



## Efficacy of Aerobic Training on Maximal Oxygen Consumption and Total Leukocytes Count after Chemotherapy in Breast Cancer Patients

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**Abstract: Purpose:** to evaluate the efficacy of aerobic training on maximal oxygen consumption and total leukocytes count after chemotherapy in breast cancer patients. **Methods of evaluation** (Measurement of the maximal oxygen consumption (VO<sub>2</sub>Max) and the total leukocytes count (TLC). **Methods:-** Forty breast cancer patients undergoing chemotherapy with ages ranging from 35 to 55 years and suffering from cancer related fatigue, they were selected from the National Cancer Institute. They were divided into two groups. Group (A) composed of 20 patients received the aerobic exercises and cycling (25 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 15 minutes cycling and walking another 5 minutes at lowest speed on treadmill for the cooling down. Group (B) received only chemotherapy. Measurements were conducted before starting the treatment as a first record and at the end of the fourth month of treatment as a second (final) record. **Results and conclusion:-** Results showed that application of the aerobic training had a valuable improving effects in breast cancer patients after chemotherapy as evidenced by the highly significant increases in maximal oxygen consumption (VO<sub>2</sub>Max) and total leukocytes count (TLC).

**Key words** (Aerobic training, Maximal oxygen consumption, Total leukocytes count, Chemotherapy and Breast cancer).