



EXERCISE CAN REDUCE RISK OF BREAST CANCER

Engaging in regular, moderate exercise has been shown to help women lower their risk of breast cancer, according to a study published in *Cancer Epidemiology, Biomarkers, and Prevention*.

The study, which included 70 000 postmenopausal women, showed that those who did more vigorous exercise and walking, reported an even greater reduced risk of breast cancer at 25% compared to the women in the study who were the least active.

And this risk reduction was regardless of whether the women were overweight or obese, whether they gained weight during the study or if they were taking menopausal hormone therapy.

Researchers from the American Cancer Society believe that one way that exercise helps to lower breast cancer risk is by regulating hormones, which include oestrogen and insulin – both of which are linked to breast cancer growth.

There's another benefit of exercise: and it includes women who are already receiving treatment for breast cancer.

Exercise can help women stay on breast cancer medication

Exercise can help ease the joint pain associated with breast cancer medication, a factor that often causes women to stop taking the drugs. This increases their risk of developing breast cancer again, according to a study by the Dana-Farber Cancer Institute.

The side effects of these drugs are often quite severe, study author Jennifer Ligibel says. "Exercise offers an attractive option for patients who want to continue taking these drugs but who are burdened by their side effects."

The recommendation for adults is to get at least 150 minutes of moderate-intensity exercise – like brisk walking – or 75 minutes of vigorous-intensity exercise spread throughout the week. This can include dancing, soccer or running (anything that increases your heart rate up).

Just remember to consult with your doctor before beginning any new exercise regime.