

The Role of Exercise in Prostate Cancer Recovery

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This research explored the impact of consistent aerobic exercise such as walking, cycling, and swimming among men aged 55-75.

Results indicated that regular exercise reduced fatigue by 45%, improved quality of sleep, and lowered depression scores by 30%.

The study, conducted over 12 months, followed 250 prostate cancer survivors who adopted moderate exercise routines post-treatment.

It was discovered that beyond physical benefits, mental resilience also improved significantly.

The study recommends integrating personalized fitness plans into post-treatment care to support long-term survivorship.

Key Takeaways:

- 45% reduction in reported fatigue
- 30% improvement in mood and anxiety levels
- Higher quality of life in patients who exercised at least 3 times a week

This article supports multidisciplinary recovery models where fitness professionals and oncologists collaborate for holistic healing.