

REGULAR EXERCISE

It is not news that regular exercise can prevent a number of health problems including some cancers. How it reduces the risk of breast cancer and breast cancer recurrence is not entirely known. It may be all related to hormones. Decreased exposure to estrogen and progesterone inhibits carcinogenesis in the breast and physical activity may lower a woman's cumulative exposure to estrogen and progesterone. Vigorous exercise can interrupt the menstrual cycle and even moderate exercise can have an effect.

Women who engaged in lower intensity exercise more than 7 hours a week had an 18% reduction in the risk of developing breast cancer.

Women who engaged in strenuous physical activity at least 3 times per week

- **age 35 had 14% decrease risk of breast cancer**
- **age 50 had 11% decrease risk invasive cancer**

Women's Health Initiative JAMA 2003

Maintaining a healthy weight and engaging in regular physical exercise are associated with a decrease risk of breast cancer and breast cancer recurrence.

Women's Health Initiative, JAMA 2003

Inger, NEJM 1997