

BREAST CANCER & PHYSICAL ACTIVITY

The UK Chief Medical Officer's Guidelines suggest all 19-64 year olds should do 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity activity, every week and strengthening exercises on at least 2 days a week.

Reduces the risk of breast cancer:

- Physical activity reduces breast cancer risk by up to 23%. (i)
- Physical activity in adolescents and young adults carrying the BRCA1 and 2 genes, may reduce or delay the risk of breast cancer. (ii)
- Physical activity reduces levels of oestrogen. High circulating levels of oestrogen have been linked to increased rates of breast cancer. (iii)

Reduces side effects from breast cancer treatments:

- Including reducing joint pains (iv), nerve damage (v), gastrointestinal side effects (vi) and fatigue (vii)

Reduces the rate of recurrence of breast cancer after treatment:

- Exercise after breast cancer could reduce the risk of recurrence by 35% (viii) and is effective if started both before and after diagnosis. (ix)
- This could in part be due to reducing important hormones and markers of inflammation (x) (xi) which have been linked to breast cancer.

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There are loads of great local and national resources out there, to support you and your friends and family, in becoming more active at any stage in your breast cancer journey.



We have put together some links which we hope you find helpful.

**MACMILLAN
CANCER SUPPORT**

Macmillan Physical activity and cancer

For more information on how physical activity can benefit you and how to get started - [Click here](#)

**Live Life
BETTER
DERBYSHIRE**

If you are registered with a Derbyshire GP you can be referred for a free 12 week exercise programme if you have received a cancer diagnosis in the last 5 years (and aged 19 or over, do less than 150 minutes of moderate exercise a week and have not been referred previously) - [Click here for more information](#)

**HER
SPIRIT**

Is a fun, safe and supportive community for women to get fitter, stronger and healthier together. By using the promotional code HSDERBYBC, you can get a year's free membership. [Click here to join](#)

**active
recovery**

Active Recovery aims to support those who have undergone cancer treatment to regain confidence, fitness and strength. You can self-refer by [clicking here](#), if you have had a cancer treatment within the last 5 years.

**MOVE
AGAINST
CANCER.**

Is a charity supporting, inspiring and empowering people to move against cancer. They run an online 8-week support programme for 13-30 year olds and have a number of Move Your Way resources and podcasts. In addition, they run "5K Your Way" a community-based initiative encouraging those living with and beyond cancer, along with their families, friends and those working in cancer services to walk, jog, run or volunteer at designated Parkruns across the country. [Click here for more.](#)

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- (v) Mizrahi D., Trinh T., Au K., et al Does physical activity participation associate with the degree of chemotherapy-induced peripheral neuropathy after neurotoxic treatment?. *Asia-Pac. J. Clin. Oncol.* 2019;15(SUPPL 9):179. doi:10.1111/ajco.13263
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- (x) Bruinsma T.J., Dyer A.-M., Rogers C.J., Schmitz K.H., Sturgeon K.M. Effects of diet and exercise-induced weight loss on biomarkers of inflammation in breast cancer survivors: A systematic review and meta-analysis. *Cancer Epidemiol. Biomarkers Prev.* 2021;30(6):1048-1062. doi:10.1158/1055-9965.EPI-20-1029
- (xi) Zhou Y., Jia N., Ding M., Yuan K. Effects of exercise on inflammatory factors and IGF system in breast cancer survivors: a meta-analysis. *BMC Women's Health* 2022;22(1):no pagination. doi:10.1186/s12905-022-02058-5