Yoga for women living with breast cancer-related arm morbidity: findings from an exploratory study

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Treatments for breast cancer assault the body and can disrupt the relationship between body, mind, and spirit. In this article, we discuss the ways in which yoga was experienced and understood as a healing therapy among ten female breast cancer survivors between the ages of 26 and 70 and living with treatment-related arm morbidity. The women participated in 6 weekly sessions of gentle Iyengar yoga and responded to open-ended surveys before and after the intervention. The majority of women reported physical, emotional, and spiritual benefits from the practice of yoga. Specific benefits included improvements in physical function and relief from symptoms related to treatment; increased peace of mind and hope; and connection to other yoga participants. Integral to this healing process was social support from other breast cancer survivors.

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Study exclusion criteria included: studies that assessed the effect of therapy from a single discipline (for example, physiotherapy only) or any unidisciplinary intervention or modality (for example, physical exercise, gym, stretching programme); non-English studies, theses, narrative reviews, editorials, case reports, economic evaluation, conference proceedings; studies conducted in paediatric population (<18 years) and studies with sample size of. Studies that involved participants with other types of cancers or other diagnoses where data were specifically provided for women with BC were also included. Citation: Khan F, Amatya B (2013) Multidisciplinary Rehabilitation in Women with Breast care appears to have, from the date of including reductions in arm a neutral effect on, diagnosis. For women with breast cancer undergoing radiation therapy, yoga offers unique benefits beyond fighting fatigue, according to new research. The study assessed, for the first time, yoga benefits to cancer patients by comparing their experience with patients in an active control group who integrated simple, generic stretching exercises into their lives. "The combination of mind and body practices that are part of yoga clearly have tremendous potential to help patients manage the psychosocial and physical distress associated with treatment and life after cancer, beyond the benefits of simple stretching," said Cohen. Breast cancer is the most common cancer among women worldwide. Although the number of women who survive breast cancer is increasing, those women often suffer from psychological or physical problems. We wanted to find out whether yoga can improve quality of life, mental health and symptoms related to cancer in women with a diagnosis of breast cancer. Women in the remaining five studies were either undergoing treatment or were not. Studies used a variety of questionnaires to assess quality of life, depression, fatigue and/or sleep disturbances. No studies have assessed effects of yoga in women given a diagnosis of breast cancer more than five years ago. What does this mean?