



Regular exercise might be associated with higher skeletal muscle volume, favorable prognostic factor in breast cancer patients

Kadri Altundag¹

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Dear Editor,

I want to congratulate Song and their colleagues for their article [1] in which they investigated whether the prognosis of breast cancer is affected by muscle or fat volume as measured from computed tomography (CT) images. They concluded that breast cancer patients with higher skeletal muscle volume showed more favorable prognosis. The authors did not give detailed information about exercise data for these patients. Exercise is associated with significant reductions in the recurrence and mortality rates of several common cancers including breast cancer. Exercise during and following treatment has been associated with reductions in breast cancer recurrence and disease-specific mortality rates of 30–60% [2]. Additionally, regular exercise by itself increases skeletal muscle volume in the body [3]. Since skeletal muscle volume data were measured from chest CT scan performed within first 2-years of breast cancer diagnosis in the current study, it might reflect somehow which patients really did exercise during this period. Taken all together, regular exercise might be associated with higher skeletal

muscle volume, favorable prognostic factor in breast cancer patients. This issue merits further investigation.

Compliance with ethical standards

Conflict of interest I have no conflict of interest to declare.

Human and animal rights This article does not contain any studies with human participants or animals performed by any of the authors.

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✉ Kadri Altundag
altundag66@yahoo.com

¹ MKA Breast Cancer Clinic, Tepe Prime, Cankaya,
06800 Ankara, Turkey