



Category: fitness and life style management



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FITNESS AND LIFE STYLE MANAGEMENT

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INTRODUCTION :

"October is Breast cancer Awareness month". Which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in the early stages and encourage others to do the same. Globally, breast cancer is the most common cancer affecting women. For India, for the year 2014.

D 144,937 women were newly detected with breast cancer

D 70,218 women died of breast cancer

D $144937/70218 = 2.06 = \text{round it off to } 2.$

So roughly, In India, for every 2 women newly diagnosed with breast cancer, one lady is dying of it.

This article says about the Breast cancer and the benefits of exercise. Regular exercise is an important part of being as healthy as you can be. More and more research is showing that exercise can reduce the risk of breast cancer coming back if you've been diagnosed, as well as reducing the risk of developing breast cancer if you've never been diagnosed. In this paper,

you can read about the benefits of exercise and when you can exercise, both during and after treatment.

Why Exercise ?

Exercise can lower the risk of breast cancer coming back, as well as help to maintain a healthy weight, ease treatment side effects, boost the energy and more.

Types of Exercise :

There are 3 types of exercise.

1. Aerobic
2. Strength / resistance
3. Flexibility

Exercise During and after treatment :

Research shows that its safe to exercise during all types of breast cancer treatment, as long as to take certain precautions and keep the intensity low.

Increasing Odds : Exercise may not be the cure for cancer, but according to a 2005 study by Dr. Holmes, M.D., published in the journal of the American Medical Association, Exercise reduces the risk of dying from the disease. Women who exercised on a regular basis at moderate intensity had fewer cancer recurrences and experienced a decrease in the 10 year mortality rate. The research clearly showed that women with breast cancer who are physically active live longer than women who are sedentary.

Benefits of Exercise : Beyond living longer, many quality of life issues are greatly improved with exercise in a 1999 study published in Psycho oncology, regarding the rehabilitation of breast cancer survivors, Exercise enhances immune function during chemotherapy and decreases the fatigue often associated with this type of treatment. In addition, the increase in weight and body fat associated with chemotherapy can be reduced. Not

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only does this boost one's self Esteem, but research by Dr. Carolyn Kaelin, Director of the comprehensive Breast Health Center at Brigham and women's Hospital, has shown that long-term survival rates increase for those who gain 12 pounds (or) less.

Another benefit : Strength training with moderately heavy resistance can attenuate the reduction in bone mass density often associated with chemotherapy.

Many women experience limited range of motion and postural changes due to mastectomies and reconstructive surgeries. Gentle flexibility exercises combined with posture awareness and balance training can improve the daily quality of life.

In instances where lymph nodes have been removed, developing and implementing an exercise program must be done with even greater care because of the need to reduce the risk of lymph Edema, swelling of the arm due to poor lymph fluid drainage.

Proceed with caution : Instead, the key to success is conferring with the patient's physician during each step of the healing process. With proper clearance and guidance, a comprehensive program can be developed to address cardiovascular conditioning for weight maintenance, strength training for osteoporosis prevention, balance training for all prevention, and flexibility training to improve range of motion and posture.

Conclusion : There are two important aspects in breast cancer prevention. Early detection & Risk reduction. Engaging in regular exercise also has been shown to reduce cancer - related fatigue and depression, improve quality of life and increase immune function, strength and cardiorespiratory fitness in breast cancer survivors 3-5. As part of comprehensive cancer treatment services, many hospitals are offering exercise programs designed for breast cancer patients and survivors.

A gently progressive program of exercises, along with expert guidance from your doctor and a qualified fitness professional can combine with a positive attitude to faster healing and self-efficacy

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