

Kickin' cancer

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

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.

TAKE VO

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

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.

SOT

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)

VO CONT'D

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

SOT

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)