

FITNESS OF CHILDREN AFTER ANTICANCER TREATMENT

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Background: Multimodal anticancer treatment in childhood leads to an increasing risk of cardiovascular diseases in cancer survivors. General fitness of cancer survivors may influence health status, including cardiovascular diseases, in adulthood.

Patients and methods: We followed prospectively a group of 100 cancer survivors aged 13.9 (□ 5.2) years who finished their anticancer treatment at least 4 years ago and did not have any medical limitations in physical activity. Their fitness was assessed by KIHD (seven day physical activity recall) questionnaire with regard to sex, age and fitness activities. Caloric outcome was measured.

Results: Based on the KIHD questionnaire, females prefer walking then games outside and bicycling; males prefer bicycling then walking and games outside. Both sexes have only limited caloric outcome estimated as approximately half of the caloric outcome of the healthy age-matched population.

Conclusions: Fitness activities of cancer survivors are insufficient. Based on our experience, individual guidelines may lead to improved fitness in this population.

