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## Presentation Abstract

Title: Relaxation and exercise in lymphoma survivors (REIL Study)

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Session: [Lunch and ePoster viewing](#), 15/10/2018, 13:00 - 14:00

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## Abstract

*Purpose:* Cancer survivors commonly report complaints including fatigue, pain, depression and decreased quality of life (QoL). Although evidence suggests that both exercise and relaxation can significantly improve such symptoms, there is no consensus on which intervention is more effective. This paper presents the REIL (Relaxation and Exercise In Lymphoma) Study Protocol. This study aims to compare the effect of two interventions on QoL in lymphoma survivors.

*Methods:* Eligible participants ( $n=36$ ) will be randomised to an exercise or relaxation home-based programme to perform at least three times per week. The primary outcome measure is QoL, assessed by the European Organisation for Research and Treatment of Cancer QoL Questionnaire Core 30 (EORTC QLQ-C30). Secondary outcome measures include body composition, cardiovascular status, pulmonary function, strength, functional exercise capacity, well-being and psychological status. Total duration of the study will be 12 weeks and outcome measures will be assessed at baseline, 6 weeks and at the end of the study.

*Results:* Results from this study may inform development of effective care pathways for the increasing population of cancer survivors in general, and lymphoma in particular.

*Conclusion:* Care pathways that address common complaints of cancer survivors will potentially prevent long-term complications, and help in a smooth transition from being a cancer patient to a fully-functioning member of society. This may lead to reduced use of healthcare resources by this population.

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