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### Effects of lifestyle interventions on body mass index in breast cancer patients

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Obesity is associated with an increased risk of breast cancer, and is also positively associated with tumor size and a higher probability of having positive axillary lymph nodes and faster growing tumors. It has been suggested that up to 50% of post-menopausal breast cancers are attributable to obesity. Accordingly, this study assessed the impact of lifestyle intervention on body mass index (BMI) in women with breast cancer. This is a randomized clinical trial study. The study samples were 80 women with stage I, II, or III breast cancer, that operated for breast cancer and their chemotherapy or radiation therapy completed 3-18 months ago. They are divided randomly into two groups; control group and lifestyle interventions group. Those in the lifestyle intervention group were instructed to practice aerobic exercises 45-60 minutes three times per week for 24 weeks with dietary energy restriction training. Those in the control group were instructed to continue normal activities and their routine health care. Data were obtained from the patient information form and body mass index form that completed before and after the lifestyle intervention in both groups. No baseline differences existed between the two groups for the mean of BMI ( $p=0.366$ ) before the study; but the mean of BMI in the lifestyle intervention group after the intervention decreased to  $25.12 \pm 2.86$ , while in the control group it increased to  $30.42 \pm 6.89$ . The difference between the mean of BMI among the two groups after the intervention was statistically high ( $p=<0.001$ ). Lifestyle intervention could be considered as part of a cancer survivorship program. For women with breast cancer, lifestyle intervention can decrease body mass index. Additional research in lifestyle intervention along with cognitive behavioral therapy also may be beneficial.

### Biography

Haleh Ghavami has completed her Doctoral education in Surgical Nursing from Istanbul University's Florence Nightingale Nursing Faculty (20 March 2015). She received her Master of Medical Surgical Nursing Education from Tarbiat Modares University and Bachelor of Science in Nursing from Islamic Azad University of Urmia. During her teaching career, she practiced full scope clinical nurse. Most recently, she taught medical surgical nursing and critical care to masters nursing students at the University of Urmia. Her research interests concern improving health related quality of life and healthy lifestyle among diabetic and breast cancer patients.

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