

# Study: Teaching Cancer Patients to Tango Boosts Balance

*Effects of chemo can impact balance, tango classes cut risk of falls by 56%*

The Ohio State University Comprehensive Cancer Center

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## NEWS PACKAGE

<b>SUGGESTED TEASE</b>	STILL TO COME, HELPING CANCER SURVIVORS GET THEIR LIVES BACK ON TRACK BY TEACHING THEM TO TANGO. THE RESULTS OF A SURPRISING STUDY, NEXT IN HEALTH NEWS.
<b>ANCHOR LEAD</b>	WINNING THE BATTLE AGAINST CANCER IS ENOUGH TO MAKE ANYONE FEEL LIKE DANCING, BUT A NEW STUDY SHOWS THERE MAY BE SOME THERAPEUTIC BENEFITS TO IT AS WELL. IN FACT, IN AN EFFORT TO HELP PATIENTS GET BACK ON THEIR FEET, SOME EXPERTS ARE TEACHING THEM TO TANGO. WITH MORE ON THE IMPACT IT'S HAVING, HERE'S CLARK POWELL.
<b>(PACKAGE START)</b> -----	
<b>CG: Courtesy:</b> The Ohio State University Comprehensive Cancer Center	(Nats - Tango music) :02
Shots of tango lesson	TIM HICKEY NEVER CONSIDERED HIMSELF MUCH OF A DANCER, BUT AFTER SPENDING A FEW WEEKS IN A PROGRAM FOR CANCER PATIENTS, HE'S SURPRISED EVEN HIMSELF.
Shots of feet on floor	TODAY, TIM'S DOING THE TANGO, BUT NOT LONG AGO, HE COULD BARELY WALK. :11
Wide shot of two people dancing	<i>"The only thing I could feel in my feet was the balls. I couldn't feel the toes, couldn't feel the heels."</i> :05
<b>CG: Tim Hickey</b> <b>Cancer Survivor</b>	THAT'S NOT UNCOMMON. TIM HAD HODGKINS LYMPHOMA AND THE CHEMOTHERAPY USED TO WIPE OUT HIS CANCER, ALSO DAMAGED NERVES IN HIS LEGS AND FEET. :08
Shots of both dancing	
Shots of chemo	<i>"When you lose sensation or activity in those</i>
<b>CG: Lise Worthen-Chaudhari, MFA,</b>	

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<p><b>MS</b>  <b>The Ohio State University Wexner Medical Center</b></p> <p>Shots of Lise looking at computer model</p> <p>Shots of Mimi warming up and dancing</p> <p>Close of up Mimi</p> <p>Close of up turning on tango music</p> <p>Wide shot - dancing the tango with Tim</p> <p><b>CG: Mimi Lamantia</b>  <b>Dance &amp; pre-med student, The Ohio State University</b></p> <p>Graphic - over chemo treatment  Neuropathy from chemo  Nearly 70% of patients affected after 1 month  Nearly 1 in 3 after 6 months</p> <p>Shots of Tim walking on sidewalk</p> <p>Shot of Tim going into building and into studio</p> <p>Tim and Mimi dancing/close up of feet</p> <p><b>Tim Hickey (CG'd earlier)</b></p> <p>Shots of both finishing dance</p> <p><b>(PACKAGE END)</b> -----</p> <p><b>ANCHOR TAG</b></p>	<p><i>nerves, it can affect the feedback that your system gets, so that your system isn't able to control its balance quite as well." :10 / :34</i></p> <p>COMPUTER ANALYSIS SHOWS HOW LOSS OF FEELING IN LEGS AND FEET CAN IMPACT A PATIENT'S ABILITY TO STAND AND WALK. SO RESEARCHERS AT THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER TEAMED UP WITH MIMI LAMANTIA (<b>LAHM-in TEE-uh</b>).</p> <p>AS A PRE-MED STUDENT SHE SAW HOW PATIENTS STRUGGLED WITH THINGS LIKE BALANCE AND SWAY.</p> <p>AS A DANCE MAJOR, SHE CAME UP WITH A WAY TO HELP - BY TEACHING THEM TO TANGO. :19</p> <p><i>"Even just 5 weeks of Argentine tango we were able to decrease that medial and lateral sway by 56%." :07</i></p> <p>WHEN IT COMES TO NERVE DAMAGE IN HANDS AND FEET, OR <b>NEUROPATHY</b> FROM CHEMO, NEARLY 70 PERCENT OF PATIENTS ARE AFFECTED ONE MONTH AFTER TREATMENT<sup>1</sup> - NEARLY 1 IN 3 STILL HAVE IT AFTER 6 MONTHS<sup>1</sup>- CAUSING MANY PATIENTS TO UNDERGO PHYSICAL THERAPY.</p> <p>THAT'S SOMETHING TIM DREADED - UNTIL THERAPY TURNED INTO DANCING.</p> <p>THEN, HE BEGAN TO LOOK FORWARD TO EACH AND EVERY STEP HE TOOK TOWARD RECOVERY. :22</p> <p><i>"The improvement was remarkable. And I don't think we would have improved nearly that quickly without it." :08</i></p> <p>AT THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER, THIS IS CLARK POWELL REPORTING. : 03</p> <hr/> <p>IN ADDITION TO NERVE DAMAGE, MANY PATIENTS EXPERIENCE MUSCLE LOSS AS A RESULT OF CANCER.</p> <p>EXPERTS SAY DOING THE TANGO ALSO REBUILDS LEG MUSCLES AND INCREASES STAMINA, WHICH ALSO HELP TO IMPROVE THEIR BALANCE.</p>
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**CG: Tim Hickey  
Cancer Survivor**

*"I was able to see the improvement in these individuals, not only in the way they held themselves, but in their confidence when they walked into class. They were more steady. They were more at ease. And that was really beautiful to see that over time."*

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Hickey talks about getting feeling back with dance -  
*"The heels just came like a snap. All of a sudden it's, 'Oh wow, I can feel my heels.' It's like, 'oh, wow.' Then you can start to dance even better, not that I ever danced better, but at least I get out there and dance."*

Hickey talks about how tango improved his balance -  
*"I thought they were a lot of fun, and definitely, my balance, when they did the baseline at the start to the end was just a tremendous improvement."*

#### References

**<sup>1</sup>Incidence, prevalence, and predictors of chemotherapy-induced peripheral neuropathy: A systematic review and meta-analysis**, *Journal of Pain, Volume 15 Issue 9, Sept. 2014*. Online: [http://www.jpain.org/article/S1526-5900\(14\)00778-0/abstract](http://www.jpain.org/article/S1526-5900(14)00778-0/abstract)

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