INTRODUCTION

Cancer is a group of disease characterized by uncontrolled cell growth with abnormal cell proliferation. Breast cancer is the second most frequent in the world and the most common among women. Postmenopausal woman have an increased risk due to hormonal and metabolic factors. Several modifiable risk factors are associated with postmenopausal breast cancer. Exercise is considered an important way of reducing breast cancer risk, by this effect in sex hormones, metabolic hormones and by reducing weight. The following graph presents the possible mechanisms relating to biomarkers in postmenopausal breast cancer risk.

RESULTS

Sixteen articles were analyzed. The results are presented in the graphs below.

Effect caused by exercise in the outcomes analyzed in the articles related to postmenopausal breast cancer

The majority of studies showed that exercise reduces breast cancer risk, circulating sex hormones and BMI increases SHBG and promotes changes in metabolic hormones.

There is a lot of diversity concerning the most adequate duration of exercise in order to prevent postmenopausal breast cancer. The most frequent in the analyzed studies was at least 225 minutes per week of moderate to vigorous aerobic exercise.

CONCLUSIONS

Exercise is effective in reducing breast cancer risk in postmenopausal woman through its effect on the modifiable risk factors primarily by reducing the weight, fat tissue and the level of circulating sex hormones. The most effective exercise in reducing breast cancer risk is aerobic exercise of moderate to vigorous intensity. There is no consensus on the frequency and duration of exercise most beneficial in reducing breast cancer risk in postmenopausal woman.

REFERENCES


