

Nordic walking can provide multiple benefits for patients with breast cancer

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An analysis of published studies found that Nordic walking—a low impact aerobic activity consisting in walking with poles—can benefit patients with breast cancer by having a positive impact on swelling,

physical fitness, disability, and quality of life.

The *European Journal of Cancer Care* analysis, which included nine relevant studies, revealed no adverse effects associated with the exercise.

"Current evidence...stems from a small number of investigations with limited methodological quality. Therefore, further well-designed studies are still needed to explore the potential benefits of Nordic walking on this population," the authors wrote.

More information: Miguel A. Sánchez-Lastra et al, Nordic walking for women with breast cancer: A systematic review, *European Journal of Cancer Care* (2019). [DOI: 10.1111/ecc.13130](https://doi.org/10.1111/ecc.13130)

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