

## NURSING RESEARCH

Dr. Molly Dougherty  
School of Nursing  
CB# 7460, Carrington Hall  
University of North Carolina at Chapel Hill  
Chapel Hill, NC 27599-7460

Dr. Dougherty:

I want to thank you for publishing the article titled Depression and Anxiety in Women with Breast Cancer and their Partners in your January/February 2007 issue. The knowledge that was gained from reading this article actually peaked my interest in the possible link between decreasing depression through the use of exercise in patients diagnosed with breast cancer.

With a family history of breast cancer, I keep up with the statistics published by the Center for Disease Control (CDC) ranking breast cancer as the most common cancer and the second leading cause of cancer-related deaths among American women (CDC, 2007b). I also realize that according to the World Health Organization (WHO), depression rates among those diagnosed with breast cancer is currently placed as high as 46% with those on tamoxifen having a 15% higher rate than other breast cancer patients (CDC, 2007a).

What I found so interesting about this article was the significant decrease in the depression rates among both the breast cancer patients still receiving cancer treatments and their spouses once a regular exercise program was introduced. As a graduate student and nurse, I understand the importance of exercise in decreasing the risk of chronic illness. Since depression has also been linked to cancer recurrence, I hope that studies such as this one will continue to inspire others to look into the link between decreasing depression through exercise and a possible correlation in a decreased recurrence of breast cancer.

Sincerely,

Angela Middleton RN, BSN

### References

Center for Disease Control and Prevention (2007a). The vital link between chronic disease and depressive disorders. Retrieved January 22, 2007, from [http://www.cdc.gov/pcd/issues/2005/jan/04\\_0066.htm](http://www.cdc.gov/pcd/issues/2005/jan/04_0066.htm)

Center for Disease Control and Prevention (2007b). Retrieved January 22, 2007, from <http://www.cdc.gov/cancer/breast/statistics/>  
World Health Organization (2007). Retrieved January 22, 2007, from <http://www.who.int/topics/depression/en/>