. This session will discuss the evolution of research on the role of exercise in the etiology and management of lymphedema.

The learning objectives are to:

- 1) Examine the progression of research on the role of exercise and lymphedema;
- 2) Describe the current state of knowledge;
- 3) Discuss how this research can be translated into clinical practice; and
- 4) Identify what additional research is needed.



Dr. Kristin Campbell is a physical therapist and Associate Professor in the Department of Physical Therapy at the University of British Columbia in Vancouver, BC. Her research interests are focused on the role of physical activity across the cancer experience, namely in prevention, rehabilitation from cancer treatments, and cancer survivorship. Dr. Campbell is the author of over 75 peer reviewed articles and academic book chapters, and Dr. Campbell participates on national and international advisory boards and grant review panels on cancer prevention, rehabilitation and survivorship.