

Frequently Asked Questions: Multiple Myeloma Support for Navigating Your Treatment Journey



Physical Health, Exercise, and Wellness

How much physical activity should I aim for, and how often should I exercise?

The American College of Sports Medicine recommends that patients with cancer engage in moderate-intensity aerobic exercise at least 3 times per week for at least 30 minutes, along with resistance training at least twice per week.¹ However, the intensity and type of exercise should be tailored to the individual patient based on their ability, symptoms, and treatment status.^{2,3}

Are there certain types of physical activity I should prioritize, and are there any that I should avoid?

Low-impact activities are generally preferred, including walking, swimming, cycling, using resistance bands, lifting light hand weights, and stretching. Exercises that can increase the risk of falls or fractures should generally be avoided, such as contact sports, high-impact activities, and heavy weight lifting.²⁻⁶

How can I determine which physical activities are safe and appropriate for me?

Your healthcare team can help develop an exercise plan tailored to your individual needs, which can be adapted over time as your needs and goals change. It's important to listen to your body and take breaks when you need them. Stop activity if you have pain, dizziness, extreme fatigue, shortness of breath, irregular pulse, or fainting.^{2,3,5,6}

Are there any treatment- or multiple myeloma-related factors that can affect my mobility or ability to exercise?

Anemia (low hemoglobin) and thrombocytopenia (low platelet count) can impact your ability to safely exercise. Patients with neutropenia should avoid exercising in public places, such as gyms or group classes. Myeloma bone disease can limit mobility and cause pain, so certain exercises (eg, twisting movements, overhead reaching, pushing, pulling, lifting weights) should be avoided or modified to reduce the risk of fracture. Neuropathy can impair mobility and result in lack of sensation, making some activities, such as balancing exercises, unsuitable. Talk with your healthcare team to ensure you are exercising in a way that is safe for you.^{2,4}

How can physical activity help support my overall health and wellbeing throughout my treatment journey?

Regular physical activity offers multiple benefits for patients with multiple myeloma. Exercise has been shown to reduce fatigue and muscle loss, while improving sleep, physical function, mood, and overall quality of life.^{2-4,7}



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Sources

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