

Title: Physical activity in cancer survivor: a study in Italy.

Name: A. Avancini[1], I. Fracca[2], M. Lanza[2]

[1] PhD in Clinical and Experimental Biomedical Sciences, University of Verona, Italy
[2] Department of Neurosciences, Biomedicine and Movement Science, University of Verona, Italy

Abstract (250-300 words)

Aims
Exercise has been shown to decrease the various side effects of cancer and its related treatment and to have a positive effects on health-related quality of life. The research aims to assess whether there is a relationship between the amount of physical activity carried out and the quality of life in patients who have or who have had a cancer diagnosis. It also aims to identify the barriers and facilitators of physical activity in these subjects.

Methods
We present the preliminary results of 25 subjects (23 women 2 men; Age 67.6 ± 9.6 y.) with different diagnosis of cancer who responded to a questionnaire that investigating: anthropometric and social characteristics, health conditions (SF-12 Health Health Survey and questions about stage of disease), current Physical Activity (IPAQ) and Physical Activity in the past decades (Wright, 2012), barriers and motivation towards physical activity (Fernandez, 2015).

Results
Energy expenditure for walking (IPAQ) is related with SF-12 Health Survey ($r=.46$; $p<.05$). Before of diagnosis only 28% were physically active, during therapies the 4% and after the therapies are active 35%; also the intensity of exercise decrease significantly ($p<.05$) during the therapies, and after return to initial level.
The most important barriers for physical activity are the lack of energy, difficulties or physical disabilities, not aware of programs or proposals for appropriate physical activity. Principal motivation for physical activity are a positive perceptions of exercise and enjoyment.

Conclusions
Preliminary results encourage to study also in Italy the relation between an active lifestyle and quality of life in cancer survivors for better understand the modalities to encourage these subjects to practice the correct physical activities.

Wright R.L., Robinson P.D., Peters D.M., *"Lifetime Adherence to Physical Activity recommendations and fall Occurrence in Community-Dwelling Older Adults: a Retrospective Cohort Study"* – 2012, Journal of Human Sport & Exercise –

Fernandez S., Franklin J., Amlani N., DeMilliville C., Lawson D., Smith J., *"Physical Activity and Cancer: a Cross-Sectional Study on the Barriers and Fcilitators to Exercise during Cancer Treatment"* – 2015, Canadian Oncology Nursing Journal –

Biography(100-150 words)

Alice Avancini is a young doctor in Preventive and Adapted Exercise Science. She is a PhD student in Clinical and Experimental Biomedical Sciences in University of Verona. Her main interests regard the promotion on healthy lifestyle in healthy people and in persons with chronic disease, in particular in cancer survivors.

Presenting author details
Full name: Alice Avancini
Session name/ number: Alice
Category: Poster
Email id: alice.avancini
Contact number: 3403624264