

## Systematic Review

# Effects of Exercise on Cancer-Related Fatigue in Breast Cancer Patients: A Systematic Review and Meta-Analysis of Randomized Controlled Trials

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**Abstract:** The primary objective of this study was to assess the influence of exercise interventions on cancer-related fatigue (CRF), specifically in breast cancer patients, with the ultimate goal of establishing an optimal exercise prescription for breast cancer patients. A comprehensive search was undertaken across multiple databases, including Embase, PubMed, Cochrane Library, Web of Science, and Scopus, covering data published up to 1 September 2023. A meta-analysis was conducted to calculate the standardized mean difference (SMD) along with its corresponding 95% confidence interval (CI), thereby quantifying the effectiveness of exercise in alleviating CRF in the breast cancer patient population. Twenty-six studies met the inclusion criteria. Aerobic exercise (SMD,  $-0.17$ ,  $p = 0.02$ ), resistance exercise (SMD,  $-0.37$ ,  $p = 0.0009$ ), and combined exercise (SMD,  $-0.53$ ,  $p < 0.0001$ ) significantly improved CRF in breast cancer patients. In addition, exercise intervention conducted  $\geq 3$  times per week (SMD,  $-0.47$ ,  $p = 0.0001$ ) for  $>60$  min per session (SMD,  $-0.63$ ,  $p < 0.0001$ ) and  $\geq 180$  min per week (SMD,  $-0.79$ ,  $p < 0.0001$ ) had greater effects on improving CRF in breast cancer patients, especially middle-aged patients (SMD,  $-0.42$ ,  $p < 0.0001$ ). Exercise is an effective approach to improving CRF in breast cancer patients. When devising an exercise program, the primary consideration should be the incorporation of combined exercise as the principal intervention. This entails ensuring that participants engage in the program at least three times weekly, with each session lasting for more than 60 min. The ultimate aim is to achieve a total weekly exercise duration of 180 min by progressively increasing the frequency of exercise sessions.

**Keywords:** exercise; cancer-related fatigue; breast cancer; systematic review; meta-analysis

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## 1. Introduction

Cancer stands as one of the most pervasive health conditions globally, encompassing an astonishing array of over 200 identified types that have been linked to cause more than 60 dysfunctions [1]. Alarmingly, both the global incidence and mortality rates of cancer have been escalating steadily over the past few decades, portending a grim future where it is projected to emerge as the primary cause of mortality and the foremost impediment to extending human life expectancy in the 21st century [2,3].

Notably, breast cancer occupies a particularly ominous position, ranking as the most frequently occurring cancer among women and the leading contributor to cancer-related fatalities [3]. According to the American Cancer Society, the incidence of breast cancer has

# Randomized Trials In Cancer A Critical Review

**L. Denis**



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preceding year Each volume identifies scientific and clinical areas in oncology that are rapidly changing and show a high potential for affecting the management of cancer patients in the future These areas may reflect current controversies in oncology and every effort is made to provide clear direction for the practicing oncologist **Anticancer Research** ,1998

**UICC Technical Report Series** ,1981 **Breast Imaging, An Issue of Radiologic Clinics of North America, E-Book** Christopher E. Comstock,Cecilia L. Mercado,2014-05-28 Guest edited by Christopher Comstock of Memorial Sloan Kettering this issue of Radiologic Clinics will provide all of the latest guidelines and techniques for breast imaging Modalities include MRI MR CAD digital tomosynthesis and ultrasound **Predictive Drug Testing on Human Tumor Cells V. Hofmann,M.E. Berens,G. Martz,1984-09-01** Predictive drug testing on human tumor cells in order to define the appropriate chemotherapy will remain imperative as long as the anticancer agents available are few in number and show only limited activity The advantages of an effective test would lie in obviating the need for testing antineoplastic agents on large cohorts of patients for assessment of drug activity phase II studies and in allowing determination of optimal use of anticancer agents phase III trials Such an in vitro test could help to better define dose and schedule of drugs preclinically The additive value of individual drugs could be determined on tumor cells in vitro in order to define the best combination chemotherapy in vivo Test directed therapy would avoid unnecessary drug related morbidity in patients with refractory tumors Chemotherapy treatment would be more than justified even with side effects if palliation or even prolonged survival could be anticipated as a result The benefits of predictive drug testing on human tumor cells would extend beyond improvement of individual patient treatment if the testing helped to identify new active agents This spectrum of benefits to the entire field of oncology provides tremendous motivation for the development of such testing Although a number of chemosensitivity tests have been proposed since the advent of modern anticancer chemotherapy interest has been renewed by the possibility of cloning human tumor cells on agar plates with a view to testing drug activity on cells with high proliferation capacity **Summary Report, Office of the Associate Director, Viral Oncology Program** National Cancer Institute (U.S.). Viral Oncology Program,1978

**Controlled Clinical Trials in Urologic Oncology** L. Denis,1984 **Mastology '88** Lydia Ioannidou-Mouzaka,Michael Philippakis,Philip Angelakis,1988 **Textbook of Gastroenterology** Tadataka Yamada,David H. Alpers,1999 Provides coverage of contemporary clinical gastroenterology In 143 chapters the text reviews clinically relevant basic science presents practical approaches to common symptoms discusses the spectrum of diseases and describes all diagnostic and therapeutic modalities currently available This third edition of the text includes additional chapters on gastrointestinal inflammation oral manifestations of gastrointestinal disease approach to the patient with gastrointestinal neoplasm and surgical treatment of inflammatory bowel disease **Hormonally Responsive Tumors** Vincent P. Hollander,1985 *Cancer, Principles and Practice of Oncology* Vincent T. DeVita,Vincent T. DeVita (Jr.),Samuel Hellman,Steven A. Rosenberg,1982 **Scientific directory, Annual bibliography, National Institutes of Health. 1979 ,1979**

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