



Aim

To create awareness among CML patients of the importance of working out in order to handle possible side effects stemmed from TKIs and the illness itself.



Methodology

AELEMIC decided to include a live sport workshop in its last 2023 annual conference held in Valencia SPAIN as part of the program with professional experts guiding patients .



Results

CML patients had the chance to learn new skills by using elastic bands as well as acquiring knowledge about the benefits of working out in terms of side effects, asthenia among others.



Conclusions

CML patients could personally experience new sport methods so as to practise onwards targeting specially side-effects to improve their wellbeing and quality of life.



References

Oncologym is a team of professional experts addressing cancer patients by analysing their personal experience and adapting sport routines to them. <https://oncologym.com/>