New Leg Exercise Machines for Cancer Patients

Thursday 27 February, 2020

New Leg Exercise Machines for Cancer Patients Thanks To Fundraising by Dr Richard Simcock

The Sussex Cancer Fund has just purchased 4 leg exercise machines from funds raised by Dr Richard Simcock a Consultant Oncologist at the Sussex Cancer Centre. Dr Simcock raised the money by abseiling down the i360 in Brighton a few months ago.

Dr Simcock suggested the Sussex Cancer Fund buy the machines from the £1340 he raised to provide the opportunity for Chemotherapy Patients to do some gentle exercise, if appropriate while receiving treatment. Keeping active is beneficial for everyone but there is also increasing evidence that exercise can provide certain benefits to cancer patients including:

- reducing anxiety & improving depression
- reducing fatigue
- improving quality of life during and after cancer treatment
- preventing or improving lymphoedema (a type of swelling caused by treatment to lymph nodes)
- improving general physical functioning

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Company Contact:

Sussex Cancer Fund

T. 01273 664930
E. joanna.godden1@nhs.net
W. https://www.sussexcancerfund.co.uk/

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