Physical exercise may help patients with lymphoma live longer

Priyanka A. Pophali
Andrew Ip
Melissa C. Larson
Allison C. Rosenthal
Matthew J. Maurer
Christopher R. Flowers
Brian K. Link
Umar Farooq
Andrew L. Feldman
Cristine Allmer
Susan L. Slager
Thomas E. Witzig
Thomas M. Habermann
Jonathon B. Cohen
James R. Cerhan
Carrie A. Thompson

Video Byte

Keywords: lymphoma, cancer recurrence, cancer progression, physical activity, patient survival, overall survival, lymphoma-specific survival, event-free survival, American Cancer Society, moderate exercise, vigorous exercise, American Journal of Hematology

Posted Date: September 20th, 2019

DOI: <https://doi.org/10.21203/rs.2.15156/v1>

License: This work is licensed under a Creative Commons Attribution 4.0 International License.
[Read Full License](#)

Abstract

There are close to one million lymphoma survivors in the United States, and this number is increasing. Most want to know how they can prevent cancer recurrence or progression. A new study shows that physical activity can improve a patient's survival. Researchers looked at physical activity data from over 1,350 lymphoma patients before and 3 years after diagnosis and found that those who increased their level of physical activity lived longer. Higher levels of physical activity and increasing physical activity after diagnosis significantly improved overall survival, lymphoma-specific survival and event-free survival. Those meeting American Cancer Society recommendations of at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise had the best outcomes. The researchers also found a linear association between increasing physical activity and survival suggesting that any increase in activity – even mild intensity activity such as walking – can decrease the risk of death from all-causes, including lymphoma. This held true regardless of age, sex, treatment course, body mass index, or cancer stage. The findings indicate that patients can help control their outcomes by maintaining and increasing their activity levels. Pophali PA, et al. The Association of Physical Activity Before and After Lymphoma Diagnosis with Survival Outcomes. (2018) American Journal of Hematology