

Exercise can cut chance of cancer

ADVICE: DON'T SMOKE, DRINK ALCOHOL IN MODERATION Physical activity, healthy eating are major preventative measures.

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Exercise can reduce your chances of getting cancer by 42% which is why one should incorporate it into one's daily life – whether you have cancer or not – according to wellness and fitness expert Lisa Raleigh.

She says rebounding (a type of aerobic exercise) is a no-brainer, considering its effects on draining your lymphatic system. “Take your lymph seriously,” she says.

Radio legend Mark Pilgrim, who is living with cancer, says the lymphatic system is the “creepy crawly” of your body, but it doesn't have a natural pump – you have to use gravity to get it to pump.

Pilgrim said Raleigh and her team have been instrumental in his healing process. He had a 40% shrinkage in tumours and says that his diet and rebounding were two of the most important factors that helped him heal thus far.

Raleigh says people are starting to understand the lymphatic system and that wellness is not just about movement, but about your lymph.

According to Gabriella Kourie, an occupational therapist and PORi oncology and breast cancer rehabilitation therapist, your lymph runs all over your body, made up of vessels and nodes and other structures. Primary functions are defence against infection and fighting disease, and circulation and drainage.

It meets at the sites of the capillaries and filters through lymph fluid, which then goes out into your tissue and filters out any bad toxins, viruses and cancer cells. “It's the core of your immunity.”

If your lymphatic system is not working properly, there are a lot of health problems that come with it, including lymphoedema. Early signs there is a problem with your lymphatic system include:

Swelling at the site where there is an obstruction or where lymph nodes have been removed.

Tightness in the arm, difficulty to lift the arm (breast cancer).

Axillary web syndrome – cords running along the arm showing strain.

Megan Kluyts-Pentz from the Cancer Association of SA (Cansa) says they have just given rebounding their seal of approval.

Kourie suggests a preventative lifestyle, including a healthy diet, regular activities, good life choices, not smoking, limited alcohol intake and exercise.

Dr Deepak Patel believes physical activity and healthy eating are the two major preventative measures one could take when it comes to cancer. –