

# 36<sup>th</sup> World Cancer Conference & 3<sup>rd</sup> Edition of International Conference on **Colorectal Cancer**

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## The benefits of physical activity for cancer survivors: A literature review

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The benefits of physical activity have been well-documented. According to the World Health Organization, regular physical activity participation is recommended for health benefits. Traditionally, cancer survivors have been focused on receiving medical treatment and regular follow-up for monitoring the disease progress. Research has been supported that engaging in healthy lifestyle such as physical activity participation can positively impacts the physical and psychological health of cancer survivors. The purpose of this study is to review the benefits of physical activity for cancer survivors. A systematic review was conducted using multiple databases such as Medline, PubMed, Embase. Related articles within 2013-2018 were reviewed systematically and the results were presented by thematic analysis. The results showed that physical activity benefits cancer survivors on the following aspects: 1) improve survival: the relative risk of death from cancer was reduced for cancer survivors who engaged in higher physical activity level and can minimize the recurrent rate; 2) enhance quality of life: improving body image, increasing body satisfaction, and psychological health and identity. 3) reduce symptoms of discomfort when receiving treatment like chemotherapy and radiotherapy. To conclude, physical activity benefits cancer survivors in different aspects. Recommendation on physical activity participation for cancer survivors should be reinforced.

### Biography

Yau Sui Yu has studied the impacts of physical activity and health for years. She serves as the Editor-in Chief, Editorial Board member and Reviewer for various international journals. Her research interests including cardiovascular nursing, nursing education, physical activity and health, and patient education.

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