بسم الله الرحمن الرحيم

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تم رفع هذه الرسالة بواسطة / سلوي محمود عقل

بقسم التوثيق الإلكتروني بمركز الشبكات وتكنولوجيا المعلومات دون أدنى مسئولية عن محتوى هذه الرسالة.

ملاحظات:
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The Effect of Cardiac Rehabilitation on Quality of Life and 6-minute Walk Test in Breast Cancer Survivors

Thesis

Submitted in Partial Fulfilment of the M.Sc. Degree in ***Cardiology***

By

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Mohammed Malek Haddad

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Abb.	Full term
AC	*Anthracyclines*
ACEi	*Angiotensin converting enzyme inhibitors*
ARBs	*Angiotensin II receptor blockers*
ATP	*Adenosine triphosphate*
BBs	*Beta blockers*
BC	*Breast cancer*
BCS	*Breast cancer subscale*
BMI	*Body-mass index*
CHF	*Congestive heart failure*
COPD	*Chronic obstructive pulmonary disease*
CR	*Cardiac rehabilitation*
CRF	*Cardiorespiratory fitness*
CRT	*Cardiac resynchronization therapy*
CTRCD	*Cancer therapy-related cardiac dysfunction*
CV	*Cardiovascular*
CVD	*Cardiovascular disease*
DBP	*Diastolic blood pressure*
DD	*Diastolic dysfunction*
DM	*Diabetes mellitus*
EACVI	*European association of cardiovascular imaging*
ECG	*Electrocardiography*
EF	*Ejection fraction*
ESC	*European society of cardiology*
ET	*Exercise time*

List of Abbreviations *(Cont...)*

Abb.	Full term
EWB	*Emotional well being*
FLIC	*Functional Living Index-Cancer*
FPG	*Fasting plasma glucose*
FWB	*Functional well being*
GLS	*Global longitudinal strain*
HBA1C	*Hemoglobin A1C*
HF	*Heart failure*
HR	*Heart rate*
HRmax	*Maximum heart rate*
HRQOL	*Health-related quality of life*
HRR	*Heart rate reserve*
HRrest	*Resting heart rate*
HTN	*Hypertension*
ICD	*Implantable cardioverter defibrillator*
LAD	*Left atrium dimension*
LVAD	*Left ventricular assist devices*
LVD	*Left ventricular dysfunction*
LVEF	*Left ventricular ejection fraction*
METs	*Metabolic equivalents*
NYHA	*New York heart association*
PAD	*Peripheral arterial disease*
PSR	*Performance status rating*
PWB	*Physical well being*

List of Abbreviations *(Cont...)*

Abb.	Full term
QoL	*Quality of life*
RAS	*Renin-angiotensin system*
RCT	*Randomized controlled trial*
RPP	*Rate-pressure product*
RT	*Radiation therapy*
SBP	*Systolic blood pressure*

INTRODUCTION

Background

Breast cancer (BC) is the most diagnosed cancer in women, contributing to 24.6% of malignancies in females and responsible for 15% of all cancer-related deaths among women worldwide.[1]

Over the last 20 years, owing to noticeable improvements in screening, early detection, and advances in anticancer treatment, BC survival rates have significantly improved.[1] However, this survivorship is often marked by fatigue, poor quality of life (QoL), reduced functional capacity along with treatment-related adverse effects.[2]

Significance AND Scope

Anthracycline (the cornerstone of BC therapy) and trastuzumab (the standard treatment for HER2 positive BC patients) induced cardiotoxicity has been recognized as one of the most adverse effects of conventional therapy restricting treatment options and increasing morbidity and mortality rates.[3]

Physical exercise is a demonstrated strategy to reduce fatigue and treatment-related adverse effects in cancer survivors. Nonetheless, structured programs that combine both exercise and education are not yet incorporated within standard

cancer care. The implementation of a model similar to cardiac rehabilitation (CR) program as a preventive strategy may provide a potential solution to improve functional capacity, quality of life and reduce cardiovascular disease (CVD) risk in cancer survivors.[4]

Further research is needed to evaluate the possible cardioprotective effect of CR at mitigating cardiotoxicity in BC survivors especially in Egypt where such studies are yet to be done.

AIM OF THE WORK

To evaluate the effect of 12-week completed cardiac rehabilitation program on quality of life (using FACT-B questionnaire) and 6-minute walk test in breast cancer survivors.