2-2014

Evidence for the use of exercise in patients with breast cancer to reduce cancer-related fatigue

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Evidence for the Use of Exercise in Patients with Breast Cancer to Reduce Cancer-Treatment Related Fatigue

Combined Sections Meeting 2014

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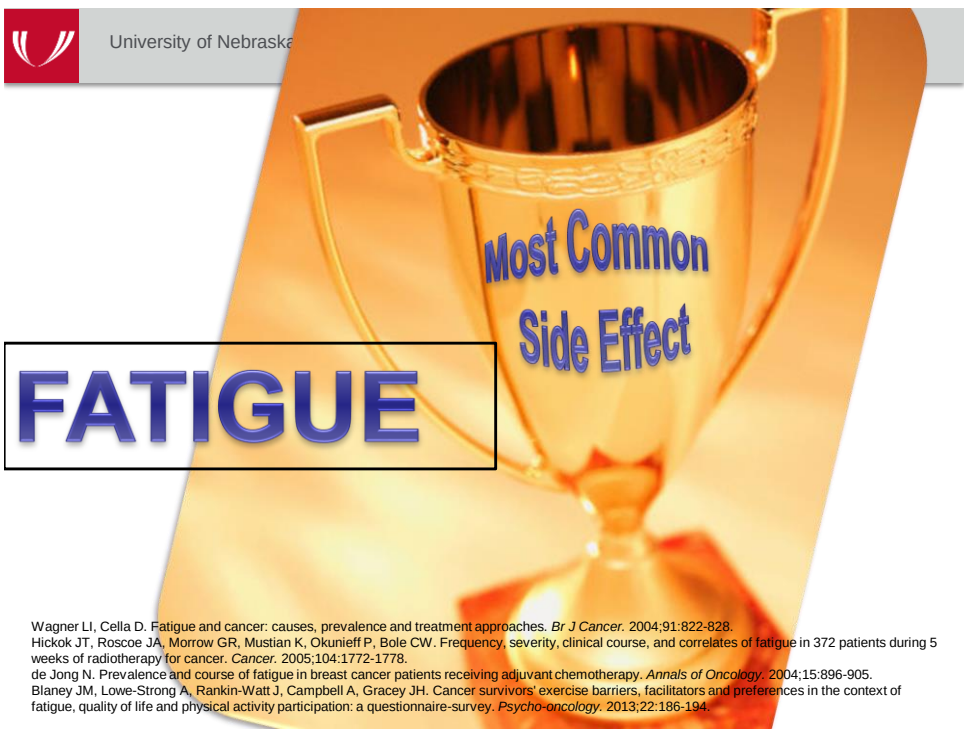
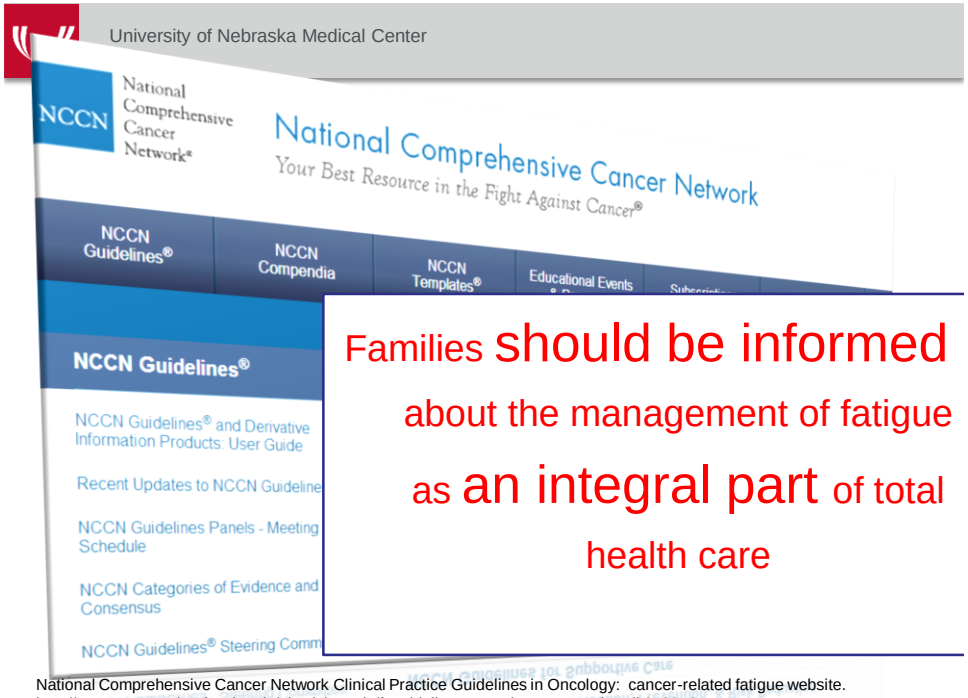


Wagner LI, Cella D. Fatigue and cancer: causes, prevalence and treatment approaches. *Br J Cancer.* 2004;91:822-828.
Hickok JT, Roscoe JA, Morrow GR, Mustian K, Okunieff P, Bole CW. Frequency, severity, clinical course, and correlates of fatigue in 372 patients during 5 weeks of radiotherapy for cancer. *Cancer.* 2005;104:1772-1778.
de Jong N. Prevalence and course of fatigue in breast cancer patients receiving adjuvant chemotherapy. *Annals of Oncology.* 2004;15:896-905.
Blaney JM, Lowe-Strong A, Rankin-Watt J, Campbell A, Gracey JH. Cancer survivors' exercise barriers, facilitators and preferences in the context of fatigue, quality of life and physical activity participation: a questionnaire-survey. *Psycho-oncology.* 2013;22:186-194.



National Comprehensive Cancer Network Clinical Practice Guidelines in Oncology: cancer-related fatigue website. http://www.nccn.org/professionals/physician_gls/f_guidelines.asp#site. Accessed April 9, 2013.

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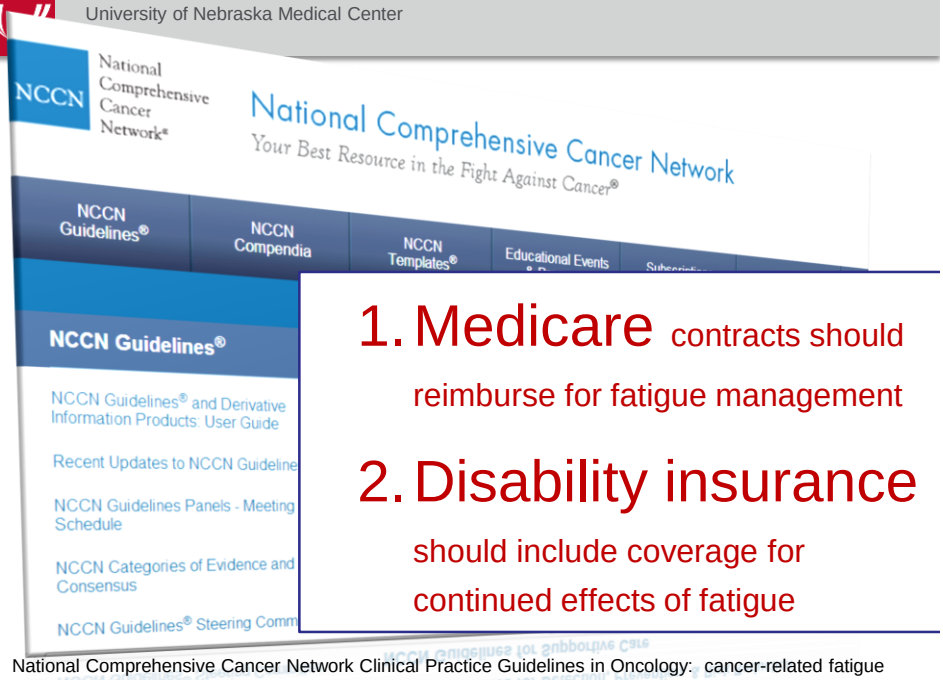

1. **Medicare** contracts should reimburse for fatigue management
2. **Disability insurance** should include coverage for continued effects of fatigue

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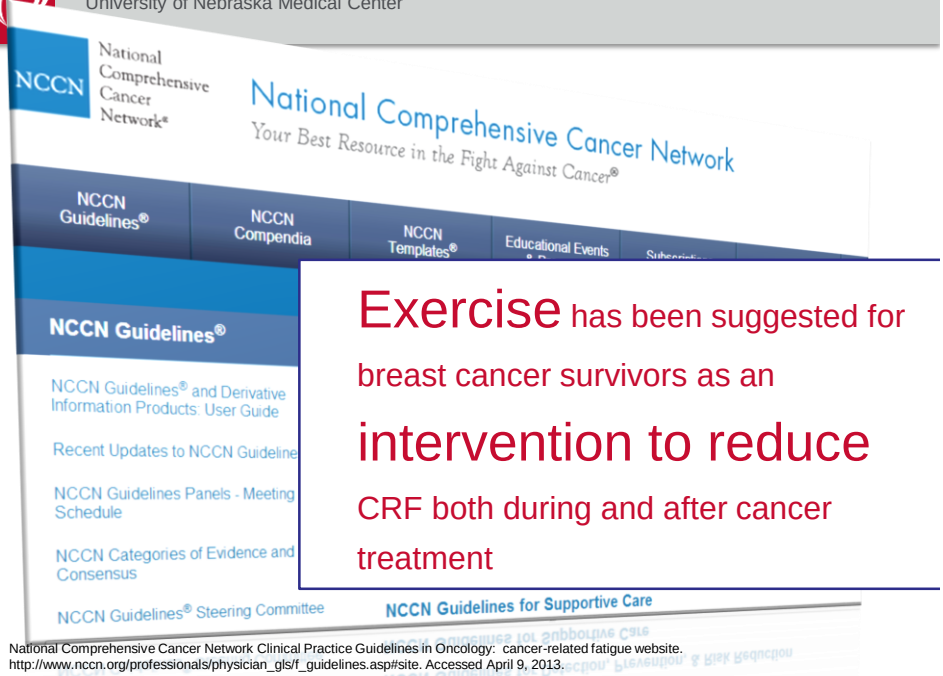

Exercise has been suggested for breast cancer survivors as an **intervention to reduce** CRF both during and after cancer treatment

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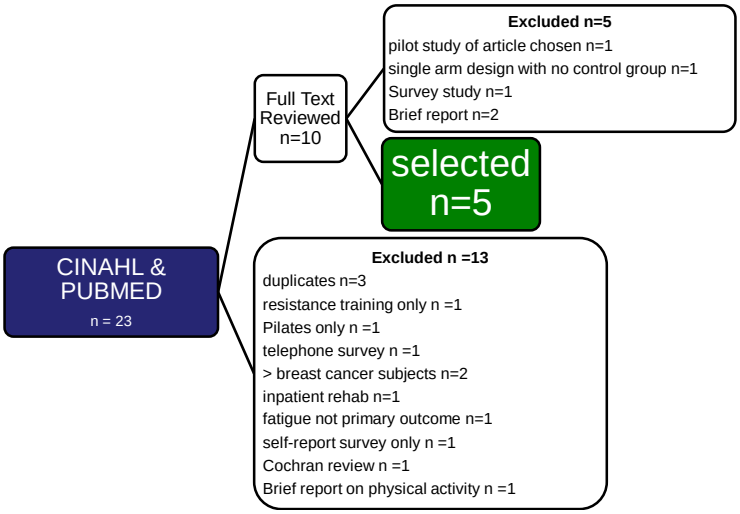
Objective

To summarize the effects of exercise to reduce cancer-related fatigue in patients with breast cancer

Methods for Study Selection



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Study Subjects

Stage I-III

< 2 years from completion of treatment

Exclusion for mental illness, CI to exercise, previously engaged in exercise or recurrent disease

Results

4/5 studies showed an improvement in fatigue

3 different outcome tools used to measure fatigue (Piper Fatigue Survey, FACT-F, Schwartz Cancer Fatigue Scale)

Length and mode of exercise intervention & follow-up varied among each study

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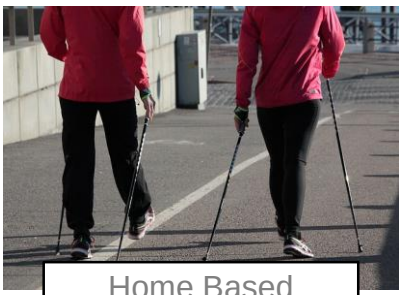
Payne J, Held J, Thorpe J, Shaw H. Effect of exercise on biomarkers, fatigue, sleep disturbances, and depressive symptoms in older women with breast cancer receiving hormonal therapy. *Oncology Nursing Forum.* 2008;35:635-642.

Home based walking
14 weeks
Piper Fatigue Survey

Penttinen HM, Saarto T, Kellokumpu-Lehtinen P, et al. Quality of life and physical performance and activity of breast cancer patients after adjuvant treatments. *Psycho-oncology.* 2011;20:1211-1220.

14 weeks
FACT-F

Wang YJ, Boehmke M, Wu YW, Dickerson SS, Fisher N. Effects of a 6-week walking program on Taiwanese women newly diagnosed with early-stage breast cancer. *Cancer Nursing.* 2011;34:E1-13.



Home Based
Walking Program

6 weeks
Assessment: FACT-F

Milne HM, Wallman KE, Gordon S, Courneya KS. Effects of a combined aerobic and resistance exercise program in breast cancer survivors: a randomized controlled trial. *Breast Cancer Res Treat.* 2008;108:279-288.

Schwartz Cancer Fatigue Scale

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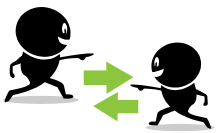
Cantarero-Villanueva I, Fernandez-Lao C, Cuesta-Vargas AI, Del Moral-Avila R, Fernandez-de-Las-Penas C, Arroyo-Morales M. The effectiveness of a deep water aquatic exercise program in cancer-related fatigue in breast cancer survivors: a randomized controlled trial. *Arch Phys Med Rehab.* 2013;94:221-230.

3x/wk for 8 weeks
(6 mo follow-up)
Piper Fatigue Scale

Study Limitations



Be aware of

important role

of exercise

intervention for management of cancer related treatment fatigue

Take Home Message

Additional research to **clarify optimal dosage** & compare outcomes of total daily **physical activity vs. formal exercise**

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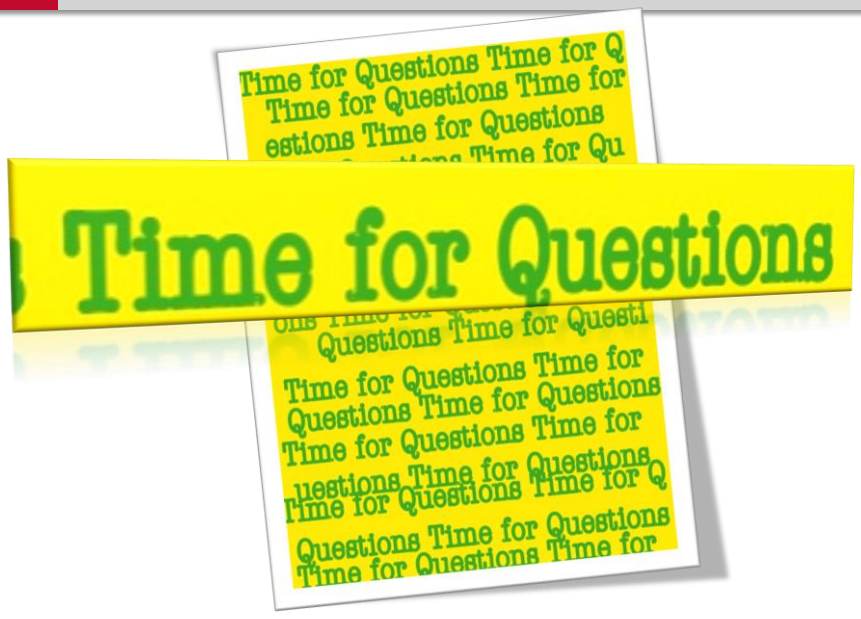
Evidence supports the **value of exercise** for individuals with cancer - related fatigue and the **active role PTs** can play to initiate exercise programs.

Take Home Message


Time for Questions