

Yoga May Improve QoL In Women Undergoing Radiotherapy For Breast Cancer.

[Aunt Minnie](#) (3/17, Yee) reports that according to a study published March 3 in the Journal of Clinical Oncology, “yoga improves the quality of life [QoL] of women undergoing radiotherapy for breast cancer better than the use of simple stretching exercises alone.” The study, which “included 163 women with stage 0 to stage III breast cancer,” also found that yoga appears “to control patients’ cortisol levels, which can lead to better outcomes.”