Erratum

Increasing Physical Activity and Exercise in Lung Cancer

Reviewing Safety, Benefits, and Application: Erratum

In regard to our recent article published in Journal of Thoracic Oncology (Increasing Physical Activity and Exercise in Lung Cancer: Reviewing Safety, Benefits, and Application), we recognized an error that needs amending.1

In the “How Much Exercise” section, we suggest that the physical activity recommendation by the American Heart Association (150 min/wk of moderate intensity exercise)1 is probably unattainable for most lung cancer patients. We cited Maddocks et al.’s2 2012 Letter to the Editor, “When will I get my breath back? Recovery time of exercise-induced breathlessness in patients with thoracic cancer.” The letter reported that lung cancer and mesothelioma patients have a median relief of breathlessness after 4 minutes using an Incremental Shuttle Walk Test (median of 360 m over a mean of 373 sec). We erroneously stated that lung cancer patients exercised 4 minutes before they became breathless.

Despite our inaccurate reference to Maddocks et al.’s2 letter, we still feel that exercise goals for healthy patients are unrealistic for most lung cancer patients. In 52 patients with lung cancer or mesothelioma after chemotherapy or radiotherapy, O’Driscoll et al.3 reported that 50% reported breathlessness with walking, 19% reported breathlessness with bathing, and 17% reported breathlessness with bending or talking. Granger et al.4 have shown that at diagnosis non–small-cell lung cancer patients engage in less physical activity than their healthy counterparts, and 6-minute walk distance (6MWD) in lung cancer patients is lower than in healthy patients. Whereas healthy adult 6MWD is estimated at 630 m,5 and in 56 lung cancer patients, Granger et al.4 reported mean 6MWD of 421 m with a minimal important difference between 22 and 42 m.

We still feel that physical activity is a safe and beneficial therapy for lung cancer. We apologize for our error.

References