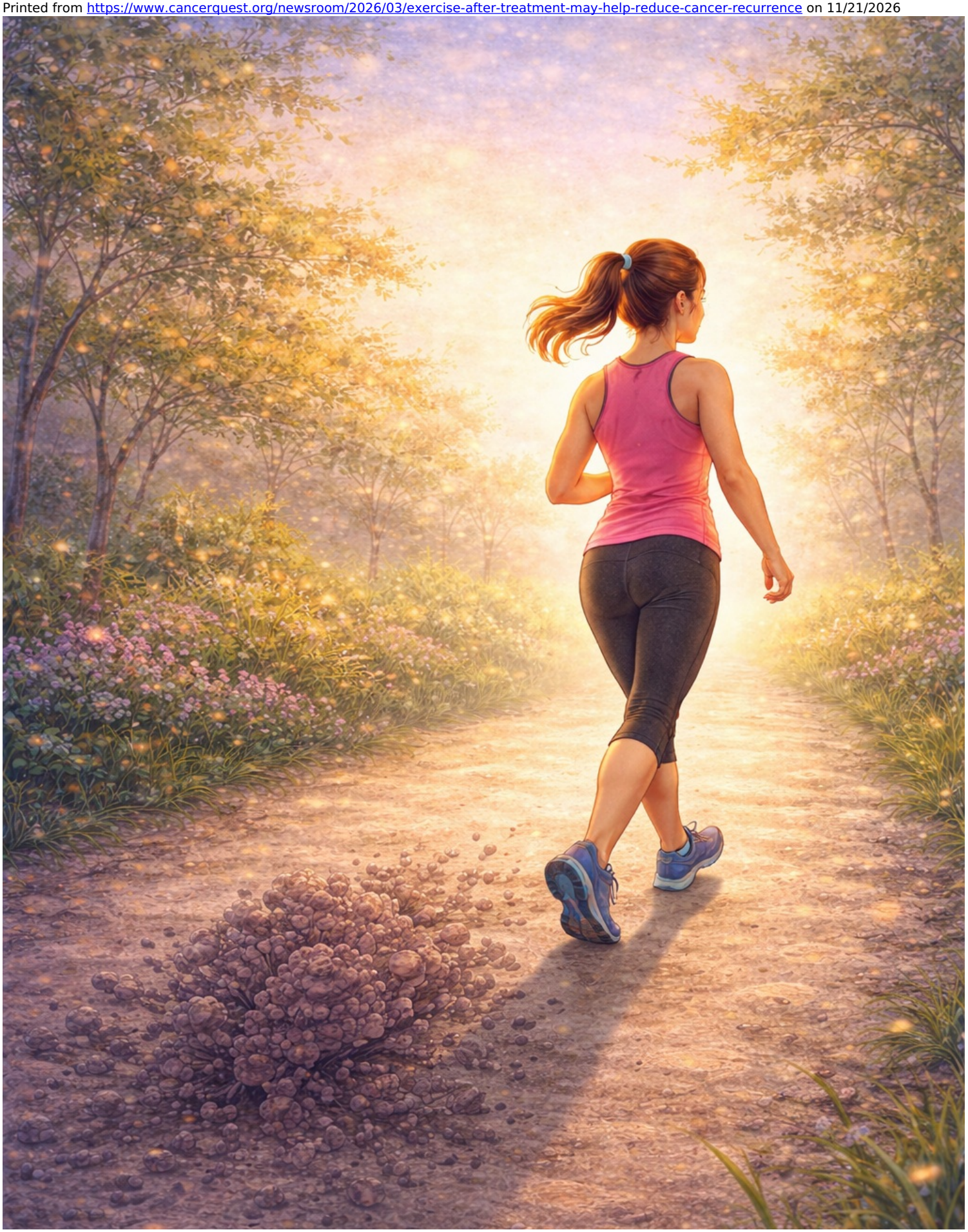
Exercise After Treatment May Help Reduce Cancer Recurrence

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Staying active after cancer treatment may do more than improve energy and well-being; it could also help reduce the risk of cancer returning. A recent study published in The New England Journal of Medicine followed nearly 900 patients with colon cancer who had completed surgery and chemotherapy. Researchers found that those who participated in a structured, supervised exercise program had better survival outcomes and a lower risk of cancer recurrence or new cancers compared to those who received standard health advice alone.

These findings suggest that exercise may play a meaningful role in long-term recovery and survivorship, potentially influencing biological processes linked to cancer progression. While exercise is not a replacement for medical treatment, it may serve as an important complement to standard care, helping patients maintain health after therapy.

Experts emphasize that exercise programs should be tailored to each individual’s abilities and recovery stage, ensuring safety and sustainability. As research continues, structured physical activity may become an increasingly important part of personalized cancer survivorship plans.

Source
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