

## عنوان مقاله:

Comparison Effects of Aerobic and Resistance Exercise in Breast Cancer Patients

## محل انتشار:

نهمین کنگره بین المللی سرطان پستان (سال: 1392)

تعداد صفحات اصل مقاله: 1

## نویسندگان:

Rastegar Hoseini - *Ph.D. student of Exercise Physiology, Faculty of physical education & sport sciences, University of Guilan, Rasht, Iran*

Fatemeh Ghasemi - *Ph.D. student Kurdistan University of Medical Science, Kurdistan, Iran*

Mehry Hoseini - *BSc. Student of Physical education & sport sciences Student, Faculty of Physical Education and Sport Sciences, University of Razi – Kermanshah, Iran*

## خلاصه مقاله:

Breast cancer is the most frequent cancer among women. Approximately one third of all cancers in women are breast cancer which has a high mortality rate and is second only to lung cancer in cancer related deaths in women. The combination chemotherapy for early stage breast cancer improves, but it may also cause unfavorable changes in quality of life (QOL), fatigue, physical functioning, and body composition. Exercise has been shown to improve some aspects of quality of life among breast cancer Patients. The purpose of this study was to compare effects of aerobic and resistance exercise in breast cancer patients. Methodology: Methods: The study employed a quasi-experimental study in which 36 women with breast cancer (age  $46.16 \pm 6.11$  yr, weight  $75.11 \pm 1.56$  Kg and height  $159.13 \pm 3.21$  Cm) in Iran between 2012 and 2013 and were randomly in three groups; the control (n=12), resistance exercise (n=12), or aerobic exercise (n=12). Than subjects completed an informed consent form and health history questionnaire and performed two groups bouts separated by 12 weeks. Results: The result shows that aerobic exercise was superior to usual care for improving self-esteem ( $P < 0.01$ ), increase aerobic fitness ( $P < 0.03$ ), and decrease percent body fat ( $P < 0.04$ ). Resistance exercise was superior to usual care for improving self-esteem ( $P < 0.02$ ), increase muscular strength ( $P < 0.01$ ), and lean body mass ( $P < 0.05$ ). Also, the results shows that fatigue, depression, and anxiety the exercise groups were significantly decreased ( $P < 0.01$ ). Conclusion: The results of this study, Aerobic and resistance exercise significantly improved cancer-specific QOL in breast cancer patients

## کلمات کلیدی:

Aerobic Exercise, Resistance Exercise, Breast Cancer

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