

Cancer survivors decreased physical function and QOL compared to healthy subject

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Abstract

Previous our research showed that cancer survivors have significantly lower QOL than do healthy subjects. Furthermore, the muscle strength of cancer survivors was positively related to QOL, while muscle strength was negatively related to QOL in healthy subjects. This our result indicates that muscle strength is an important factor to improve QOL in cancer survivors. Recently, some study investigated the effect of physical exercise on mortality in cancer patients. Actually, our previous review showed the rate of mortality among patients with higher physical activity, pre- and post-diagnosis, was lower than the mortality rate among sedentary patients, for breast, colorectal, colon, prostate, lung, endometrial, and ovarian cancer. Mortality was further decreased by physical activity of vigorous intensity.

Biography

Shinichiro Morishita has completed his PhD at the age of 36 years from Hyogo College of Medicine, Japan. He is the professor of Niigata University of Health and Welfare, Japan. He has over 40 publications (English only) that have been cited over 100 times, and his publication H-index is 20 and has been serving as an editorial board member of reputed Journals.

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