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**The influence of lifestyle on the quality of life of breast cancer patients**

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**Objective**  To explore the effects of healthy lifestyle such as exercise and diet on health-related quality of life in patients with breast cancer.

**Methods** 427 breast cancer patients who met the inclusion criteria were investigated and analyzed. All the patients were collected in the department of oncology of a third-class first-class hospital from January 1, 2015 to June 30, 2016.

The cancer treatment quality of life core scale (EORTC QLQ-C30) and cancer treatment function evaluation system scale (FACT-B) were used to investigate and collect the questionnaire for statistical analysis of all data.

**Results** The scores of health-related quality of life were higher in regular exercise than those in non-regular exercise. Patients who ate more than 300g of vegetables per day had higher health-related quality of life scores. The scores of health-related quality of life were higher in patients who ate more than 200g fruit per day (p<0.05). Patients with two healthy lifestyles had higher health-related quality of life scores than patients with one healthy lifestyle (p<0.05).

**Conclusions** Multi-frequency exercise and adequate intake of vegetables and fruits play a positive role in the health-related quality of life of breast cancer patients. Breast cancer patients with two healthy lifestyles had significantly better health-related quality of life than patients with one healthy lifestyle. Healthy lifestyle with adequate exercise and adequate intake of fruits and vegetables should be paid more attention to in improving the health-related quality of life of breast cancer patients.