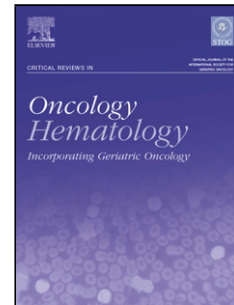


Accepted Manuscript

Title: "ROLE OF PHYSICAL ACTIVITY AND SPORT IN ONCOLOGY": "Scientific commission of the National Federation Sport and Cancer CAMI"

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PII: S1040-8428(14)00232-7
DOI: <http://dx.doi.org/doi:10.1016/j.critrevonc.2014.12.012>
Reference: ONCH 1921

To appear in: *Critical Reviews in Oncology/Hematology*

Received date: 30-11-2013
Revised date: 17-11-2014
Accepted date: 22-12-2014

Please cite this article as: Bouillet T, Bigard X, Brami C, Chouahnia K, Copel L, Dauchy S, Delcambre C, Descotes JM, Joly F, Lepeu G, Marre A, Scotte F, Spano JP, Vanlemmens L, Zelek L, "ROLE OF PHYSICAL ACTIVITY AND SPORT IN ONCOLOGY": "Scientific commission of the National Federation Sport and Cancer CAMI", *Critical Reviews in Oncology and Hematology* (2015), <http://dx.doi.org/10.1016/j.critrevonc.2014.12.012>

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Highlights_pas_cancer

PAS in oncology now represents a crucial part of supportive care, with positive effects on resistance to fatigue, cardio respiratory fitness, muscle strength, physical well-being, reduced anxiety and depression, and improved quality of life in the widest sense. This leads to established indications of PAS during and after cancer Clinical and biological data from studies of patients essentially treated for localized cancer in curative situations show therapy. the usefulness of a PAS program intense enough to reach and go beyond intensity, frequency and duration thresholds necessary to obtain a significant benefit.

Because of the dose-response relation between physical activity and survival or physiological, psychological and biological effects, cancer survivors who wish to further improve their health may benefit by exceeding the minimum recommended amounts of physical activity and sports.

However, this implies a precise definition of the context of clinical management of these patients by means of a genuine prescription of a given type of PAS to a given patient with a given clinical status. In this process, qualified professionals specialised in PAS in Oncology are needed to put the prescription into practice. The structured elaboration of coordinated healthcare programs including nutritional counselling, psychological counselling, and assessment of physical status, in tight collaboration with departments of Oncology, is needed to optimise effectiveness and to guarantee accessibility to such programs.

These points are discussed for clinical applications.

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