

عنوان مقاله:

Comparing physical Activity in women with and without breast cancer referred to Mahdiah MRI & CT Scan center of Hamedan in Iran

محل انتشار:

دوازدهمین کنگره بین المللی سرطان پستان (سال: 1394)

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خلاصه مقاله:

Breast cancer is the most common malignancy diagnosed in women. Physical activities are recognized as a way of treating health problems and diseases. Today, the modification of lifestyle including physical activities and exercises are used to improve life expectancy in patients with breast cancer. Based on this, a research aimed to compare physical activities in women with and without breast cancer referred to Mahdiah MRI & CT Scan center of Hamedan in 2013 is conducted. This case-control study is conducted on 232 women with breast cancer and without breast cancer referred to Mahdiah MRI center of Hamedan in 2013 using Random sampling method. Data are collected using the International Physical Activity Questionnaire (IPAQ) and analyzed with the help of SPSS-17 using descriptive statistics and Mann-Whitney test, t-test and Chi-square. Results obtained from data analysis showed that there exists statistically significant difference between the two groups in terms of physical activity ($p < 0.001$) that this statistical difference is significant both in intensity of physical activity and also in sitting time between the two groups. And women with low intensity of physical activity were at greater risk of breast cancer. The results of this study demonstrated physical activity is in relation with breast cancer. Therefore, women with breast cancer should be encouraged to increase physical activity

کلمات کلیدی:

Breast cancer; Lifestyle; Physical Activity

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