

# Aerobic exercise reduces fatigue with radiotherapy for breast CA

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(HealthDay)—An aerobic exercise program can reduce fatigue in women undergoing radiotherapy for breast cancer, according to a study published in the January issue of the *Journal of Clinical Nursing*.

Tsui-Yun Yang, R.N., from the National Taipei University in Taiwan, and colleagues assigned 28 consecutive, willing participants with early-stage [breast cancer](#) to an intervention of six weeks of mild- to moderate-intensity aerobic exercise training during their [radiotherapy](#). The next 30 consecutive participants were assigned to routine care without special exercise.

The researchers observed no group differences in baseline fatigue severity, fatigue interference, or hemoglobin levels. There was a significant group-by-time-interaction effect noted for fatigue severity and interference ( $P < 0.001$ ), with the fatigue severity and interference decreasing significantly over time for women in the intervention group but increasing over time for women in the control group.

"The mild- to moderate-intensity [aerobic exercise](#) program reduces the fatigue of Taiwanese women with breast cancer undergoing radiotherapy," the authors write.

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