

Telerehabilitation through Internet ameliorate the life of women suffering breast cancer

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Researchers from the University of Granada and from hospitals Virgen de las Nieves and San Cecilio (Granada) have come to the conclusion that a rehabilitation program with the help of the Internet helps alleviating the side effects associated with breast cancer and its treatment, like pain, fatigue, strength loss, deterioration of the quality of life, etc. Credit: UGRdivulga

Researchers from the University of Granada (UGR) and from hospitals Virgen de las Nieves and San Cecilio (Granada) have proven that "telerehabilitation" (rehabilitation with the help of the internet using the application Skype as a control platform) may help to alleviate the side effects associated with breast cancer and its treatment, including pain, fatigue, strength loss, quality of life deterioration, etc.

The characteristics of the telerehabilitation system

conceived by the scientists, called [e-CUIDATE](#) ('cuídate' meaning 'take care'), make this study about "telehealth" one of the most complete regarding patients suffering [breast cancer](#), with excellent results for the internet exercise program, both for the possible side effects and the final outcome of the treatment.

Noelia Galiano Castillo of the department of Physical Therapy and main author of the study says, "The participants have ameliorated their pain, strength, fatigue and quality of life, which reflects that an eight-week exercise program followed through the internet can be successfully carried out without the need for a in-person therapeutic strategy."

Moreover, patients using this telerehabilitation program report sustained benefits for six months after its completion.

More information: Noelia Galiano-Castillo et al, Telehealth system: A randomized controlled trial evaluating the impact of an internet-based exercise intervention on quality of life, pain, muscle strength, and fatigue in breast cancer survivors, *Cancer* (2016). [DOI: 10.1002/cncr.30172](https://doi.org/10.1002/cncr.30172)

Provided by University of Granada

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