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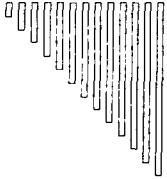
Immune Responses and Health Outcomes to Intervention in Breast Cancer

강덕희 (Duck-Hee Kang)

RN, PhD, FAAN

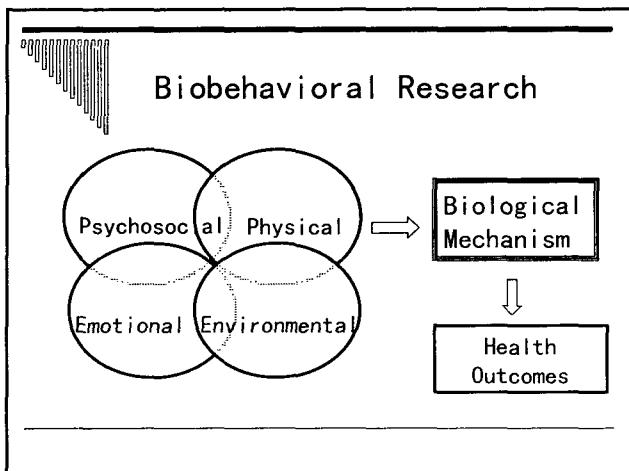
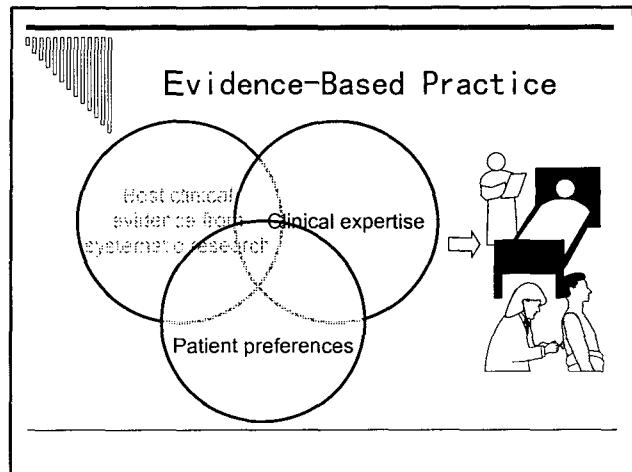
University of Alabama-Birmingham

kangd@uab.edu



Immune Responses & Health Outcomes to Intervention in Breast Cancer

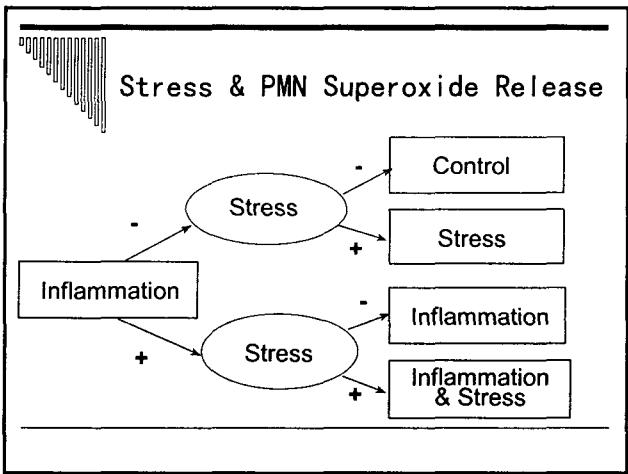
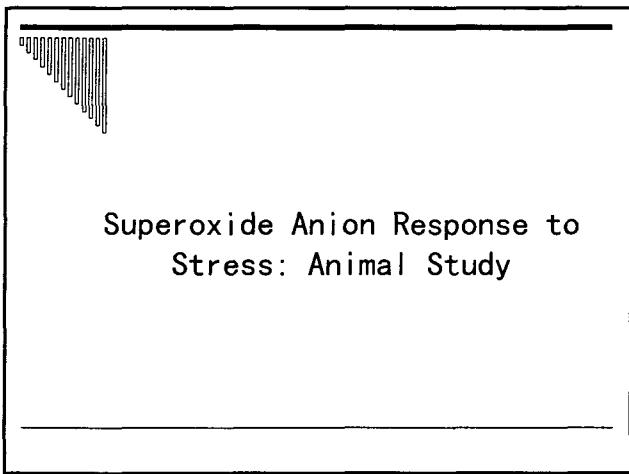
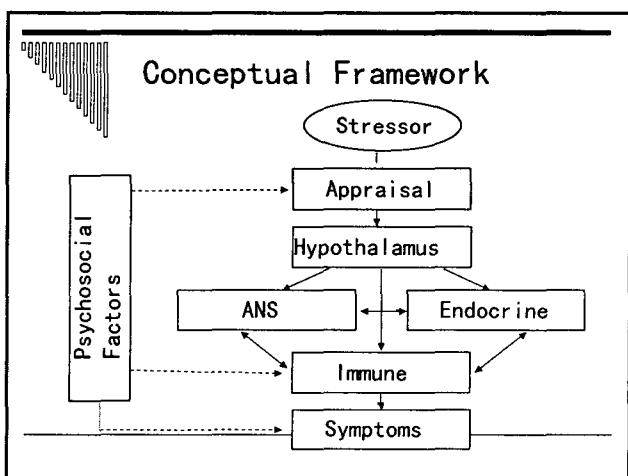
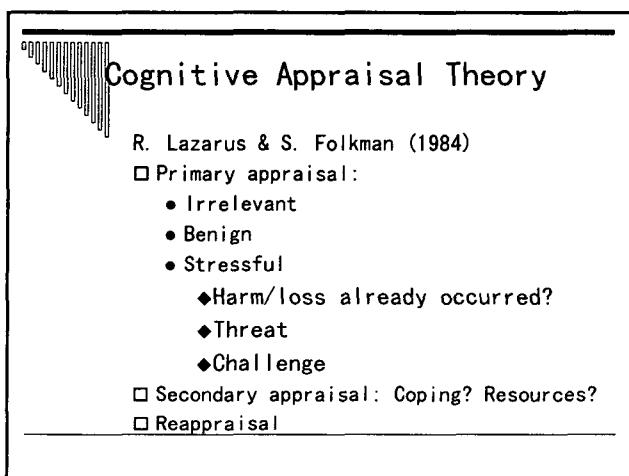
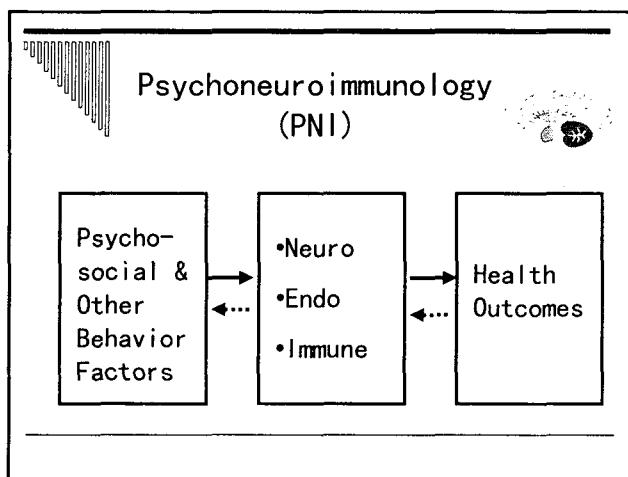
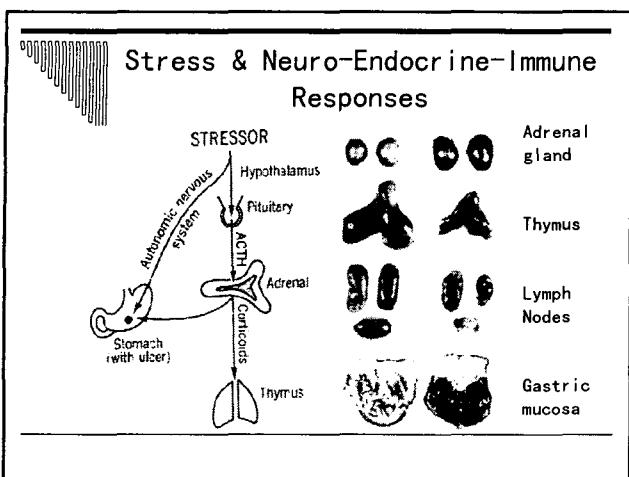
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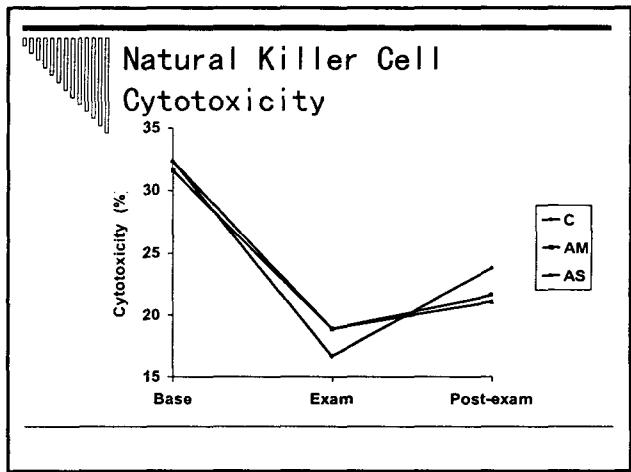
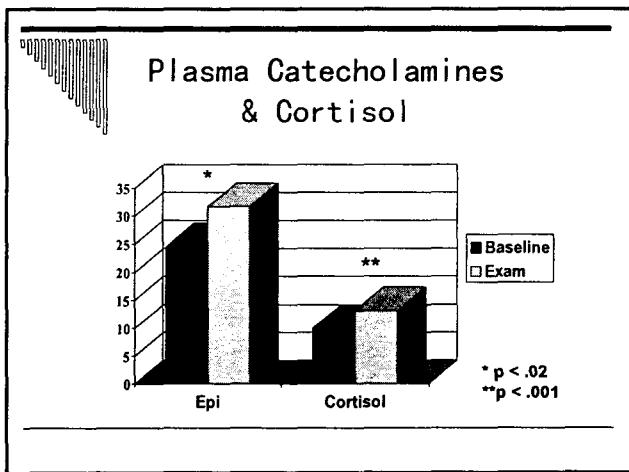
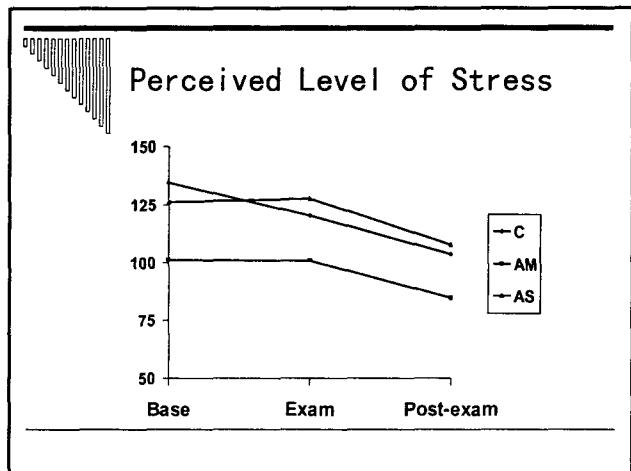
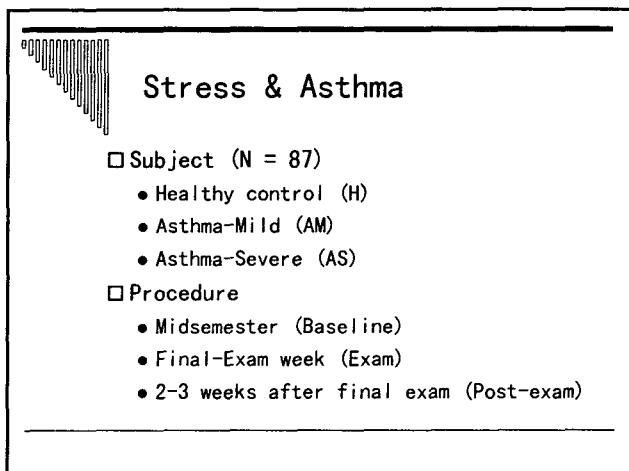
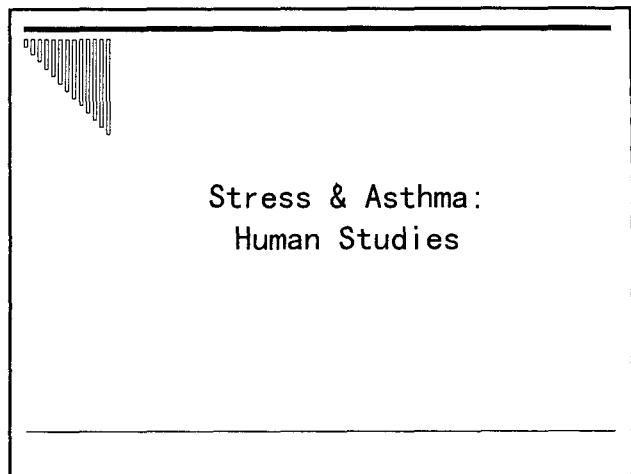
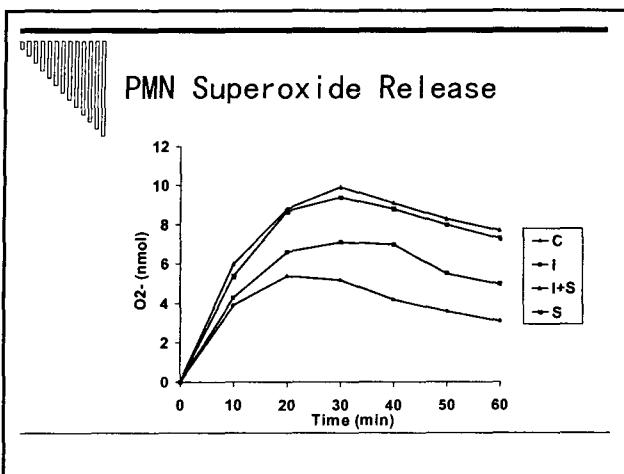


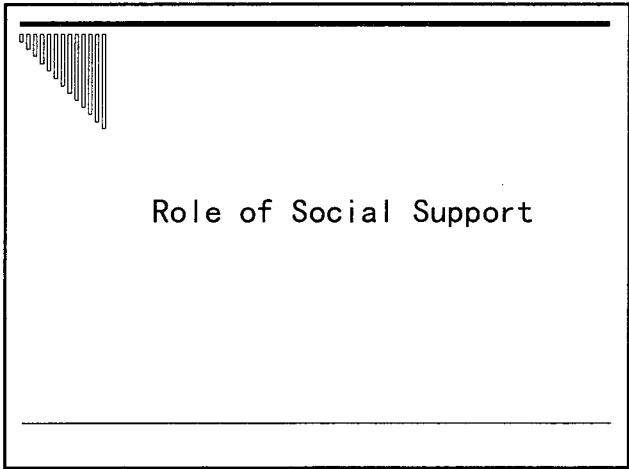
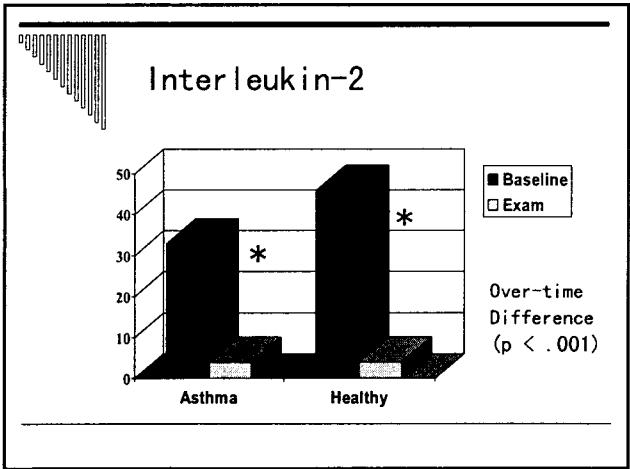
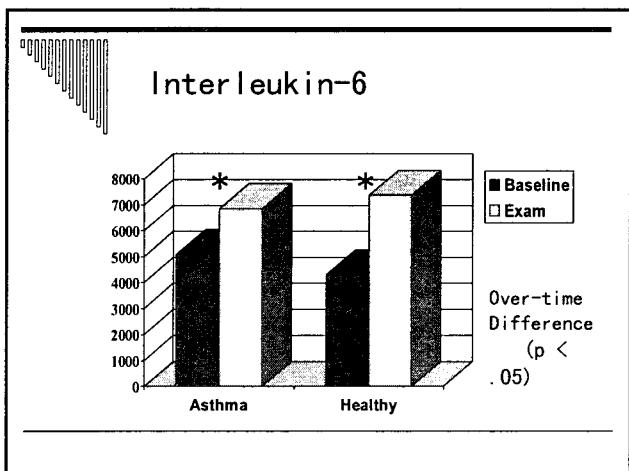
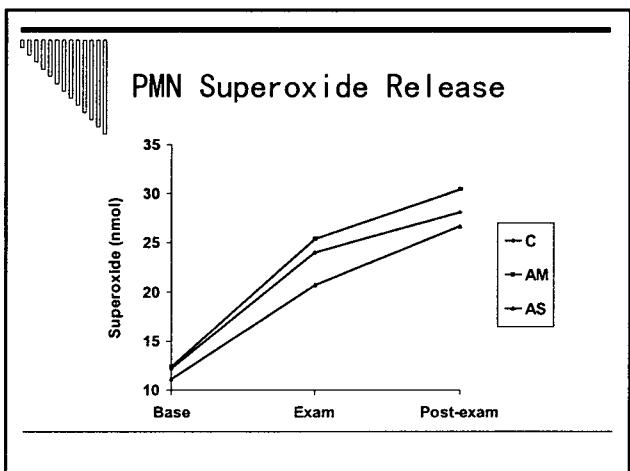
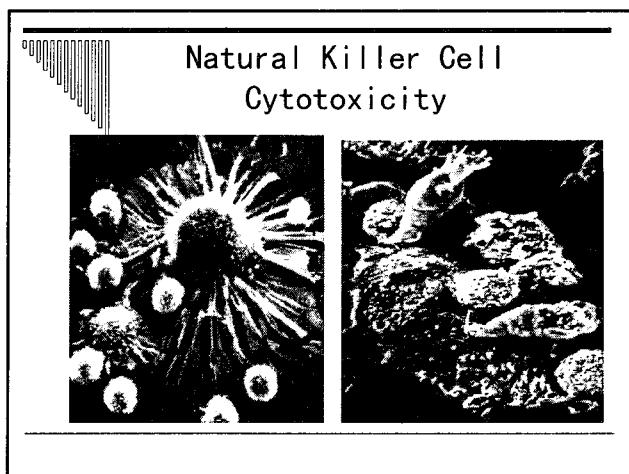
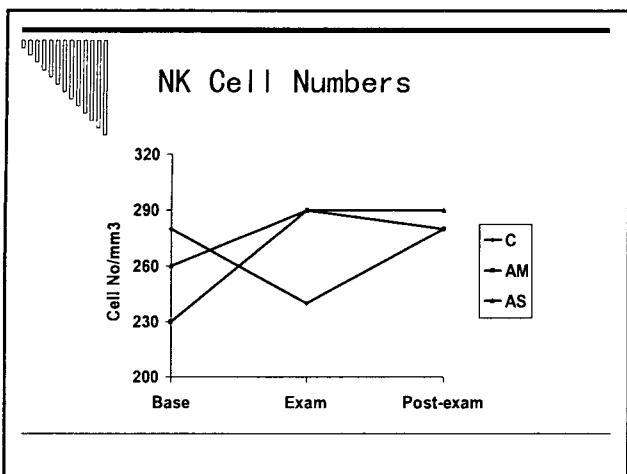
- Developing a Program of Biobehavioral Research**
- Fundamental Questions: Biobehavioral interactions → health outcomes
 - Descriptive Study → Intervention Study
 - Animal vs. Human Research
 - Populations:
 - Asthmatic adolescents
 - Healthy people
 - Breast cancer population

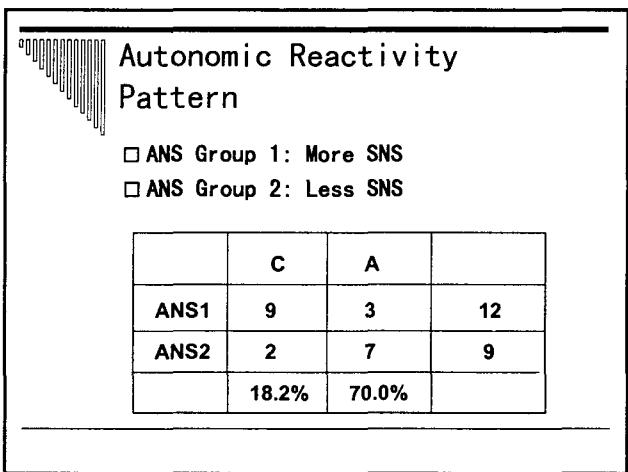
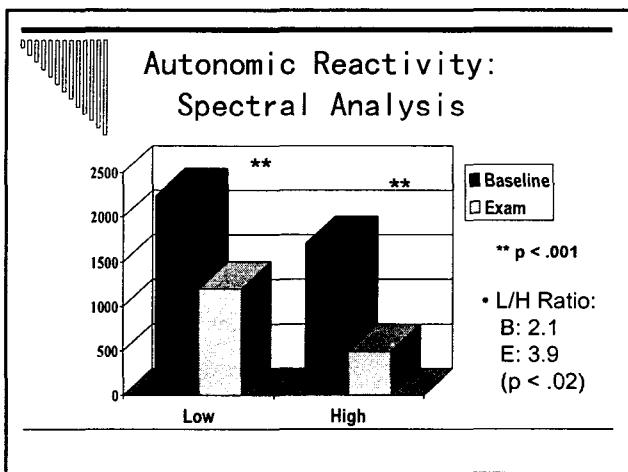
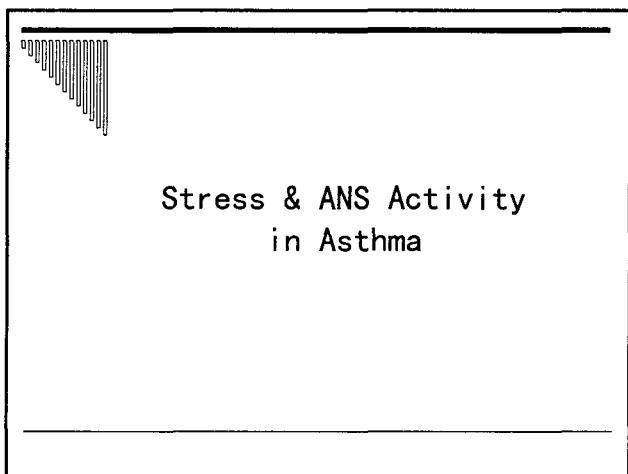
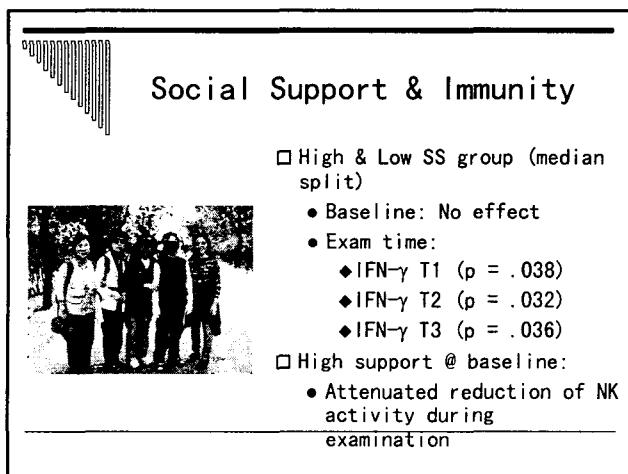
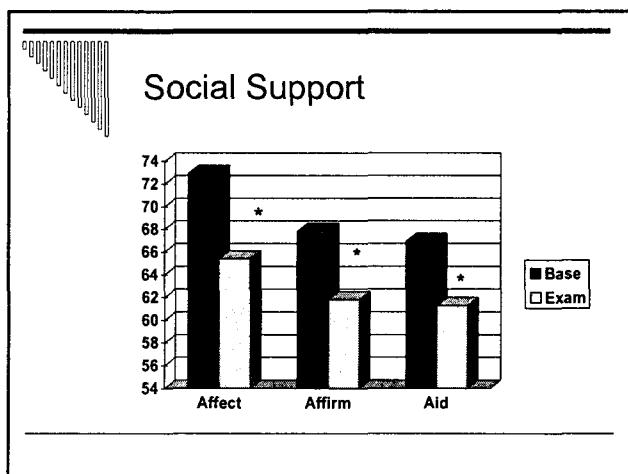
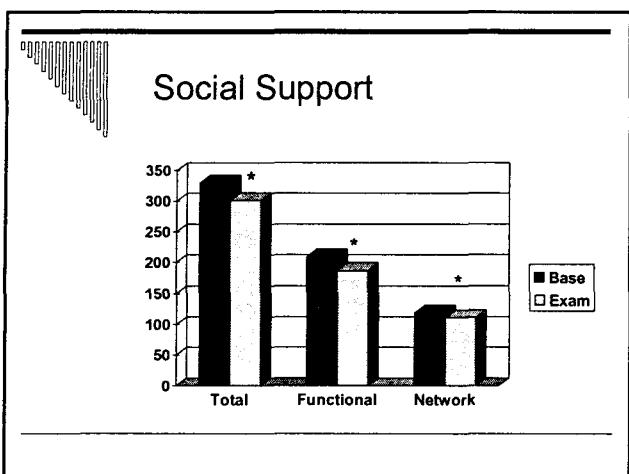
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- ## Stress Research
- Significance of Stress:
 - Ubiquitous
 - Stress-Health Link
 - Stress-Health Link
 - Stress → Health
 - Stress → Physiological mechanism → Health
 - Biobehavioral/Biopsychosocial approach

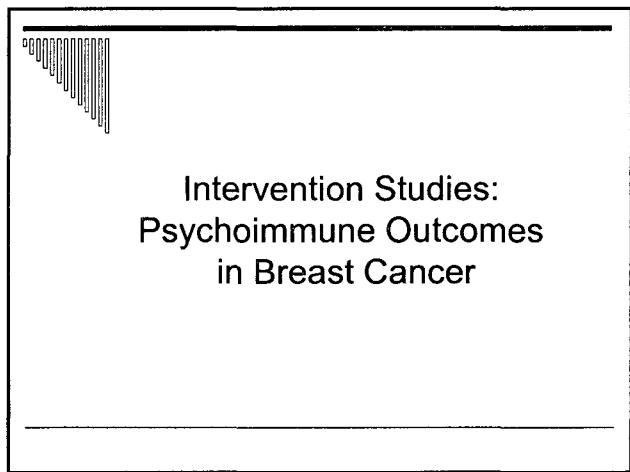
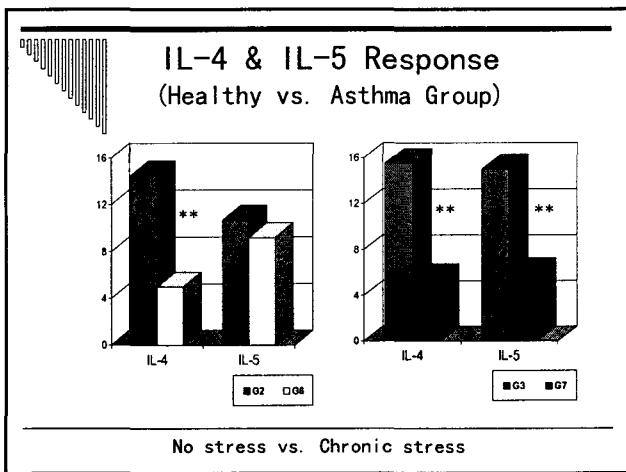
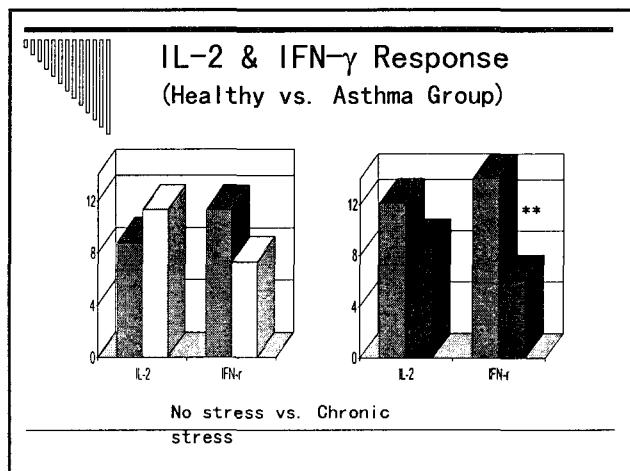
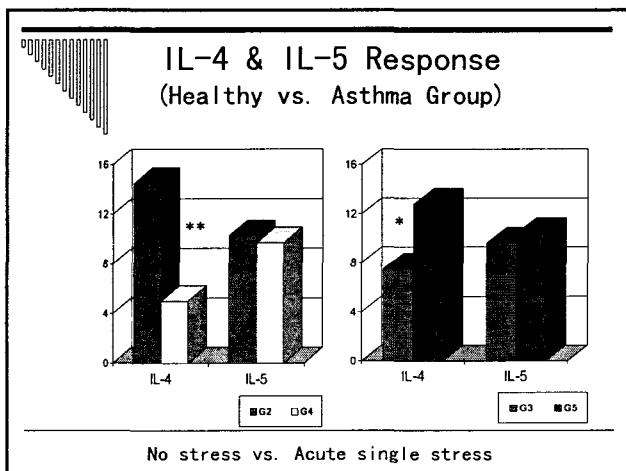
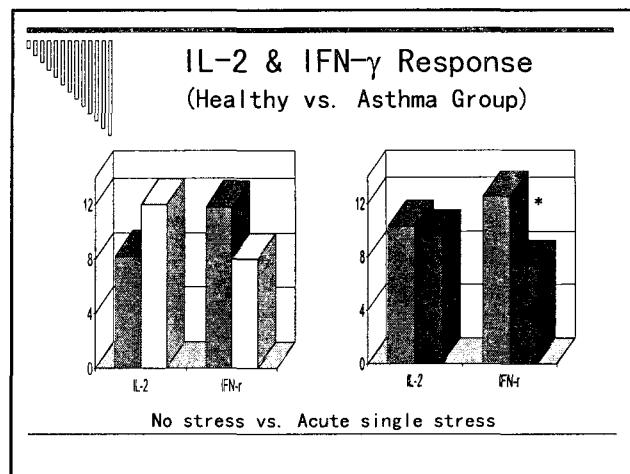
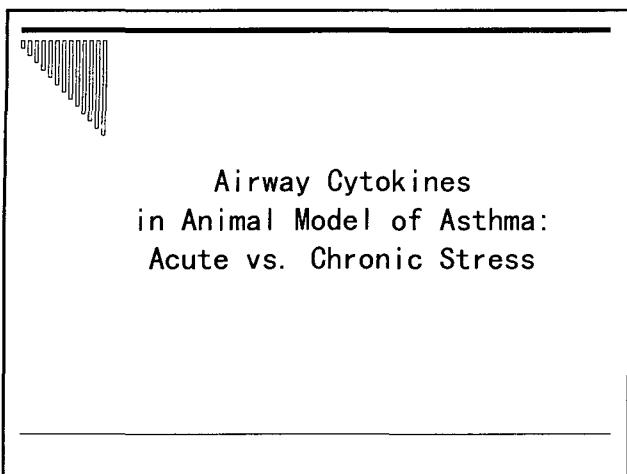
- Biobehavioral Model: Stress & Physiology Model**
- H. Selye
 - Stress – “nonspecific response of the body to any demands”
 - ANS – HPA – immune system
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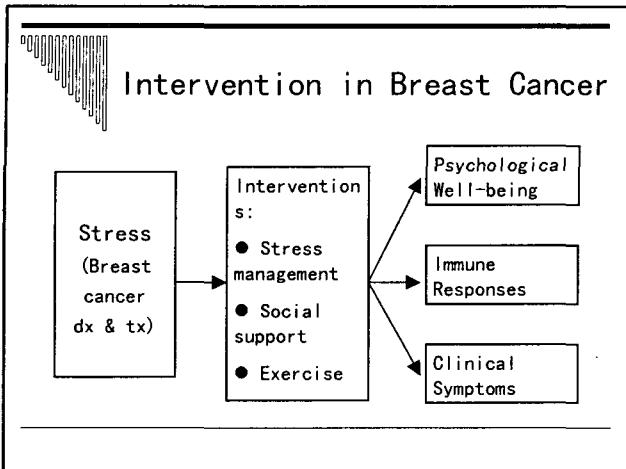






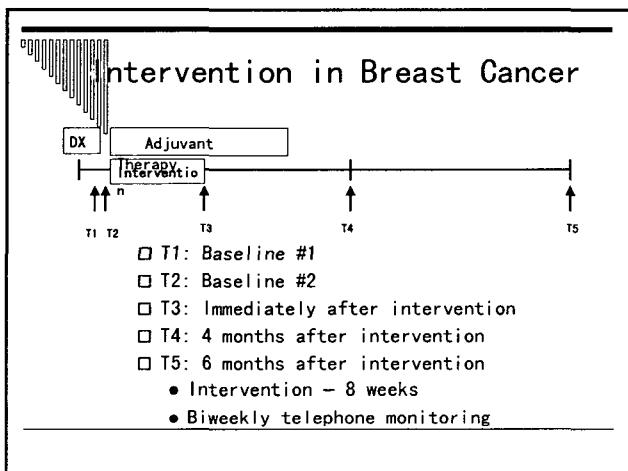






Intervention in Breast Cancer

- Design: longitudinal, prospective, repeated measures experimental design
- Sample: 90 women with newly diagnosed breast cancer
- Group:
 - Intervention group
 - Control group – wait list



Intervention in Breast Cancer

- Intervention: 8 weeks
 - Stress Management – relaxation, information, cognitive modification (60–90 min/session/week)
 - Social Support – peer support
 - Exercise training – physical strength (30–40 min/session x 3/week)
- ◆ Telephone follow-up: biweekly

Intervention in Breast Cancer

- Measurements:
 - Psychological Well-being – psychological distress, moods, quality of life, optimism
 - Immune Responses – NK number and cytotoxicity, LAK, LP, cytokines, CD subsets, oxidative stress
 - Clinical Symptoms – fatigue, sleep disturbance, N & V

