

Depression and pain 'linked to fatigue after breast cancer'

Wednesday 14th September 2011

Depression and pain increase fatigue in individuals who have survived breast cancer, new research shows.

A University of Granada study found that around 66 per cent of patients suffer fatigue following treatment, which can hinder their quality of life and rehabilitation.

Researcher Manuel Arroyo noted that individuals who experience tiredness after treatment are also more prone to episodes of depression and body image deterioration.

In addition, they were more likely to suffer from neck and shoulder pain as well as limited arm movement.

"Cancer-related fatigue is the symptom that most limits quality of life and is most common in patients that survive cancerous processes," explained Mr Arroyo.

In other news, research published in journal Nutrition and Cancer found that the consumption of walnuts may cut breast cancer risk.

A study on mice found that those whose diet included walnut developed breast cancer at less than half the rate of the group receiving a standard diet.

Posted by Alex Franklin Stortford



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