



IMPACT 2022



LEADING
THE WORLD
IN EXERCISE
ONCOLOGY

Maple Tree Cancer Alliance
2022 ANNUAL REPORT



the **IMPACT** of MTCA

Dear Friends of Maple Tree Cancer Alliance,

At the start of 2022, our leadership team did a book study on, “*Find Your WHY*” by Simon Sinek. This book served as a great reminder for us to really dial-in on the basics of our mission—that is, to improve the quality of lives of individuals who battle cancer.

Simply put, **we exist to help cancer patients live a better life.**

We all know how difficult a cancer diagnosis can be. We all have seen how difficult the treatments are. They impact every single aspect of an individual’s life.

When I first started conducting research in this field in 2003, I had the opportunity to directly measure not only the “what” of exercise oncology, but also the “why” of exercise oncology. I could directly measure why exercise helped someone who was battling cancer. *Why* the heart got stronger. *Why* the muscles stopped wasting away. *Why* things like nausea and fatigue were attenuated.

The change was undeniable.

That is why I couldn’t believe it when my grandfather was diagnosed with cancer in 2007, and he was advised *not* to exercise by his physician. His doctor was unaware of the numerous benefits of exercise in a cancer population.

This experience is what fueled my WHY in starting Maple Tree.

At Maple Tree, we have always believed that everyone battling cancer should have access to a high quality, evidence-based exercise program.

And, 12 years later, we are continuing to work hard to make that happen.

One of the biggest developments over the last year is that exercise is now a part of the standard of care in breast cancer! In addition, The American Society of Clinical Oncologists, a major clinical oncology organization, published guidelines stating what we’ve been saying for years – that *every single* person being treated for cancer with a curative intent should have access to an exercise oncology program!

These are major steps forward, and Maple Tree is proud to be leading the way to bring awareness and access to this important field. Every week, we work hard to serve our current patients well, while working tirelessly to expand into new areas so that more patients can be helped.

We change lives, one step at a time. One life at a time!

We could not do what we do without your support. Your gifts allow us to serve these patients at no cost to themselves. We would never want cost to be a barrier to a better, healthier life.

YOU are an integral part of allowing us to act on our WHY. Thank you for partnering with us on this amazing journey. TOGETHER we will fight cancer back!

Sincerely,

Karen Wonders, Ph.D., FACSM
Founder and CEO



Maple tree
CANCER ALLIANCE



My name is Frances Heasley. I am 76-years-old. In the winter, I love to sew with my professional embroidery machine, and in the summer I love to garden.

I knew that something was off in July when I was at a birthday celebration and was not able to eat the chocolate cake. I was originally diagnosed with GERD, but after three weeks I ended up in the emergency room with stomach problems, trouble eating, and trouble breathing. This is where masses on my ovary were discovered.

It started with a biopsy, which led to chemotherapy resulting in fatigue and neuropathy. My husband had to help me with everything because I was too weak to move on my own. I ended up having to use a wheelchair, and I thought that I would be in a constant state of fatigue forever.

When my oncologist told me about Maple Tree, the first thing that I got my attention was that I could participate at no-cost, unlike every other thing I

have to do for treatment. My trainer, Olivia, takes such good care of me and makes sure everything is alright before moving on to the next sessions.

The biggest benefit to me is how I feel the day I come in. When I leave, I feel so refreshed and so much stronger. I am back to gardening and being able to walk around to water all of my plants! I never used to exercise, but now I ride my bike regularly during the week. I even made a new friend in the program!

If you are offered Maple Tree Cancer Alliance, my advice is to go! It has nothing to do with insurance, no payments, and is completely free. This is not a passive recommendation – you should be at the door knocking, asking, “how do I get in there?!”

I am not cancer and cancer is not me!

PATIENT HIGHLIGHTS



My name is Alice. I am an 83-year-old African American mother, grandmother, aunt, and friend. I was born in Boston and raised in New York. I enjoy music, shopping, traveling, and spending time with my family.

I discovered that I had cancer after having a routine mammogram. When I went in, I thought nothing more of it. I didn't think it was possible to be diagnosed with breast cancer at this age. Three days after my mammogram, my doctor called to tell me that I had breast cancer and would need additional screenings to determine next steps. Luckily for me, the cancer was caught early and I didn't require radiation – only surgery and medication.

At this point in my life, I wasn't very active or in the best health. Prior to my surgery, my oncologist mentioned Maple Tree and suggested that I participate. I thought to myself, “what do I need that for? I'm in my 80s and not running any marathons. I'm strong enough and don't feel like I need to work out.”

My daughter, on the other hand, did not agree. She read about Maple Tree and pushed me to join

the program. She pointed out that I would get tired and winded easily, and I was leaning forward while I walked. I hadn't noticed these changes until she mentioned them, and realized I had been slowing down and not doing as much as I used to. My cancer diagnosis caused me to take an honest look at my health and activity level, and realized I could do better.

Maple Tree has helped to strengthen my body and given me my mobility back. My posture has improved tremendously, I can go on long walks, go shopping, and take trips to Atlantic City without being completely exhausted after 15 minutes. I have so much more confidence knowing I can go out more, do more, and experience more! My trainer, Ariel, has motivated me to move and helped me improve my mobility, posture, and flexibility. She held me accountable to stay motivated and improve week after week.

To anyone facing a cancer diagnosis – know that you are in battle, but you must equip yourself with every weapon possible to strengthen your mind, body, and spirit. Maple Tree Cancer Alliance is an invaluable tool to have in your arsenal!



Our research program is very important to helping us fulfill our mission at Maple Tree. Through our scientific publications, which are published in peer reviewed medical journals, we are able to educate the medical community about the benefits of exercise during cancer recovery. Our findings have contributed to a strong body of literature, with more than 2500 randomized clinical control trials on the topic of exercise oncology. These studies have helped clear the way to provide the needed evidence for exercise to become a part of the national standard of care for breast cancer (and soon to be all cancers!).

Research

Publications by MTCA Research Team in 2022

Wonders, KY, Schmitz KH, Wise R, Hale R. (2022). The Cost-Savings Analysis of an Individualized Exercise Oncology Program In Early Stage Breast Cancer Survivors: A Randomized Clinical Control Trial. J Clin Oncol. 18(7):e1170-1180.

Holmes KK, LoRusso SM, Wisniewski K, Heitzenrater J, Baker S, Wonders KY, Teranashi-Hashimoto C, Yamata P. (2022). Six-month Change in Cancer Survivors Ratings of Distress with Pandemic Closure of Exercise Rehabilitation Clinic.

LoRusso, SM, Parry, SL, Yahner TP, Wonders KY. (2022). Patient Comments on a Hospital and University-Based Exercise Oncology Program. Journal of Cancer Education. <https://doi.org/10.1007/s13187-022-02168-6>.

National & International Conference Presentations

International Surgical Association
Association of Cancer Executives
American Society of Breast Surgeons
National Consortium of Breast Centers
National Comprehensive Cancer Network
American Society of Clinical Oncologists
American College of Sports Medicine
Clinical Exercise Physiologists Association
Physical Medicine and Rehabilitation Association

NEW locations opened in 2022

For a complete list of locations, visit our website.

■ ARKANSAS

Southern Arkansas University
Magnolia, AR

■ NEW YORK

Northwell Health
Long Island, NY

White Plains Health
White Plains, NY

■ CALIFORNIA

John Muir Cancer Center
University of California
San Francisco, CA

**Helen Diller Family
Comprehensive
Cancer Center**
University of California
San Francisco, CA

■ INTERNATIONAL

Through our International program, we provide a license to our training, certification, and system of Exercise Oncology, so that our international partners can establish an independent Maple Tree Exercise Oncology Program. New international partners in 2022 include:

Italy
Japan
China
Mexico
New Zealand
South Korea
United Arab Emirates



\$1,500,000
FUNDS RAISED IN 2022

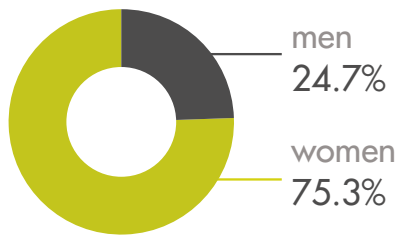
GRANTS: **83%**
PRIVATE DONATIONS: **17%**

\$.94 of EVERY DOLLAR
directly benefits patient programs!



2022

FUNDING & STATS



Average Age: 66.4 years

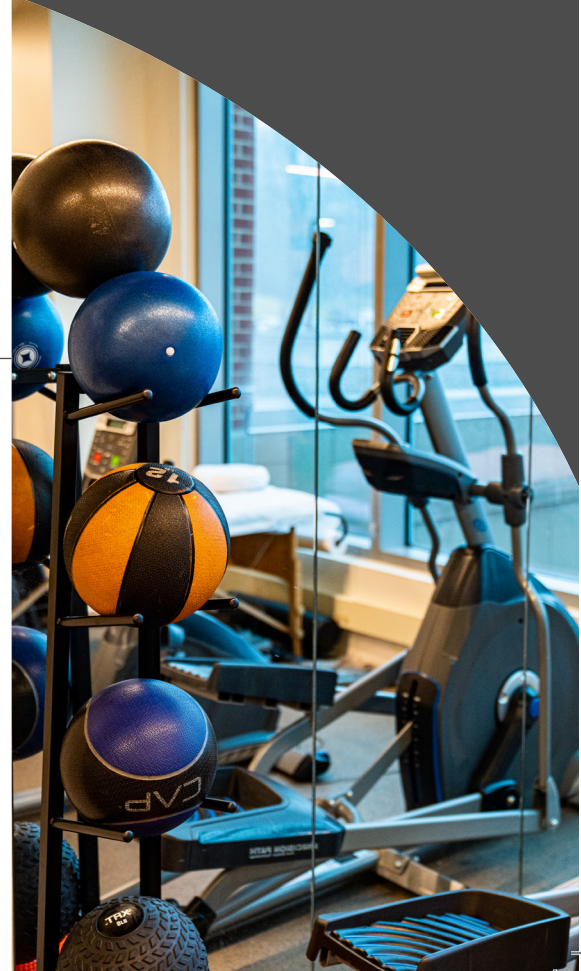


Types of Cancer

- 52%** Breast Cancer
- 6.97%** Leukemia/Lymphoma
- 6.55%** Lung
- 6.41%** Prostate
- 5.72%** GYN
- 5.43%** Kidney/Pancreatic
- 5.29%** Head & Neck/Brain
- 4.53%** Colon
- 4.46%** Bone
- 2.64%** Other

Overall Fitness Improvement During Active Treatment

- 19.4%** Cardiovascular Endurance
- 8.2%** Muscular Strength
- 31%** Muscular Endurance
- 11.4%** Flexibility



Cancer Survivorship Program

Research indicates that maintaining an active lifestyle during remission may reduce the likelihood of cancer recurrence. Over the last 12 years, we have developed strong clinical partnerships across the country that allow us to support our patients through their active treatment.

However, we understand that cancer remission is a very vulnerable time in the life of a cancer survivor, as they navigate a new normal marked by fear of recurrence and isolation. It is absolutely essential that these individuals have access to specialized support provided by trained and credentialed exercise trainers so that they can continue their exercise program while they are in remission.

Until now, programs and professionals such as these were lacking.

In order to meet this need and provide a longer-term, wrap-around support for our patients, Maple Tree has developed a community-based Survivorship Exercise Oncology Program. This offers an integrative, multi-disciplinary continuum of care, where patients are seamlessly transitioned from the clinical setting to a community-based fitness center.

We are proud of this new program, and believe that it is the link that will allow us to ensure the best possible patient outcomes and support as we look to bridge the gap between cancer rehabilitation to remission.

Advocacy

Under the direction of our National Medical Advisory Board, Maple Tree has continued to develop its advocacy program. Ultimately, our goal is to advocate for exercise to be a part of the standard of care in the treatment for all cancers. Additionally, we are working with the National Centers for Medicare and Medicaid, as well as several private insurance companies, for insurance coverage for these services.

Accomplishing both of these goals would make exercise programs available to the 2 million people who are newly diagnosed with cancer every year, as well as the 20 million cancer survivors across the United States.

Our efforts in 2022 include initiating conversations with the American Medical Association and Commission on Cancer, as well as the American Hospital Association. Members of our executive leadership team were also on a working group with the National Accreditation Program of Breast Centers, where they successfully were able to get exercise written into the accreditation standards for breast centers. Finally, this work led to the American Society of Clinical Oncologists to release guidelines stating that “All cancer patients who are being treated with curative intent should have access to an exercise program” – the strongest statement by a national oncology organization to date!



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SAVE THE DATE:

Nov. 6-10, 2023

**ANNUAL
GIVING CAMPAIGN**

GOAL: **\$150,000**