Physical Activity and Cancer: An Introduction

1.1 Physical Activity, Exercise, and Health-Related Fitness
1.2 Content and Organization of the Volume
1.3 Methodological Issues in Physical Activity and Cancer Research
1.4 Summary of Physical Activity and Cancer Prevention Chapters
1.5 Summary of Physical Activity and Cancer Survivorship Chapters
1.6 Summary of Physical Activity and Cancer Special Topic Chapters
1.7 Future Research Directions for Physical Activity and Cancer Research
1.8 Overall Summary and Conclusions

References

Part I Physical Activity and Cancer Prevention

Physical Activity and Breast Cancer Prevention

2.1 Epidemiologic Evidence
2.1.1 Background
2.1.2 Overall Associations Between Physical Activity and Breast Cancer Risk
2.1.3 Type, Dose, and Timing of Activity
2.1.4 Population Subgroups
2.1.5 Summary of Epidemiologic Findings
2.2 Biologic Mechanisms
2.2.1 Sex Hormones
3 Physical Activity and Genitourinary Cancer Prevention

Michael F. Leitzmann

3.1 Epidemiologic Evidence

3.1.1 Methods

3.2 Prostate Cancer

3.2.1 Background

3.2.2 Epidemiologic Studies of Physical Activity and Prostate Cancer

3.2.3 Overall Association Between Physical Activity and Total Prostate Cancer Risk

3.2.4 Type of Physical Activity and Total Prostate Cancer Risk

3.2.5 Dose of Physical Activity in Relation to Total Prostate Cancer Risk

3.2.6 Timing of Physical Activity in Relation to Total Prostate Cancer Risk

3.2.7 Physical Activity and Total Prostate Cancer Risk in Population Subgroups

3.2.8 Summary of Epidemiologic Findings on Physical Activity and Prostate Cancer

3.3 Bladder Cancer

3.3.1 Background

3.3.2 Epidemiologic Studies of Physical Activity and Bladder Cancer

3.3.3 Overall Association Between Physical Activity and Bladder Cancer Risk

3.3.4 Type of Physical Activity and Bladder Cancer Risk

3.3.5 Dose of Physical Activity in Relation to Bladder Cancer Risk

3.3.6 Timing of Physical Activity in Relation to Bladder Cancer Risk

3.3.7 Physical Activity and Bladder Cancer Risk in Population Subgroups

3.3.8 Summary of Epidemiologic Findings on Physical Activity and Bladder Cancer

3.4 Renal Cell Cancer

3.4.1 Background

3.4.2 Epidemiologic Studies of Physical Activity and RCC

3.4.3 Overall Association Between Physical Activity and RCC Risk
3.4.4 Type of Physical Activity and RCC Risk ........................ 57
3.4.5 Dose of Physical Activity in Relation to RCC Risk ............ 59
3.4.6 Timing of Physical Activity in Relation to RCC Risk .......... 60
3.4.7 Physical Activity and RCC Risk in Population Subgroups..... 60
3.4.8 Summary of Epidemiologic Findings on Physical Activity and RCC .................................................. 61
3.5 Testicular Cancer ............................................. 61
3.5.1 Background ............................................... 61
3.5.2 Epidemiologic Studies of Physical Activity and Testicular Cancer ................................................................. 62
3.5.3 Overall Association Between Physical Activity and Testicular Cancer Risk ....................................................... 62
3.5.4 Type of Physical Activity and Testicular Cancer Risk ...... 63
3.5.5 Dose of Physical Activity in Relation to Testicular Cancer Risk .......................................................... 63
3.5.6 Timing of Physical Activity in Relation to Testicular Cancer Risk .......................................................... 64
3.5.7 Physical Activity and Testicular Cancer Risk by Tumor Histology .......................................................... 64
3.5.8 Summary of Epidemiologic Findings on Physical Activity and Testicular Cancer .............................................. 64
3.6 Limitations of Epidemiologic Studies of Physical Activity and Genitourinary Cancers ............................................. 65
3.7 Biological Mechanisms Relating Physical Activity to Genitourinary Cancers ....................................................... 65
3.7.1 Prostate Cancer ............................................... 65
3.7.2 Bladder Cancer ............................................... 66
3.7.3 Renal Cell Cancer ............................................ 66
3.7.4 Testicular Cancer ............................................ 66
3.8 Future Directions ................................................ 67
References .......................................................... 67

4 Physical Activity and Gastrointestinal Cancer Prevention .............. 73
Kathleen Y. Wolin and Hallie Tuchman

4.1 Introduction ................................................... 73
4.2 Methods ......................................................... 74
4.3 Colon Cancer ................................................... 75
4.3.1 Type of Physical Activity .................................... 76
4.3.2 Dose of Physical Activity .................................... 78
4.3.3 Timing of Physical Activity .................................. 79
4.3.4 Population Subgroup Analyses ................................ 80
4.3.5 Colon Sub-site ................................................ 81
4.3.6 Colonic Adenomas ........................................... 82
4.4 Rectal Cancer .................................................... 83
4.5 Gastric Cancer .................................................... 84
4.5.1 Type of Physical Activity ...................................  85
4.5.2 Dose of Physical Activity ...................................  86
4.5.3 Gastric Subsite............................................  87
4.6 Biologic Mechanisms ......................................  87
4.7 Conclusion...............................................  90
References ...............................................  90

5 **Physical Activity and Lung Cancer Prevention** ..........................  101
Aina Emaus and Inger Thune

5.1 Introduction ..............................................  101
5.2 Epidemiologic Studies of Physical Activity
and Lung Cancer ...........................................  103
5.2.1 Overall Results ...........................................  103
5.2.2 Subgroup Results..........................................  104
5.3 Hypothesized Biologic Mechanisms Relating Physical
Activity to Lung Cancer ....................................  127
5.4 Main Findings and Further Implications........................  129
References ...............................................  130

6 **Physical Activity and Hematologic Cancer Prevention** ...............  135
Sai Yi Pan and Howard Morrison

6.1 Introduction ..............................................  135
6.1.1 Epidemiology ............................................  136
6.1.2 Etiology and Risk Factors ...................................  137
6.2 Epidemiologic Studies on Physical Activity and
Hematologic Cancers ......................................  138
6.2.1 Non-Hodgkin’s Lymphoma (NHL)............................  138
6.2.2 Leukemia................................................  138
6.2.3 Multiple Myeloma and Hodgkin’s Lymphoma.................  144
6.3 Main Hypothesized Biologic Mechanisms ......................  144
6.3.1 Enhancement of Immune System .............................  144
6.3.2 Maintenance of Energy Balance . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .  148
6.3.3 Improvement of Antioxidant Defense Systems ..................  149
6.3.4 Impact on Metabolic Hormones ..............................  149
6.3.5 Anti-inflammatory Effects...................................  150
6.4 Conclusion and Future Directions.............................  151
References ...............................................  151

7 **Physical Activity and Gynecologic Cancer Prevention** .................  159
Anne E. Cust

7.1 Endometrial Cancer .......................................  160
7.1.1 Overall Findings .......................................  160
7.1.2 Domain of Physical Activity ..............................  162
7.1.3 Intensity, Duration and Frequency of Exposure ..............  162
8.5 Future Research Directions ................................................. 207
8.5.1 Overall ........................................................................... 207
8.5.2 During Chemotherapy and Radiotherapy ........................... 208
8.5.3 After Chemotherapy and Radiotherapy ............................. 208
8.6 Clinical Recommendations .................................................. 208
8.7 Summary and Conclusion .................................................... 209
References ............................................................................. 209

9 Physical Activity and Genitourinary Cancer Survivorship .......... 217
Daniel A. Galvão, Dennis R. Taaffe, Nigel Spry, and Robert U. Newton

9.1 Introduction ......................................................................... 217
9.2 Treatment of Prostate Cancer and Common Adverse Effects .... 218
9.3 Androgen Deprivation and Sarcopenia-Related Disorders ....... 219
9.3.1 Body Composition ........................................................... 219
9.3.2 Bone Mass and Skeletal Fracture ...................................... 220
9.3.3 Insulin Resistance and Lipoprotein Profile ......................... 221
9.4 Other Side Effects from Androgen Deprivation ....................... 222
9.4.1 Quality of life ............................................................... 222
9.5 Treatment of Bladder and Kidney Cancers and Common Adverse Effects .............................................................. 222
9.6 Exercise Interventions During Prostate Cancer Treatment ...... 223
9.7 Exercise Studies and Effects on Testosterone and PSA (Disease Outcomes) ................................................................. 229
9.8 Exercise Interventions Post-treatment of Prostate Cancer ...... 229
9.9 Physical Activity and Bladder Cancer .................................... 230
9.10 Clinical Recommendations .................................................. 230
9.11 Future Directions .............................................................. 231
9.12 Summary ........................................................................... 232
References ............................................................................. 232

10 Physical Activity and Gastrointestinal Cancer Survivorship ...... 237
Christopher M. Sellar and Kerry S. Courneya

10.1 Introduction ......................................................................... 237
10.2 Clinical Significance of Gastrointestinal Cancers ................. 238
10.3 Treatment of Gastrointestinal Cancers ................................. 239
10.4 Physical Activity and Disease Outcomes in Gastrointestinal Cancer Survivorship ......................................................... 240
10.4.1 Potential Mechanisms of Physical Activity for Improved Disease Outcomes in Gastrointestinal Cancer Survivors ..... 243
10.5 Physical Activity and Supportive Care Outcomes in Gastrointestinal Survivorship .............................................................. 244
10.5.1 Observational Studies ..................................................... 244
10.5.2 Intervention Studies ....................................................... 250
10.6 Summary and Future Directions .......................................... 250
References ............................................................................. 251
11 Physical Activity and Lung Cancer Survivorship .......................... 255
Lee W. Jones

11.1 Clinical Significance of Lung Cancer ........................................ 255
11.2 Lung Cancer Survivors Have Poor Cardiorespiratory Fitness .......... 256
11.3 Central Importance of Cardiorespiratory Fitness Across the Lung Cancer Continuum ................................................................. 257
11.4 Exercise Therapy Following a Cancer Diagnosis .......................... 259
11.5 Exercise Therapy Following a Lung Cancer Diagnosis .................. 259
11.5.1 Exercise Therapy for Operable Lung Cancer – Prior to Surgical Resection .......................................................... 259
11.5.2 Exercise Therapy for Operable Lung Cancer – Postsurgical Resection .......................................................... 263
11.6 Exercise Therapy for Inoperable Lung Cancer ............................... 267
11.7 Clinical Recommendations ....................................................... 267
11.8 Future Directions ................................................................. 268
11.9 Summary .............................................................................. 271
References .................................................................................. 271

12 Physical Activity and Hematological Cancer Survivorship ............... 275
Claudio L. Battaglini

12.1 Background and Significance of Hematological Cancers ............... 275
12.2 Treatments for Hematological Cancers ....................................... 276
12.2.1 Chemotherapy ..................................................................... 276
12.2.2 Radiation Therapy ............................................................... 276
12.2.3 Immunotherapy ................................................................... 277
12.2.4 Stem Cell and Marrow Transplantation .................................. 277
12.3 Exercise Intervention Studies on Adult Patients with Hematological Cancers ................................................................. 278
12.3.1 Studies Conducted with Mixed Patients with Different Hematological Cancer Diagnosis .......................................................... 279
12.3.2 Studies Conducted in Patients with Multiple Myeloma ............ 290
12.3.3 Studies Conducted in Patients with Acute Leukemia ............... 291
12.3.4 Studies Conducted in Patients with Lymphoma ....................... 297
12.4 Summary .............................................................................. 298
12.5 Clinical Recommendations ....................................................... 298
12.6 Future Research Directions ....................................................... 302
References .................................................................................. 302

13 Physical Activity and Gynecologic Cancer Survivorship ................... 305
Karen M. Gil and Vivian E. von Gruenigen

13.1 Introduction ........................................................................... 305
13.2 Ovarian Cancer ....................................................................... 306
13.2.1 Recurrence and Survival .................................................... 306
13.2.2 Clinical Recommendations ........................................ 309
13.2.3 Future Research Directions .................................... 309
13.3 Endometrial Cancer ............................................. 310
13.3.1 Quality of Life ............................................. 311
13.3.2 Clinical Recommendations .................................... 313
13.3.3 Future Research Directions .................................... 313
13.4 Summary: Lifestyle and Ovarian and Endometrial Cancer .... 313
References ......................................................... 313

Part III Physical Activity and Cancer Special Topics

14 Physical Activity and Pediatric Cancer Survivorship ............ 319
Alejandro F. San Juan, Kathleen Wolin, and Alejandro Lucía
14.1 Medical Overview of Pediatric Cancer ........................... 319
14.1.1 B Cell Acute Lymphoblastic Leukemia (ALL) ............... 320
14.1.2 Other Types of Hematological Malignancies in Children .... 320
14.1.3 Other Types of Pediatric Cancer ............................... 321
14.2 Side Effects of Treatment ......................................... 322
14.2.1 Early Side Effects ........................................... 322
14.2.2 Late Side Effects: Opposite Effects of Cancer/Treatment and Regular PA ...... 322
14.2.3 HSCT Further Impairs Children’s Physical Function ........... 325
14.2.4 Cancer Fatigue ............................................. 326
14.3 Physical Activity and Fitness Levels in Children with Cancer and in Survivors of Childhood Cancer ..................... 326
14.4 Exercise Interventions in Children with Cancer ................. 333
14.4.1 Children not Receiving HSCT ................................ 333
14.4.2 Children Undergoing HSCT ................................ 340
14.4.3 Follow-Up Assessment ....................................... 340
14.4.4 Safety and Side Effects .................................... 340
14.5 Practical Clinical Recommendations ............................. 341
14.6 Research Gaps and Future Research Directions ............... 342
References ......................................................... 342

15 Physical Activity and Palliative Cancer Care ..................... 349
Sonya S. Lowe
15.1 Introduction .................................................... 349
15.2 Fatigue in the Palliative Cancer Patient ......................... 350
15.3 State of the Evidence .......................................... 359
15.4 Summary and Future Perspectives ............................... 362
15.5 Clinical Recommendations ....................................... 363
References ......................................................... 363
16 Physical Activity Motivation and Cancer Survivorship .................. 367
Bernardine M. Pinto and Joseph T. Ciccolo

16.1 Introduction ............................................. 367
16.2 Cognitive Behavioral Theory .................................. 368
16.3 Social Cognitive Theory ................................... 371
16.4 Theory of Planned Behavior .................................. 373
16.5 Transtheoretical Model .................................... 375
16.6 Self-determination Theory ................................. 377
16.7 Other Theories and Approaches ............................. 378
16.7.1 Attribution Therapy .................................... 378
16.7.2 Motivational Interviewing ............................... 379
16.7.3 Roy Adaptation Model and the Levine Conservation Model ....... 379
16.7.4 Interaction Model of Client Health Behavior .................. 380
16.7.5 Five Factor Model of Personality ............................ 380
16.8 Other Determinants ............................. 380
16.9 Clinical Implications ...................................... 382
16.10 Conclusions ............................................. 382
References .............................................. 383