

# Research!

***“Numerous studies have demonstrated that obesity and weight gain adversely affect cancer prognosis, adding further evidence to the hypothesis that physical activity — one of the critical components of obesity and weight gain — influences cancer survival.”***

Melinda Irwin, PH.D., MPH - Yale School of Medicine Professor and Cancer Researcher

Visit [BackintheSwing.org](http://BackintheSwing.org), to review complete research results of recent studies documenting the critical importance of exercise to the health of breast cancer survivors. Highlights of recent studies include:

- **PHYSICAL ACTIVITY WAS LINKED TO A LOWER RISK** of breast cancer and breast cancer recurrence, cited in the study, “Physical Activity and Survival After Breast Cancer Diagnosis,” *The Journal of the American Medical Association*, (2005).
- **WOMEN WHO INCREASED PHYSICAL ACTIVITY AFTER DIAGNOSIS** had a 45% lower risk of losing their lives to the disease, compared to women who were inactive both before and after diagnosis, according to the study, “Influence of Pre- and Postdiagnosis Physical Activity on Mortality in Breast Cancer Survivors,” *The Journal of Clinical Oncology*, (2008).
- **WEIGHT LIFTING WILL NOT WORSEN** the arm and hand swelling associated with lymphedema in breast cancer survivors, according to the study, “Weight Lifting in Women with Breast Cancer Related Lymphedema,” *The New England Journal of Medicine*, (2009).



#### **Our name is our mission.**

Joyful, healthy, proactive living after breast cancer through awareness, education & fundraising. Back in the Swing is the first and only national nonprofit organization providing grassroots awareness, education and fundraising on behalf of millions of breast cancer survivors to empower them to get back in the swing of life physically, emotionally and spiritually.

No.1

Your Prescription for Getting *Back in the Swing* After Breast Cancer

# Exercise!

**FREE 7-DAY ACCESS PASS**

**jazzercise®**

DATE

NAME

**Jazzercise is a fun and effective dance-based workout combining cardio, strength and stretch movements set to popular music.**

**BRING THIS PASS TO ANY PARTICIPATING JAZZERCISE LOCATION.**

For more information about Jazzercise and to find a class in your area, visit [jazzercise.com](http://jazzercise.com) or call (800) FIT-IS-IT. Offer Expires 12-31-10

**Jazzercise, the world's leading dance fitness program,** was at the forefront of a recent study at the Breast Cancer Survivorship Center at the University of Kansas Cancer Center (BCSC) that strongly indicated the importance of exercise for breast cancer survivors. The study showed that Jazzercise participants lost 5.6% of their total body fat (DEXA) and 12.6% of their starting body weight. Additionally, the study group demonstrated considerable progress in several measures of fitness and quality of life measures. The results of the study will be part of the prestigious "Biennial Cancer Survivorship Research Conference," sponsored by The National Cancer Institute, the American Cancer Society, LIVESTRONG and the Centers for Disease Control and Prevention.