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## Lymphocytes differential count and pain response to aerobic training in cancer patients undergoing chemotherapy

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**Aim:** Aim of this study is to evaluate the efficacy of aerobic training on lymphocytes differential count and pain in cancer patients undergoing chemotherapy. Methods of evaluation are measurement of the lymphocytes differential count and visual analogue scale.

**Methods:** 40 lung or breast cancer patients undergoing chemotherapy with ages ranging from 35 to 45 years and suffering from cancer related fatigue were divided into two groups. The first study group received the aerobic exercises and cycling (20 minutes session day after day for four successive months) in the form of walking 5 minutes at lowest speed on treadmill as warming up, active phase in the form of 10 minutes cycling and walking another 5 minutes at lowest speed on treadmill for the cooling down, the second group was the control group that was consisted of 20 patients who underwent only chemotherapy and activities of daily living with no aerobic training.

**Result:** Result showed that application of the aerobic training in improving the LDC and decreasing the VAS in cancer patients undergoing chemotherapy had a valuable effects.

**Conclusion:** Aerobic training was effective in improving the LDC and decreasing the VAS in cancer patients undergoing chemotherapy as manifested by the highly significant increases in the LDC and highly significant decreases in VAS.

### Biography

Walid Ahmed Ibrahim Saleh Abouelnaga has completed his PhD from Cairo University. He is a Lecturer in the Department of Physical Therapy for surgery. He is teaching at Cairo university, October 6 University and Masr University for Science and Technology. He has published one paper.

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