ISSN: 2345-2897; Health Education and Health Promotion. 2019;7(3):103-104

Exercises Appropriate for Quality of Life of Patients Surviving Breast Cancer

ARTICLE INFO

Article Type
Letter to Editor

Authors
Pourhaji F.*[1] *PhD,*
Ghofranipour F.A.[2] *PhD*

How to cite this article
Pourhaji F, Ghofranipour F.A. Exercises Appropriate for Quality of Life of Patients Surviving Breast Cancer. Health Education and Health Promotion. 2019;7(3):103-104.

[1]Student Research Committee, Tarbiat Modares University, Tehran, Iran
[2]Health Education Department, Medical Sciences Faculty, Tarbiat Modares University, Tehran, Iran

***Correspondence**
Address: Tarbiat Modares University, Nasr Bridge, Jalal-Al-Ahmad Highway, Tehran, Iran. Postal Code: 1411713116
Phone: +98 (21) 82883869
Fax: +98 (21) 82884555
fatemeh.pourhaji@modares.ac.ir

Article History
Received: July 18, 2018
Accepted: January 27, 2019
ePublished: July 21, 2019

ABSTRACT

This article has not abstract

Keywords This article has not keyword

CITATION LINKS

[1] Health-related quality of life in breast cancer patients: A bibliographic review of the literature from 1974 to 2007 [2] Health literacy and breast cancer communication [3] The efficacy of exercise therapy in reducing shoulder pain related to breast cancer: A systematic review [4] Ensuring balance in national policies on controlled substances [Internet] [5] The relation between arm/shoulder problems and quality of life in breast cancer survivors: A cross-sectional and longitudinal study [6] Lymphedema and quality of life in breast cancer survivors: The Iowa Women's Health Study [7] Changes in arm morbidities and health-related quality of life after breast cancer surgery – a five-year follow-up study [8] Exercise for the patient after breast cancer surgery

Copyright© 2019, TMU Press. This open-access article is published under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License which permits Share (copy and redistribute the material in any medium or format) and Adapt (remix, transform, and build upon the material) under the Attribution-NonCommercial terms.

Dear editor,

One of the key concepts in behavioral science is the quality of life (QOL). Health-related quality of life is an important subject in breast cancer [1]. Breast cancer is the most frequently diagnosed disease in women, which is considered as the second cause of death [2].

Recent research has shown Surgery and radiotherapy in the treatment of breast cancer cause pain in the arm, shoulder and chest area in 30-50% of patients, Lymphedema %15-25%, Limited range of motion of the shoulder in %35 of patients that continue 3-5 years after treatment [3].

According to WHO, more than 5 million patients with cancer every year have moderate to severe pain due to insufficient access to pain medicines. Breast cancer pain includes treatment-related pain (eg, post-surgery pain and lymphedema pain), non-specific pain related to long-term complications and site-specific metastatic-disease related pain (eg, bone pain and bowel obstruction) [4].

One of the issues affecting the quality of life of patients with breast cancer is arm/ shoulder problems (ASPs) [5].

ASPs are defined as restricted shoulder mobility, lymphedema, and arm or shoulder pain which is the common problem among breast cancer survivors [6]. The research has shown that ASPs significantly contribute to patients' poor quality of life [7]. Above all, studies on QOL can further indicate the directions needed for more efficient treatment of cancer patients. The complications resulted from surgery includes pain, hematoma, seroma, surgical site infection. The results of research suggest that a complex exercise program would be useful to recover shoulder range of motion and pain in women with breast cancer. Therefore, to improve quality of life of women with breast cancer, they should be encouraged to play an active part in their improvement; on the other hand, postoperative exercises can help decrease the negative effects of complications in their quality of life [8].

References

1- Montazeri A. Health-related quality of life in breast cancer patients: A bibliographic review of the literature from 1974 to 2007. J Exp Clin Cancer Res. 2008;27:32.

2- Pourhaji F, Ghofranipour F. Health literacy and breast cancer communication. Health Education & Health Promotion. 2016;4(3):1-2.

3- Tatham B, Smith J, Cheifetz O, Gillespie J, Snowden K, Temesy J, et al. The efficacy of exercise therapy in reducing shoulder pain related to breast cancer: A systematic review. Physiother Can. 2013;65(4):321-30.

4- World Health Oraganization. Ensuring balance in national policies on controlled substances [Internet]. Geneva: WHO; 2011 [cited 2015 Jan 8]. Available from: http://www.who.int/medicines/areas/quality_safety/guide_nocp_sanend/en/

5- Nesvold IL, Reinertsen KV, Fosså SD, Dahl AA. The relation between arm/shoulder problems and quality of life in breast cancer survivors: A cross-sectional and longitudinal study. J Cancer Surviv. 2011;5(1):62-72.

6- Ahmed RL, Prizment A, Lazovich D, Schmitz KH, Folsom AR. Lymphedema and quality of life in breast cancer survivors: The Iowa Women's Health Study. J Clin Oncol. 2008;26(35):5689-96.

7- Sagen A, Kåresen R, Sandvik L, Risberg MA. Changes in arm morbidities and health-related quality of life after breast cancer surgery – a five-year follow-up study. Acta Oncol. 2009;48(8):1111-8.

8- Wilson DJ. Exercise for the patient after breast cancer surgery. Semin Oncol Nurs. 2017;33(1):98-105.