

عنوان مقاله:

The Effect of Pilates Training on Changes in Hematological Parameters in Women With Breast Cancer

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خلاصه مقاله:

Introduction: One of the major side effects of chemotherapy is blood cell density reduction and changes in the immune system. The benefit of exercise interventions have been reported for cancer patients. This study aimed to investigate the effect of Pilates training on changes in hematological parameters in women with breast cancer. Methods: In this randomized controlled trial, ۲۴ women with breast cancer who were referred to health centers therapy and private clinics of Shiraz were selected and divided into two groups: Pilates training and control. The Pilates training group performed exercises for ۱۰ weeks. Each week was compromised of ۳ sessions; lasting ۶۰ minutes. The control group performed only their daily activities during this period. Blood sampling and anthropometric measurements were performed before and after the training period. Data were analyzed by independent and dependent t-test. Results: The results showed that ۱۰ weeks of Pilates training had no significant effect on weight, body mass index, and waist to hip ratio in women with breast cancer. Pilates training had no significant effect on white blood cell count, red blood cells (mean corpuscular volume, mean corpuscular hemoglobin, and mean corpuscular hemoglobin concentration), hemoglobin, hematocrit, and platelets in women with breast cancer. Conclusions: It seems that more research is needed to investigate the effects of this type of exercise to achieve their beneficial changes in hematological parameters and the immune system.

کلمات کلیدی:

Breast Neoplasms, Hematocrit, Exercise Movement Techniques, Blood Platelets, Erythrocytes, Leukocytes

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