

Exercise cuts cardiac events in non-metastatic breast cancer

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(HealthDay)—For patients with non-metastatic breast cancer, exercise is

associated with reductions in the incidence of cardiovascular events, according to a study published online May 23 in the *Journal of Clinical Oncology*.

Lee W. Jones, Ph.D., from the Memorial Sloan Kettering Cancer Center in New York City, and colleagues conducted a prospective study involving 2,973 women diagnosed with non-metastatic breast cancer. Participants completed a questionnaire that assessed leisure-time recreational physical activity, measured in metabolic equivalent task-hours/week (MET-h/wk). Patients were followed for a median of 8.6 years.

The researchers found that the incidence of [cardiovascular events](#) decreased across increasing total MET-h/wk categories, in [multivariable analysis](#) ($P_{\text{trend}} < 0.001$). Compared with

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