

## Exercise and Wellness after Breast Cancer

### The Breast Clinic – The Body Lab Kensington



### Introduction

Breast cancer is the most common cancer among women worldwide. Despite the increased incidence of breast cancer, with advanced treatment technology leading to higher recovery rates, survival years have been significantly extended. However, survivors often experience numerous physical and psychosocial adverse effects including cardiac toxicity, pain, physical fitness, fatigue, depression, fear of recurrent and reduced quality of life after their treatments (Campia and Barac, 2016) (Cramp, Cramp and Byron-Daniel, 2012) (Juvet *et al.*, 2017) (Samuel *et al.*, 2015).

Radiation therapy and chemotherapy have short- and long-term complications, and their toxicities may be linked to the reported high prevalence of fatigue and poor exercise tolerance that can negatively affect quality of life (Bower *et al.*, 2006)

(Schneider *et al.*, 2007). Additionally, some research found that using tamoxifen and aromatase inhibitors (Drugs used to treat breast cancer) have also been associated with long-term fatigue.

Fatigue is the most common and debilitating side effect of cancer and its treatment. This may affect daily activity levels, produce negative emotions and change survivors' quality of life. Fatigue has been documented in 34% of breast cancer survivors 5–10 years after diagnosis (Bower *et al.*, 2006). Increasing evidence has shown that exercise as an intervention has beneficial outcomes in many cancer survivors experiencing chronic or late side effects (Galvao and Newton, 2005) (Mutrie *et al.*, 2012) (Samuel *et al.*, 2015).



Exercise interventions for cancer survivors affect various dimensions including physical condition (physical performance, functional status, reduced body weight and fatigue), psychological condition (depression and psychosocial status), decreased cardiovascular risk ((Peel *et al.*, 2014) and overall quality of life (Healy, Bird and Swain, 2008) (Mishra *et al.*, 2012) (Schneider *et al.*, 2007).

Many recent randomized controlled trials (RCTs) have explored the positive effects of exercise training on fatigue in post-treatment cancer survivors (Kim, Kang and Park, 2009) (Meneses-Echávez, González-Jiménez and Ramírez-Vélez, 2015) (Zhu *et al.*, 2016) Several systematic reviews and meta analyses (the highest level of research evidence quality), have showed the benefits of exercise in patients with breast cancer both during and after treatment (Juvet *et al.*, 2017) (Meneses-Echávez, González-Jiménez and Ramírez-Vélez, 2015) (Zhu *et al.*, 2016). However, no review has compared the type, duration and intensity of exercise intervention for this specific group. Most meta-analyses included patients with breast cancer during and after treatment as samples simultaneously (Juvet *et al.*, 2017) (Samuel *et al.*, 2015). Whether completion of treatment affects responses to exercise is not clear.

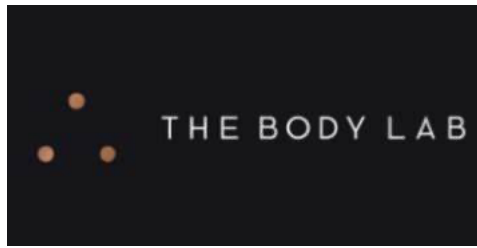
## **Overall benefits of exercise**

The numerous studies and research findings underscore the multifaceted benefits of exercise for cancer survivors. These include improved physical health, reduced fatigue, enhanced mood, strengthened mental resilience, and a reduced risk of cardiovascular complications. Exercise is not just about getting in shape; it is about reclaiming one's life and finding joy and vitality.

Moreover, the positive effects of exercise extend beyond the physical realm. The mental and emotional well-being of survivors can be positively influenced, as exercise becomes a source of hope, empowerment, and improved self-esteem. The sense of control that exercise provides over one's body and mind is a powerful asset for post-treatment survivors.

By embracing the healing power of exercise, cancer survivors can look forward to brighter and healthier tomorrows, with renewed strength and resilience.

## The Body Lab Kensington



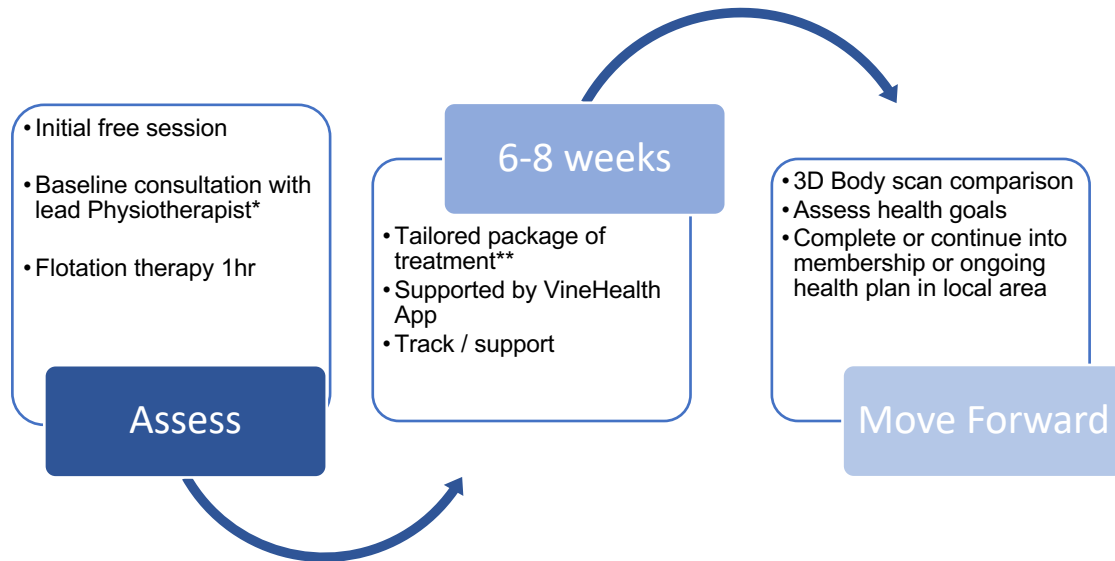
The Body Lab was born to cater for those who long to live a high-performance and optimised lifestyle, but also create a quiet space to reflect and restore your health after injury or illness.

Combining the luxury of a private gym with the expertise of specialist practitioners science meets wellness. Our latest preventative and therapeutic treatments are available to everyone. By embracing advances in science, training, nutrition and technology, the human body is capable of more than ever.

Their mission is to offer the most comprehensive science-led journey to optimal health, set new standards for health management globally, and serve as a hub for innovation within our industry.



# The Body Lab Wellness and Recovery Programme



\*Physiotherapist has Masters Degree in Sports Medicine and CanRehab level 4 (specialist cancer rehabilitation qualification)

\*\* Treatments can be batched into tailored package to address specific health goals and needs

## Services Available via The Body Lab Kensington

- Initial Assessment and Body Scan £150
- Hyperbaric Chamber 1hr £120
- Flotation Therapy 1hr £80
- Cryotherapy Chamber Session £75
- Osteopath Initial Consultation £210
- Nutritional Consultation £200
- Massage £135
- Rejuvenation services (details on request)
- Private GP Services / Functional Medicine available (remote)

Email: [reception@thebodylablondon.com](mailto:reception@thebodylablondon.com)

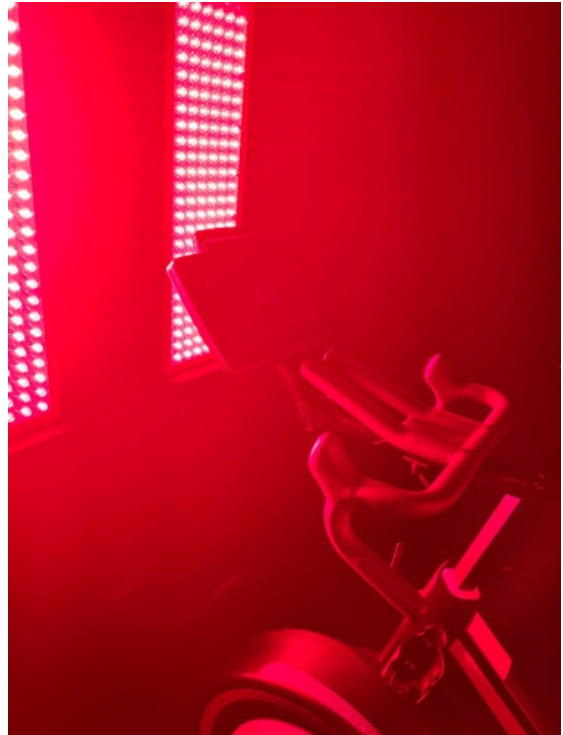
T: +44 2079 3758 53

## Opening Times

Monday – Friday 06:30 – 21:00

Saturday & Sunday 09:00 – 18:00

Bank Holidays 09:00 – 18:00



## Bibliography

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The  
Breast Clinic



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