## **CONTENTS**

-OREWORD		5
1	Theoretical part	6
1.1	Oncological diseases epidemiology	6
1.1.1	Malignant neoplasm of the colon and rectum	7
1.1.2	Malignant neoplasm of the lungs	8
1.1.3	Malignant neoplasm of the breast	8
1.1.4	The malignant neoplasm of the prostate	10
1.1.5	Other common tumours	11
1.2	Consequences and late complications of oncology treatment	11
1.2.1	Cardiotoxicity	11
1.2.2	Haematological toxicity	12
1.2.3	Nausea and vomiting after anticancer treatment	12
1.2.4	Mucositis	13
1.2.5	Neurotoxic manifestations	13
1.2.6	Pulmonary toxicity	13
1.2.7	Hepatotoxicity	14
1.2.8	Nephrotoxicity	14
1.2.9	Skin toxicity	14
1.2.10	Secondary tumours	14
1.3	Biological and physiological changes in the body	
	during tumorous disease and their long-term impact	14
1.4	The effect of physical activity on the human body	25
1.5	Movement intervention in cancer patients	37
1.5.1	Recommendations for PA	37
1.5.2	Pre-rehabilitation movement intervention	45
1.5.3	Physical intervention during chemotherapy	48
1.5.4	Physical intervention after treatment in remission, survived	49
1.5.5	Exercise in patients with advanced and metastatic disease	50
1.5.6	Conclusion – proposal of physical programme	50
1.5.7	Contraindication for exercise	52
1.5.8	Risks linked with exercise	52
1.6	Physical fitness monitoring	53
1.6.1	Performance examination	53
1.6.2	Body composition	56

1.6.3	Strength	58
1.6.4	Autonomic nervous system (ANS)	59
1.6.5	Quality of life	60
2	Research results	63
2.1	Physical intervention in haemato-oncology patients	
	in remission	63
2.1.1	Research aim	63
2.1.2	Methodology	63
2.1.3	Research methods	64
2.1.4	Research design	65
2.1.5	Physical intervention	66
2.1.6	Statistical data processing	68
2.1.7	Results	68
2.1.8	Discussion	85
2.1.9	Conclusion	87
CONCLUSION		88
SUMMARY REFERENCES		89 90