# UW Medicine UNIVERSITY OF WASHINGTON

## Reasons to Get Up and Out of Bed

How bed rest affects your body

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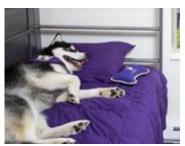


#### **Health Benefits of Walking**

- People who walk for 20 minutes a day, 5 days a week have 43% fewer sick days than those who exercise once a week or less.<sup>1</sup>
- Walking for 30 minutes a day,
   5 days a week reduces the risk of heart disease by half.
- Walking can reduce stress, cholesterol, and blood pressure.
- Walking triggers endorphins, which increase feelings of wellbeing.
- Walking also promotes relaxation and can help prevent anxiety and depression.

## **Cancer-related Fatigue**

- Bed rest will not help you regain energy.
   In many cases, too much bed rest can make fatigue worse.
- 90% of those receiving cancer treatment experience fatigue.<sup>2</sup>
- This fatigue is due to cancer treatment side effects, and the cancer itself. It often does not improve after resting.
- One of the best ways to improve your energy level is to be active and exercise.



### **Preparing for Your Transplant**



- You may need to meet a minimum level of daily activity before you can receive a transplant.
- Improving your strength and cardio-respiratory reserve can help you recover after transplant.

#### What happens on bed rest?

- On bed rest, muscle mass decreases by:
  - 2 to 4% a day in critically ill patients, and
  - 4 to 5% a week in healthy patients<sup>3</sup>
- After lying flat for 24 hours, up to 1 liter of fluid can begin to pool in your chest and abdomen.
- To reduce the fluid, your body will begin to need to urinate frequently. This can cause dehydration and a drop in blood pressure, and dizziness when you get up.
- Extra fluid can get into your lungs and turn into mucus. This puts you at risk of **lung infections.**
- Bed rest makes your blood thicker because it is not moving through your system very quickly, which increases your risk of getting a blood clot.