



HOSPITAL COMPLEX

Physical activities

Supportive care department

TOGETHER, LET'S TAKE
CANCER BY STORM


institut
Curie

To remember

Physical activity helps to :



1) Fight fatigue



2) Improving overall quality of life



3) Optimizing cancer treatments



4) Reduce the risk of recidivism



I can :

Physical activity **near me** on prescription!

<http://www.prescriforme.fr/>

09 75 23 71 60 (9 a.m. to 5 p.m. in week)

Talk to your doctor!



Follow a 3-month adapted physical activity program at the Institut Curie :

- During or after treatment.
- Suitable for everyone. Supervised APA sessions.

Request for access to the Institut Curie's Physical Activity team

E-mail: activitesphysiques@curie.fr

Telephone: 01 44 32 40 98

Try out the Institut Curie's adapted physical activity program, either face-to-face or online.

1 initial assessment - **12 or 24** courses depending on the association - **1** final assessment with professionals trained in the oncology approach

I've finished my treatment "active" cancer for less than 1 year.

I can benefit from a medical prescription:

A physical activity assessment. A dietary assessment and/or follow-up.

A psychological assessment and/or follow-up.

PARIS (75)

Paris after cancer

89 Bd Auguste Blanqui, 75013 PARIS

contact@parisaprescancer.org

07 86 55 61 40

SEINE-ET-MARNE (77)

DAC 77 North and DAC 77 South

125 avenue du Maréchal de Lattre de Tassigny,

77400 Lagny-sur-Marne (address of DAC77 Nord)

aprescancer@dac77.fr

01 83 61 62 00

YVELINES (78)

Cancer League

80 bis avenue du Général Leclerc, 78220

VIROFLAY_ely@ligue-cancer.net

01 39 50 83 50

ESSONNE (91)

Cancer League

Center Hospitalier de Bligny, 91640 BRIIS-SOUS-FORGES

postcancer.cd91@ligue-cancer.net

01 64 90 58 71

HAUTS-DE-SEINE (92)

DAC 92 Centre

14 avenue du Général Charles De Gaulle, 92150 SURESNES

aprescancer@dac92centre.fr

01 81 80 38 30

SEINE-SAINT-DENIS (93) DAC 93 Sud

112 av. Général De Gaulle, 93110 ROSNY-SOUS-BOIS

aprescancer@dac93.fr

01 84 74 15 15

VAL-DE-MARNE (94) DAC 94 East and DAC 94 West

aprescancer@dac94.fr

01 46 63 00 33

VAL-D'OISE (95) Ligue contre le cancer

2 bd Jean Allemane, 95100 ARGENTEUIL

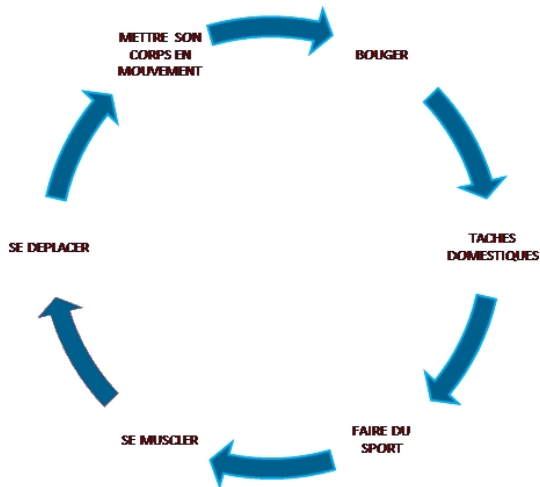
postcancer.cd95@ligue-cancer.net

01 39 47 16 16

**I complete my individualized course as close as possible to my home,
without any advance payment.**

Access information to better understand

Physical activity is defined as **"any movement produced by skeletal muscles, resulting in an expenditure of energy greater than that at rest"**.¹



The scientifically proven benefits of physical activity for cancer patients are :

- Reduced fatigue
- Improved overall quality of life during and after cancer
- Improved physical condition and nutritional status
- And a reduction in stress, anxiety, depression and pain, with better tolerance of the side effects of cancer treatments.

¹WHO definition



It has also been proven that physical activity, under certain conditions, improves disease prognosis and reduces the risk of recurrence for certain cancers.

To get the most out of your physical activity, it needs to be adapted to your state of health and comply with health recommendations.

Maintaining an active lifestyle during and after treatment is essential. Health professionals (physiotherapists, occupational therapists, psychomotor therapists) and adapted physical activity teachers can help you set up or continue a physical activity adapted to your needs.

The earlier you start (or maintain) physical activity in your treatment, the more beneficial its effects will be.

It's never too late to start or resume physical activity!

Conferences for Patients and Relatives



For further information on adapted physical activity, webconferences are organized at the Institut Curie, led by a team of professionals including a doctor, an APA teacher or a physiotherapist masseur, and a pathway coordinator.

Duration: **1h15**

You are welcome to bring a friend or family member.

Question and answer sessions are available throughout the conference. You can find conference dates for the Paris and Saint-Cloud sites at :

- Information panels
- From the health advisors at patient areas **20 rue de la Libération, Saint-Cloud 92210** to **25 rue d'Ulm, Paris 75005**
- The "**Adult cancer**" section of the curie.fr website
"**Physical activity at the Institut Curie**"

Conferences are held digitally; choose a date and send your patient identity number (PIN), surname and first name to **activitesphysiques@curie.fr** to receive the link to connect.

The Supportive Care Department provides you with a booklet on access to supportive care in which recommendations for physical activity during and after treatment are noted.

Did you know?

The Institut Curie has been awarded the "Maison Sport-Santé" label by the Ministry of Sports and the Ministry of Solidarity and Health.

The aim of this label is to welcome and guide all cancer sufferers wishing to practice, develop or resume a physical or sporting activity for health and well-being purposes, whatever their age.

The Institut Curie is at your side in promoting physical activity and sport!



With the institutional support of **AstraZeneca** 

**I find information
on certified
websites**





[_www.e-cancer.fr](http://www.e-cancer.fr)

quality of life" section
"physical activity

[_www.ligue-cancer.net/](http://www.ligue-cancer.net/)

www.retouradomicile.fr

support-care/adapted-physical-activity/why-practice"
section

[_www.ordremk.fr/actualites/kines/notice-de-mise-en-oeuvre-
de-lactivite-physique-adapte/](http://www.ordremk.fr/actualites/kines/notice-de-mise-en-oeuvre-de-lactivite-physique-adapte/)

[_https://www.afsos.org/recherche/activite+physics_](https://www.afsos.org/recherche/activite+physics)

www.mangerbouger.fr

MOVE MORE" section

[_www.cancer-environnement.fr](http://www.cancer-environnement.fr)

I can benefit from a prescription medical physical activity

Doctor

Prescriptions for the treatment of a recognized long-term illness (listed or unlisted)
(EXONERATING CONDITION)

MEDICAL PRESCRIPTION for ADAPTED PHYSICAL ACTIVITY

By :

An adapted physical activity teacher Presence of the

following functional limitations :

Impaired physical condition
Respiratory/cardio-vascular
Surgical sequelae
Rheumatological pathology
Fracture risk
Other

Period of validity:

Optional :

Type of
activity
Intensity
Session
duration
Frequency

Signature :

Article L1172-1 LOI n°2016-41 du 26 janvier 2016 code de la santé publique et portant guide sur les conditions de dispensation de l'activité physique adaptée prescrite par le médecin traitant ou médecin référent à des patients atteints d'une affection de longue durée.

Prescriptions NOT RELATED TO LONG-TERM DISEASE (INTERCURRENT
DISEASES)

The
Doctor

CERTIFICATE OF NO CONTRAINDICATION to the practice of a PHYSICAL ACTIVITY

Visit

I, the undersigned : Doctor _____ certify that _____ has no medical contraindication* to physical activity

Period of validity : _____ year

Signature :

**Absolute contraindications:*

- Unstable angina - Decompensated heart failure
- Complex ventricular rhythm disorders
- Uncontrolled severe hypertension - Pulmonary hypertension (> 60 mm Hg)
- Presence of large or pedunculated intracavitary thrombi
- Acute pericardial effusion
- Severe obstructive cardiomyopathy
- Tight and/or symptomatic aortic stenosis
- Recent thrombophlebitis with or without pulmonary embolism
- Diabetes with plantar perforation disease for PA activities involving the lower limbs

These contraindications do not preclude the use of rehabilitation treatments, which can help maintain joint mobility and muscle mass.

Since March 2017, doctors have been able to prescribe adapted physical activity to patients with long-term conditions (ALD30).

Physical activity is a non-drug therapy.

You can discuss this with your GP or oncologist.

People with an ALD30 pathology can continue their physical activity by presenting their prescription! No more hesitation!

I test and evaluate my level of physical activity

By performing one or both of these tests, you can test and evaluate your level of physical activity using questionnaires, one of which has been developed by the World Health Organization (WHO).

1. Log on to:

www.mangerbouger.fr/Bouger-plus/Vos-outils/Test-de-niveau-d-activite-physique/
(GPAQ questionnaire)

DETERMINING MY PROFILE

2. By taking the Ricci and Gagnon test, you can quickly determine if you are :

Very active - active - inactive

Self-evaluation is the first step towards a positive approach for you!

You can contact activitesphysiques@curie.fr to exchange and get information.

SELF-ASSESSMENT TEST

(Adapted from J. Ricci and L. Gagnon, Université de Montréal, modified by F. Laureyns and JM. Séné)

The self-assessment questionnaire helps you determine your profile: inactive, active or very active?

Calculate by adding up the number of points (1 to 5) corresponding to the box ticked for each question.

	POINTS					SCORES
(A) SEDENTARY BEHAVIOR	1	2	3	4	5	
How much time do you spend sitting per day (leisure, TV, computer, work, etc.)?	+ more than 5 h <input type="checkbox"/>	4 to 5 h <input type="checkbox"/>	3 to 4 h <input type="checkbox"/>	2 to 3 h <input type="checkbox"/>	Less than 2 h <input type="checkbox"/>	
Total (A)						
(B) PHYSICAL LEISURE ACTIVITIES (INCLUDING SPORTS)	1	2	3	4	5	SCORES
Do you regularly engage in any physical activity?	No <input type="checkbox"/>				Yes <input type="checkbox"/>	
How often do you do all these activities?	1 to 2 times / month <input type="checkbox"/>	1 time/ week <input type="checkbox"/>	2 times/ week <input type="checkbox"/>	3 times/ week <input type="checkbox"/>	4 times/ week <input type="checkbox"/>	
On average, how many minutes do you devote to each physical activity session?	Less than 15 minutes <input type="checkbox"/>	16 à 30 min <input type="checkbox"/>	31 à 45 min <input type="checkbox"/>	46 à 60 min <input type="checkbox"/>	Over 60 min <input type="checkbox"/>	
How do you usually perceive your effort? The number 1 represents a very easy effort and 5, a difficult one.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Total (B)						
(C) DAILY PHYSICAL ACTIVITY	1	2	3	4	5	SCORES
What intensity of physical activity does your job require?	Slight <input type="checkbox"/>	Moderate <input type="checkbox"/>	Average <input type="checkbox"/>	Intense <input type="checkbox"/>	Very intense <input type="checkbox"/>	
Apart from your regular job, how many hours a week do you spend on light work: DIY, gardening, housework, etc.?	Less than 2 h <input type="checkbox"/>	3 to 4 h <input type="checkbox"/>	5 to 6 h <input type="checkbox"/>	7 to 9 a.m. <input type="checkbox"/>	More than 10 h <input type="checkbox"/>	
How many minutes a day do you spend walking?	Less than 15 minutes <input type="checkbox"/>	16 à 30 min <input type="checkbox"/>	31 à 45 min <input type="checkbox"/>	46 à 60 min <input type="checkbox"/>	Over 60 min <input type="checkbox"/>	
On average, how many floors do you walk up each day?	Less than 2 <input type="checkbox"/>	3 à 5 <input type="checkbox"/>	6 à 10 <input type="checkbox"/>	11 à 15 <input type="checkbox"/>	More than 16 <input type="checkbox"/>	
Total (C)						
Total (A)+(B)+(C)						

RESULTS

- Under 18 : Inactive
- Between 18 and 35: Active
- Over 35: Very active

I'm starting a physical activity program at the Institut Curie

You can benefit from support in practicing an adapted physical activity on the Paris and Saint-Cloud sites with trained professionals.

This face-to-face or distance learning course consists of 2 fitness assessments (initial and final).
individually or in a group (depending on the association) with 12 or 24 weekly group sessions depending on the association (starter program or reinforced starter program).

Sign up now!



7 options are available with the Institut Curie's partner associations (one of which is distance learning):

CAMI Sport & Cancer	www.sportetcancer.com	Individual assessments + courses	Monday and Wednesday in Paris
Groupe Associatif Siel Bleu	www.sielbleu.org		
EPGV Gym Cancer 92	www.sport-sante.fr/gym-post-cancer	Individual assessments + courses	+ 1.5-hour lesson
Rosa Mouv	http://www.rosamouv.com	Individual assessments + courses	
UCPA	activitesphysiques@curie.fr	Collective assessments + pilates class	
KIPLIN	activitesphysiques@curie.fr	Collective connected assessments (2 people) + group classes + 3 animations (possible with 2 family members)	
SPORKIF	activitesphysiques@curie.fr	Individual assessment	

Thursday

Friday courses in
Saint-Cloud

17

Monday at
Saint-Cloud
Tuesday in
Paris

Monday in
Paris
19th
district:
Sport
station
hostel
Rosa
Park

Several
slots

What is the Kiplin APA program?

A 3-month distance learning program of adapted physical activity:

- During or after treatment
- Fun and motivating: health and community games
- Tailored to each individual: supervised APA
- sessions Via mobile app
- Fully supported

How do I join the program?



REQUEST FOR ACCESS TO CURIE'S PHYSICAL ACTIVITY TEAM

email: activitesphysiques@curie.fr

telephone: 01 44 32 40 98

MEDICAL PRESCRIPTION

By your specialist or general practitioner (*standard form overleaf*)



DOWNLOAD THE KIPLIN APPLICATION

Go to the App Store and Google Play

REGISTRATION WITH PRESCRIPTION

Create your account with the code provided by Curie Send the prescription via the application's Program tab



HEALTH CHECK

Book an appointment on the application's Program tab

ACCESS YOUR PROGRAM

Games: progress in our games while moving in real life
Adapted physical activity sessions: in small groups by videoconference



The prescription given to you by your doctor allows you to enroll in the adapted physical activity program of your choice.

Need more information? Have a question?

www.kiplin.com/espace-patient

You can make an appointment with our healthcare team.



Or register freely, without following the Curie program, with one of the following associations:

**EPGV Gym
Cancer 92**

**activitesphysiques@curie.fr
06 70 77 42 90**

Rosa Mouv

**06 14 32 40 50
rosamouv@gmail.com**

**CAMI
Sport & Cancer**

**01 85 34 48 69
cami.idf@sportetcancer.com**

KIPLIN

**activitesphysiques@curie.fr
01 44 32 40 98**

**Groupe Associatif
Siel Bleu**

**kateline.ortole@sielbleu.org or
leonore.hocquaux@sielbleu.org**

You can also take advantage of other physical activity programs, for which information is available from the Espaces patients de Paris (ERI) and Saint Cloud (Maison des patients et des proches):

- A 3-month cycle of qi-qong, yoga

ATTENTION: Face-to-face courses may be cancelled and offered digitally.

Financial participation

The adapted physical activity program is not reimbursed by the CPAM. Don't hesitate to consult your health insurance coverage to request reimbursement, by sending your physical activity prescription and the invoice that will be given to you by the association.

We propose a financial contribution adapted to the family quotient (calculation methods based on the N-1 tax notice: annual tax reference income + CAF benefits divided by (12 multiplied by the number of shares).

Starter program: 1 session per week

With associations ROSA MOUV, SPORKIF, EPGV and UCPA

Quotient family	Program Complete
> 5 000€	210 €
2 501 € à 4 999 €	156 €
235 € à 2 500 €	120 €
0 €à 234 €	30 €

Starter Renforcé program: 2 sessions a week With the La CAMI association

Quotient family	Program Complete
300 €	220 €
0 € à 299 €	40 €

The complete program includes an initial fitness assessment, 12 h or 24 h of classes and a final assessment, over a three-month period.

Any difficulties you may encounter should not prevent you from taking the first steps towards physical activity.

Please contact us. We'll do our utmost to find a suitable solution.

To contact us, write to: activitesphysiques@curie.fr

**I'm maintaining my
business for the
long term,
I take advice**



If you want to maintain regular physical activity over the long term, a practice close to home will help you to do so.

You can contact your doctor for personalized support in starting or resuming physical activity.

Find expertise and practice facilities near your home on the following websites:

— www.prescriforme.fr

— www.ligue-cancer.net/près from your home

— www.retouradomicile.fr/activite-physique-adaptee/ou-pratiquer ?

www.lavieautour.fr/map/bouger-autrement

— monstade.fr

hopitaux-paris-centre.aphp.fr/centre-dinvestigations-en-medecine-du-sport

—

Or directly through the Institut Curie's partner
sports associations

EPGV Gym Cancer 92

www.sport-sante.fr/gym-apres-cancer



Rosa Mouv

www.rosamouv.com



**CAMI
Sport & Cancer**

www.sportetcancer.com



**Groupe
Associatif
Siel Bleu**

www.sielbleu.org



**RUGBY CLUB DU
VAL DE BIEVRE -
Rugby Sport Santé**

contact:
catherine.rcvb@orange.fr
06 16 36 49 89



**R.I.P.O.S.T.E.S -
Adapted fencing**

www.solutionriposte.fr
escrime.acbb.secretaire@gmail.com

**You can practise gymnastics or sports at home, by taking part in distance learning courses on applications or websites (e.g. Kiplin) or by following a course on the Internet.
videos.**



KIPLIN

www.kiplin.com



My CHARLOTTE

mycharlotte.fr/bulle/login



ROSA MOUV*

www.rosamouv.com



CAMI

www.therapiesportive.org



GETPHY

www.getphy.com

***Physical activity classes for patients with metastatic disease.**

I share my experience

Face-to-face, distance learning, participation in conferences...

"I attended a presentation on the benefits of physical activity in cancer treatment.

First of all, a self-assessment test confirmed what I already knew: I'm a very sedentary person.

I then listen intently as the speaker explains: "The more you exercise, the less tired you feel".

It's rather counter-intuitive. But... and here's the secret: "Fatigue after sport is good fatigue, which allows you to sleep better and therefore... to be less tired, since the night was recuperative".

Come on, I get it. I'm (re)taking up sport, but in an adapted way, surrounded by professionals trained to supervise people who are ill and undergoing treatment.

As of January 2020, thanks to the actions put in place at Curie to promote physical activity, I was able to benefit from aqua-pilates sessions in the pool (1 one-hour session per week on Mondays).

This was followed by a sports therapy program (1 hour session per week on Fridays). I found that on Mondays and Fridays, I slept with a much better quality of sleep, and as a result, I was in better shape the next day."

Catherine



"The treatments, the fatigue, the sedentary lifestyle transformed my body during the illness, to the point where I couldn't even walk anymore, being very out of breath, altering my mental health. The discovery of adapted physical activity through the Activ' program was like a rebirth, both physically and socially. The adapted physical activity teacher, who ran one class a week, adapted the exercises to each person's ability and to our level of pain, linking endurance and muscular activities, all with remarkable benevolence.

At first, the movements were painful, even impossible to perform. But I felt inwardly that, with regularity, I was reclaiming my battered body. Exchanges between patients created a group synergy, which is essential for reconstruction. Physical activity helped me to regain my self-confidence, get back on my feet, accept myself, envisage a better future and begin my journey of resilience."

Catherine

"Doing adapted physical activity, even and especially during treatment, has been a fabulous support for me. It's for everyone, including those who used to hate gyms.

We're a very small group, we laugh a lot - it's important for healing - and we talk a lot throughout the class. The coach is attentive to each individual case and always suggests a version of the exercise that takes into account not only our level of fitness, but also our state of health due to our current treatment. He instantly modifies the exercise for each

the effort required based on what he observes. Real tailor-made training reviewed in real time during the exercise. You feel totally at ease, in a real cocoon of benevolence. There's nothing like the effort for effort's sake of a gym: here, it's the pleasure of moving to heal.

Even when I was tired, I always made a point of going to the sessions, because I always came out feeling energized and in much better shape than when I went.

Ghislaine.

Thanks to Catherine and Ghislaine for their testimonials.

ENNOV reference: IC-012795-004 - May 2023

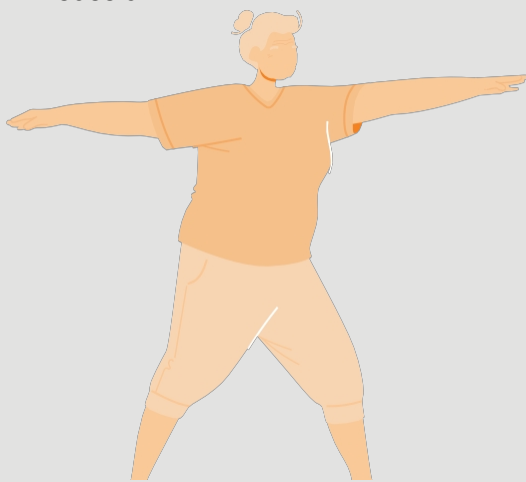
Adapted physical activity assessment with Kiplin

*For me, the balance sheet is **very positive**.*

The 2 sports instructors are very friendly and attentive. They make suggestions for adapting movements when I have pain in a particular area.

There's one session a week to choose from a wide range of sessions: muscle strengthening, stretching, relaxation... The session schedule is large enough for you to find a time slot that suits you, even when you're working.

Another advantage is that there are only a few of us per session.



There's also the option of signing up for "bonus" sessions one hour before the session if it's not fully booked.

This is often the case and I benefited from several extra sessions over the 3 months.

Kiplin also offers Webinars.

I attended 3 conferences: sleep, sport and diet.

It includes information that I had obtained during Curie's web-conferences on physical activity.

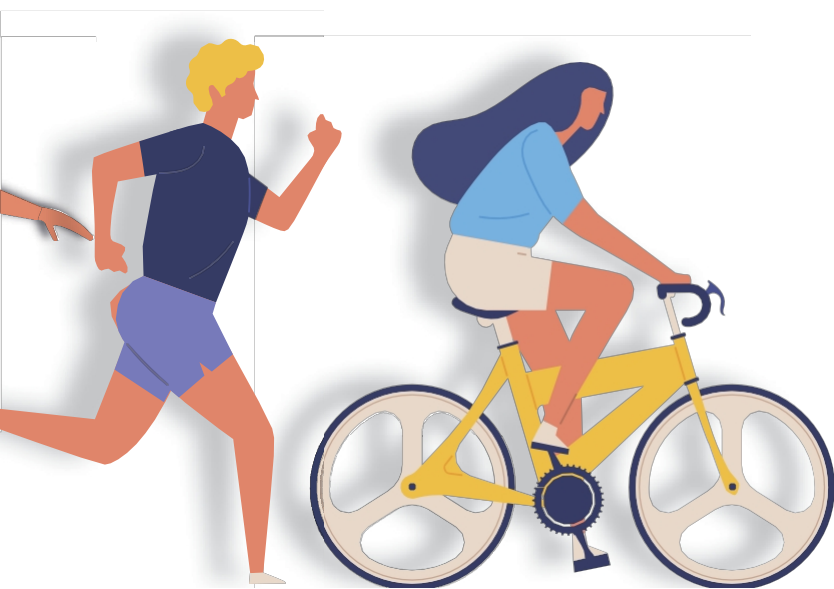
And finally, Kiplin organizes games in teams of 4. The aim is to walk as far as possible, with each step converted into a point.

The team with the most points at the end of the 2 weeks wins the challenge. On the plus side: it motivates you to keep walking, and you get caught up in the game.

Thank you again for allowing me to take part in this program.

Catherine.





Follow us on :



Photos: Thibaut Voisin / Institut Curie - 2023

TOGETHER, LET'S
TAKE CANCER BY
STORM