

**عنوان مقاله:**

yoga and breast cancer

**محل انتشار:**

نهمین کنگره بین المللی سرطان پستان (سال: 1392)

تعداد صفحات اصل مقاله: 1

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**خلاصه مقاله:**

Background: Breast cancer survivors are at risk for chronic psychosocial distress that may alter activity of the hypothalamic-pituitary-adrenal axis, resulting in aberrant regulation of cortisol secretion and increased risk of immune dysfunction and cancer progression. Methods: In this review article, electronic searches were undertaken in PubMed, Scholar google and up to date since 2013. RESULTS: Yoga appeared to be a feasible intervention and beneficial effects on several physical and psychosocial symptoms were reported. As a complementary therapy, yoga integrates awareness of breath, relaxation, exercise, and social support - elements that are keys to enhancing quality of life in patients with cancer. Yoga practice may assist cancer survivors in managing symptoms such as depression, anxiety, insomnia, pain, and fatigue and may help decrease waist circumference and improve quality of life. Many breast cancer patients and survivors use yoga to cope with their disease. Conclusion: Regular yoga practice may be a low-risk, cost-effective way to improve psychosocial functioning, fatigue, and regulation of cortisol secretion in breast cancer survivors. Yoga can be recommended as an intervention to improve psychological health during breast cancer treatment. Nurses should be familiar with yoga as a complementary therapy, including current research findings, types of yoga, potential benefits, safety concerns, teacher training, and ways to integrate yoga into cancer care

**کلمات کلیدی:**

yoga, breast cancer

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