

Kickin' cancer

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

SOT

Jack Sandford

Bull riding cancer patient

"I'm an adrenaline junkie. I like to push stuff to the limit." (:08)

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Bull riding cancer patient

"I'm here every other Monday getting chemo. I get sick. I have my bad days and good days. It makes you irritable and hard to be around. But you just have to not really think about it that badly. You just need to keep moving forward." (:18)

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Dr. Manpreet Sandhu

OSF HealthCare medical oncologist

"We have conversations with our patients to see where they are and what their goals are." (:04)

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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)

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Dr. Manpreet Sandhu

OSF HealthCare medical oncologist

"Start slow. Small steps. We tell our patients: one day at a time. We're not going to look five years out. We're going to look to tomorrow." (:12)

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"We always take care of each other. We have a prayer service before rodeo." (:05)

SOT

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Bull riding cancer patient

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