

Yoga Provides Lift for Breast Cancer Patients

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Breast cancer patients who participated in a 10-week program of restorative yoga (RY) classes experienced positive emotional changes compared to women who did not, according to a recent study.

Women practicing RY, a gentle form of yoga, reported experiencing a 50% reduction in depression and a 12% increase in feelings of peace and meaning after the 75-minute sessions.

“Evidence from systematic reviews of randomized trials is quite strong that mind-body therapies improve mood, quality of life, and treatment-related symptoms in people with cancer,” commented the study's lead researcher, Suzanne Danhauer, PhD, of the Wake Forest University School of Medicine. “Yoga is one mind-body therapy that is widely available and involves relatively reasonable costs.”

The study consisted of 44 women with breast cancer, 34% of whom were actively undergoing cancer treatment. Half the women took the gentle yoga classes and the other half were placed in the control group. A questionnaire given at the beginning and end of the 10 weeks helped the researchers assess the participants' quality of life.

Unlike the control group, the women doing RY demonstrated a significant improvement in feelings of fatigue. Those who began the gentle yoga intervention with higher negative emotions and lower emotional well-being benefited the most (*Psychooncology*. 2009; Feb 25. [Epub ahead of print]).

“Our results are very promising and will allow us to embark on a much larger-scale study,” said Dr Danhauer.

<http://www.oncologynursingnews.com/Yoga-Provides-Lift-for-Breast-Cancer-Patients/PrintArticle/129790/>