

# Yoga, meditation aid menopausal symptoms after breast cancer

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(HealthDay)—For breast cancer survivors, a yoga and meditation intervention is associated with improvement in menopausal symptoms, according to a study published in the July 1 issue of *Cancer*.

Holger Cramer, Ph.D., from the Kliniken Essen-Mitte in Germany, and colleagues examined the effects of a 12-week traditional Hatha yoga and meditation intervention on [menopausal symptoms](#). Forty breast [cancer survivors](#) (mean age, 49.2 years) were randomized to yoga (19 women) or usual care (21 women).

The researchers found that, compared with the usual-care group, women in the yoga group reported significantly lower total [menopause symptoms](#) at week 12 (mean difference,  $-5.6$ ;  $P = 0.004$ ) and at week 24

(mean difference,  $-4.5$ ;  $P = 0.023$ ). The yoga group reported fewer somatovegetative, psychological, and urogenital menopausal symptoms at week 12, as well as less fatigue and improved quality of life (all  $P$

"Yoga combined with meditation can be considered a safe and effective complementary intervention for menopausal symptoms in [breast cancer survivors](#)," the authors write.

**More information:** [Abstract](#)  
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