



## Exercises Appropriate for Quality of Life of Patients Surviving Breast Cancer

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**Dear editor,**

One of the key concepts in behavioral science is the quality of life (QOL). Health-related quality of life is an important subject in breast cancer [1]. Breast cancer is the most frequently diagnosed disease in women, which is considered as the second cause of death [2].

Recent research has shown Surgery and radiotherapy in the treatment of breast cancer cause pain in the arm, shoulder and chest area in 30-50% of patients, Lymphedema %15-25%, Limited range of motion of the shoulder in %35 of patients that continue 3-5 years after treatment [3].

According to WHO, more than 5 million patients with cancer every year have moderate to severe pain due to insufficient access to pain medicines. Breast cancer pain includes treatment-related pain (eg, post-surgery pain and lymphedema pain), non-specific pain related to long-term complications and site-specific metastatic-disease related pain (eg, bone pain and bowel obstruction) [4].

One of the issues affecting the quality of life of patients with breast cancer is arm/ shoulder problems (ASPs) [5].

ASPs are defined as restricted shoulder mobility, lymphedema, and arm or shoulder pain which is the common problem among breast cancer survivors [6]. The research has shown that ASPs significantly contribute to patients' poor quality of life [7]. Above all, studies on QOL can further indicate the directions needed for more efficient treatment of cancer patients. The complications resulted from surgery includes pain, hematoma, seroma, surgical site infection. The results of research suggest that a complex exercise program would be useful to

recover shoulder range of motion and pain in women with breast cancer. Therefore, to improve quality of life of women with breast cancer, they should be encouraged to play an active part in their improvement; on the other hand, postoperative exercises can help decrease the negative effects of complications in their quality of life [8].

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