Breast cancer is the most common type of cancer in women, accounting for about 30% of all cancers in women in the United States (Jemal et al., 2007). The risk for breast cancer increases significantly with age and is a major health concern. Although treatment varies according to disease stage and presence of other comorbidities, women aged 55 years and older are likely to require additional treatment following surgery, including chemotherapy or hormonal therapy, and to experience treatment-related side effects. Despite reports that fatigue, sleep disturbances, and depressive symptoms are common side effects experienced by women receiving chemotherapy (Byar, Berger, Bakken, & Cetak, 2006), minimal research has been conducted on older women receiving hormonal therapy (Crivellari et al., 2007; Payne, Thorpe, Held, & Shaw, 2007; Wyatt & Friedman, 1996). Symptoms experienced by women with breast cancer, including older women, have been well-described in the literature; however, few investigations have singularly focused on older women receiving hormonal therapy for breast cancer.

Relatively little information is available about what interventions may help alleviate the symptoms or the extent to which select physiologic factors, such as biomarkers, may influence the distressing symptoms. Although exercise has been shown to improve sleep in older women receiving hormonal treatment for their breast cancer. Select hypothalamic-pituitary-adrenal biomarkers were different between the exercise group and the usual care group.

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**Key Points . . .**

- Minimal research exists concerning symptoms experienced by older women with breast cancer receiving hormonal therapy.
- A prescribed home-based walking intervention may improve sleep in older women receiving hormonal treatment for their breast cancer.
- Select hypothalamic-pituitary-adrenal biomarkers were different between the exercise group and the usual care group.