ORIGINAL ARTICLE

Iranian Quarterly Journal of Breast Disease 2017; 10(3):21.

Lipid Lowering Effects of Pilates Training in Women with Breast Cancer

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Abstract

Introduction: Exercise is one of the most important elements of health management in breast cancer patients. The aim of present study was to review the lipid-lowering effects of Pilates training in women with breast cancer.

Methods: Twenty-four women with breast cancer who were treated in the health centers and private clinics of Shiraz city, Iran were selected and divided into training and control groups. Training group was trained using selected Pilates training sessions for 10 weeks, three sessions per week and 60 minutes per session. During this period, the control group did only their routine daily activities. Before and after training period, blood samples were taken from the subjects. Data were analyzed using K-S, and dependent and independent t-tests ($p \leq 0.05$).

Results: Ten week pilates training had a significant effect on reduction of TG from 125.91 ± 48.35 mg/dl to 103.91 ± 39.07 mg/dl ($p = 0.001$) and TC from 191.83 ± 17.79 to 176.08 ± 14.18 mg/ dl ($p = 0.005$) in women with breast cancer, but it had no significant effect on reduction of LDL ($p = 0.42$) or an increase of HDL ($p = 0.26$).

Conclusion: It appears that 10-week Pilates training have lipid-lowering effects in women with breast cancer.

Keywords: Lipid, Pilates Training, Breast Cancer.

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[DOR: 20.1001.1.17359406.1396.10.3.2.5]