

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

DID YOU KNOW

Emphasizing Physical Activity as an intervention can help decrease the severity of side effects

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