

Kickin' cancer

Bull rider is example of how staying active during cancer can help the fight

Run time - :47

ANCHOR LEDE:

At age 67, a southern Illinois man is defying the odds by doing professional bull riding while battling advanced cancer. It's an example of why staying active during cancer can help the fight. Tim Ditman of OSF HealthCare has more.

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Jack Sandford gets chemo every other Monday at OSF Moeller Cancer Center in Alton. But other times, he's known as Sandman...holding on to the bronco for dear life.

### **NAT: Sandford rides a bull**

The man's cancer doctor...Manpreet Sandhu (man-PREET // SAN-dew)...couldn't believe it. But she says if it helps and the person is up for it, pursue that hobby.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Manpreet Sandhu**  
**OSF HealthCare medical oncologist**

**"Chemotherapy medicines are strong. They will make your muscles and bones weak. If we maintain our physical strength, we're able to counteract those side effects better. In addition, staying active also improves immune health." (:12)**

Sandford says he's thankful for his two families helping his cancer fight – his family by blood and his bull riding family.

**\*\*\*SOUNDBITE\*\*\***

**Jack Sandford**  
**Bull riding cancer patient**

**"The man upstairs put a bump in the road for me. He didn't tell me to quit." (:03)**

I'm Tim Ditman.

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