

Physical Activity and Exercise in Women with Ovarian Cancer

The Objective:

- ◆ Describe physical activity levels post-diagnosis of ovarian cancer.
- ◆ Explore the relationship between physical activity levels and health outcomes, and;
- ◆ Evaluate the effect of exercise interventions for women with ovarian cancer.

What They Did:

A systemic review looking at any observational research studies or interventional studies that evaluated and reported physical activity levels, and the relationship between physical activity levels and the health outcomes and/or evaluated the effect of an exercise intervention in women with ovarian cancer.

What Was Found:

- ◆ Women with ovarian cancer experience a decline in physical activity levels from pre to post diagnosis and the majority are insufficiently active or sedentary following ovarian cancer diagnosis.
- ◆ Higher levels of physical activity following ovarian cancer diagnosis are associated with improved health-related quality of life and sleep, and less anxiety, depression, and fatigue.
- ◆ Exercise intervention during and post treatment for ovarian cancer can improve health-related quality of life and fatigue, and may improve other outcomes including chemotherapy completion rates, physical and mental function, strength, functional capacity, physical activity levels and sleep.

Clinical Implications:

- ◆ Findings suggest that physical activity is relevant to health outcomes for women with ovarian cancer.
- ◆ Interventions that aid women to stay or become sufficiently active, including through exercise interventions during or following treatment have potential to improve the lives of those with ovarian cancer.

Reference

Jones TL, Sandler CX, Spence RR, Hayes SC. (2020). Physical activity and exercise in women with ovarian cancer: A systematic review. *Gynecol Oncol.*

