

BACKGROUND

Cancer survivors often grapple with side-effects that detrimentally affect their health-related quality of life (HRQOL). Tai Chi Qigong (TCQ) has recently emerged in Western society as a promising complementary medicine intervention for enhancing HRQOL. However, the available data on its impact, particularly on male cancer survivorship, is limited.

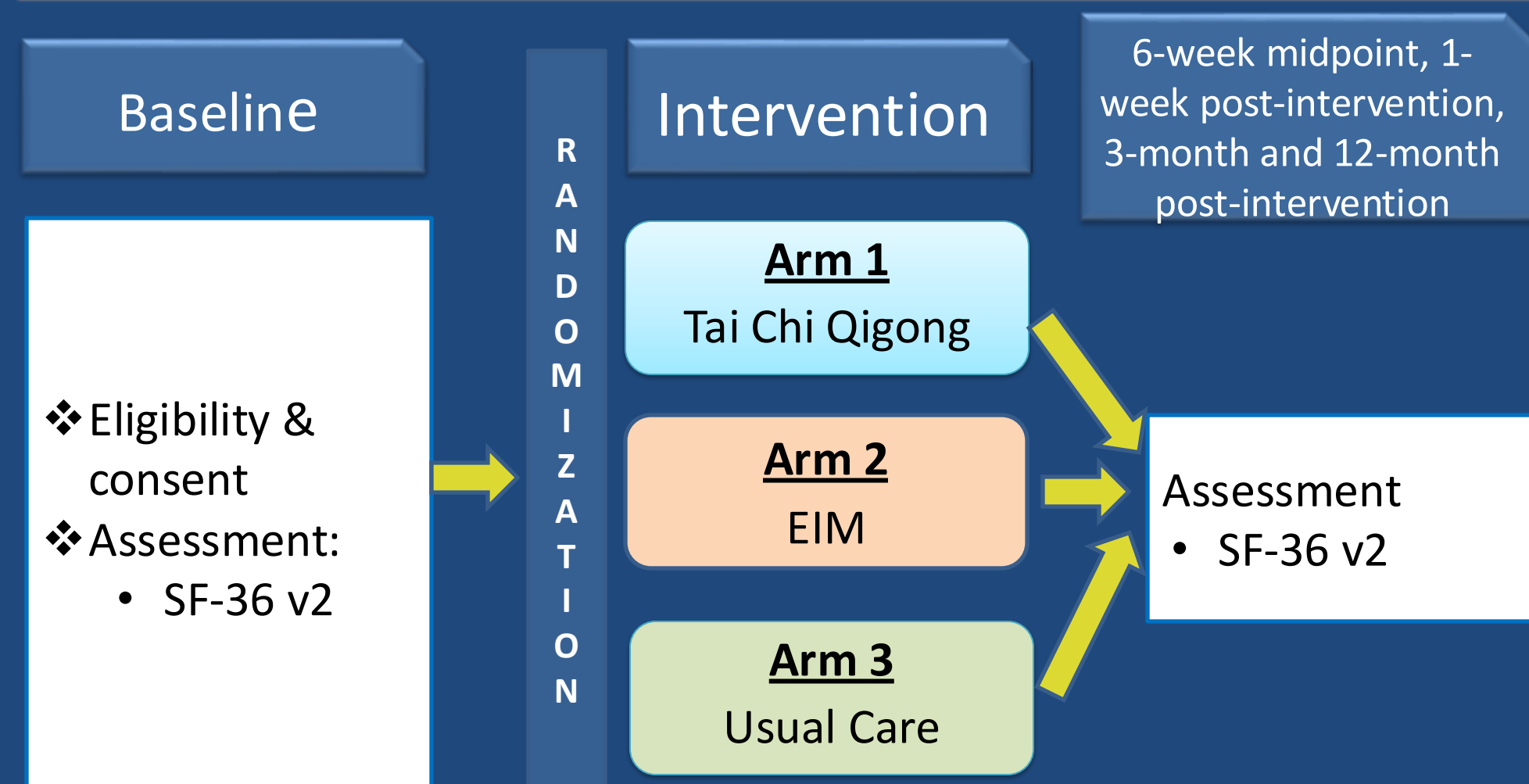
PURPOSE

This study aims to investigate the effectiveness of TCQ in comparison to an exercise intensity matched (EIM) arm and usual care (UC) in improving HRQOL among male cancer survivors.

TREATMENT ARMS

- Tai Qi Qigong.** 2x/week for 12 weeks, 60-min sessions.
 - Meditation, breathing techniques, 21 movements
- Exercise Intensity Matched.** 2x/week for 12 weeks, 60-min sessions.
 - Controls for stretching, eccentric movements and PA intensity.
- Usual Care:** received care as normal.

METHODS



MAIN FINDINGS

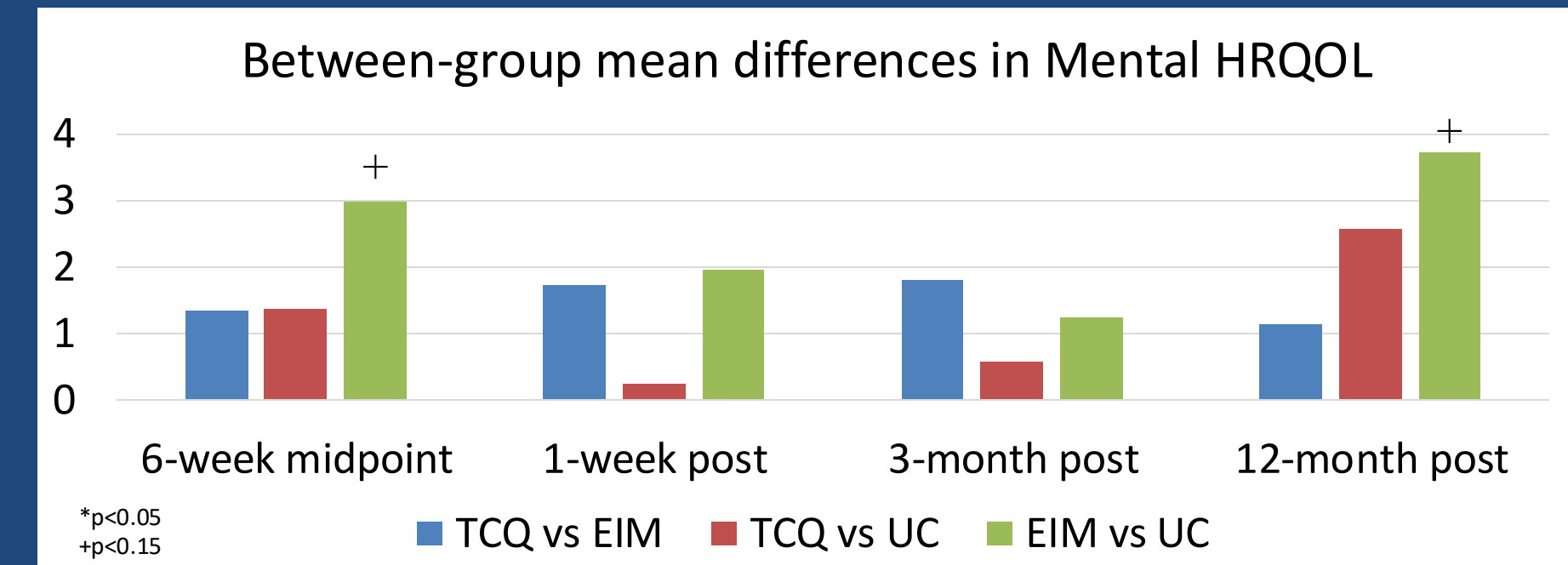
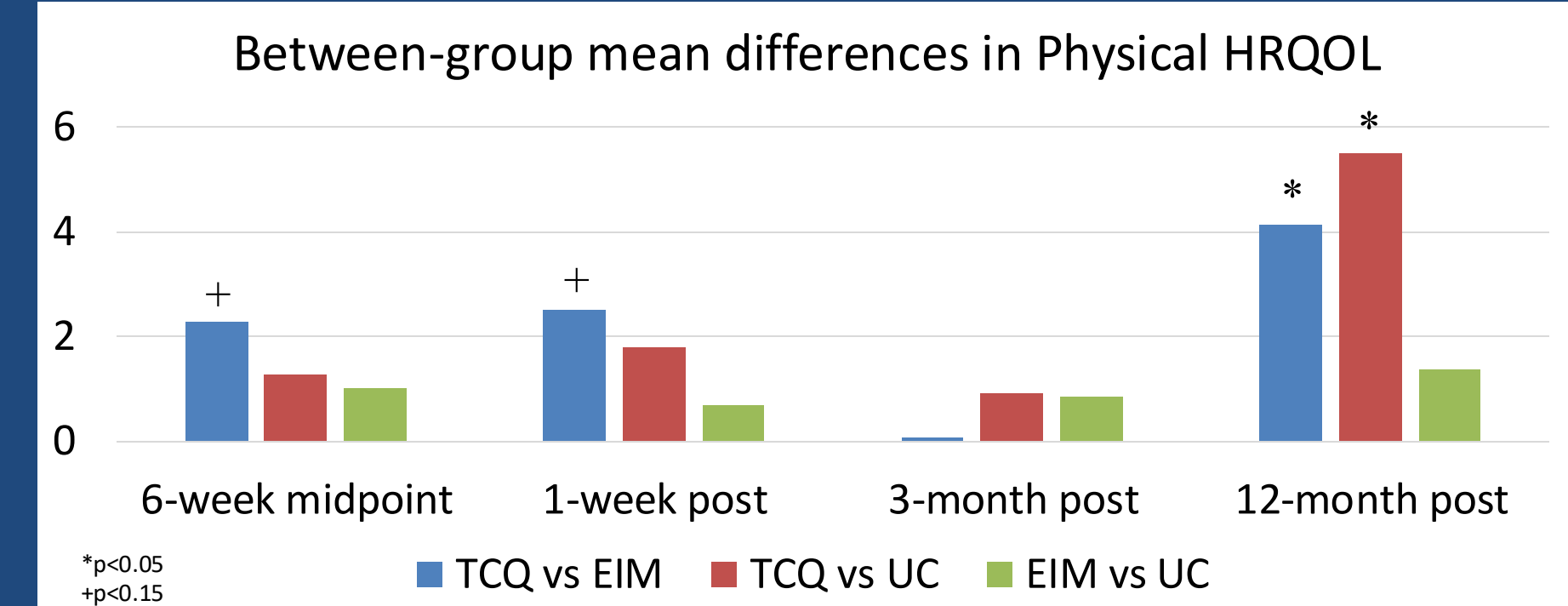
Results suggest that older (age 50+) male cancer survivors:

- Can safely utilize Tai Chi Qigong
- Experience greater improvements in physical HRQOL immediately post-intervention
- Experience greater improvements in physical HRQOL that are sustained for up to 12 months

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RESULTS

Characteristics	TCQ (n=45)	EIM (n=43)	UC (n=25)
Age (mean, SD)	69.4 (7.0)	68.3 (7.2)	70.3 (6.9)
Race, White	33 (73.3%)	33 (76.7%)	21 (84.0%)
Ethnicity, non-Hispanic	37 (82.2%)	41 (95.3%)	21 (87.5%)
Education, > High School	34 (75.6%)	38 (90.5%)	24 (96.0%)
Marital Status, Married/Domestic Partnership	35 (79.5%)	33 (76.7%)	18 (72.0%)
Cancer Diagnosis, Prostate	36 (80.0%)	30 (69.8%)	21 (84.0%)
Cancer Stage, Localized	36 (80.0%)	33 (76.7%)	19 (76.0%)



FUTURE DIRECTIONS

It is recommended to consider TCQ as a complementary intervention to improve physical HRQOL in male cancer survivors.

FUNDING

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