**Search Strategy**

**CENTRAL**

#1 MeSH descriptor: [Breast Neoplasms] explode all trees

#2 breast near cancer\*

#3 breast near neoplasm\*

#4 breast near carcinom\*

#5 breast near tumour\*

#6 breast near tumor\*

#7 breast near malignan\*

#8 #1 or #2 or #3 or #4 or #5 or #6 or #7

#9 MeSH descriptor: [Health Behavior] explode all trees

#10 MeSH descriptor: [Health Promotion] explode all trees

#11 MeSH descriptor: [Exercise] explode all trees

#12 MeSH descriptor: [Exercise Therapy] explode all trees

#13 MeSH descriptor: [Sports] explode all trees

#14 MeSH descriptor: [Physical Fitness] explode all trees

#15 MeSH descriptor: [Diet Therapy] explode all trees

#16 MeSH descriptor: [Feeding Behavior] explode all trees

#17 MeSH descriptor: [Diet] explode all trees

#18 MeSH descriptor: [Physical Education and Training] explode all trees

#19 MeSH descriptor: [Life Style] explode all trees

#20 MeSH descriptor: [Health Education] explode all trees

#21 #9 or #10 or #11 or #12 or #13 or #14 or #15 or #16 or #17 or #18 or #19 or #20

#22 (lifestyl\* or life styl\*):ti,ab,kw

#23 (health\* near (behav\* or educ\* or promot\*)):ti,ab,kw

#24 (exercis\* or physic\* activit\* or exert\* or physic\* fit\* or sport\*):ti,ab,kw

#25 (walk\* or jog\* or swim\* or bicyc\* or cycling or weight lift\* or gymnastic or danc\*):ti,ab,kw

#26 ((strength or resistance or circuit or enduran\* or aerob\* or physic\* or fit\*) next train\*):ti,ab,kw

#27 (nutri\* or diet\*):ti,ab,kw

#28 #22 or #23 or #24 or #25 or #26 or #27

#29 #21 or #27

#30 #8 AND #29

**MEDLINE (OVID)**

#1 exp breast neoplasms/

#2 exp breast/

#3 breast.tw.

#4 2 or 3

#5 exp neoplasms/

#6 exp lymphedema/

#7 exp radiotherapy/

#8 or/5-7

#9 4 and 8

#10 (breast adj25 neoplasm$).tw,ot.

#11 (breast adj25 cancer$).tw,ot.

#12 (breast adj25 tumour$).tw,ot.

#13 (breast adj25 tumor$).tw,ot.

#14 (breast adj25 carcinoma$).tw,ot.

#15 (breast adj25 adenocarcinoma$).tw,ot.

#16 (breast adj25 ductal).tw,ot.

#17 (breast adj25 infiltrating).tw,ot.

#18 (breast adj25 lobular).tw,ot.

#19 (breast adj25 medullary).tw,ot.

#20 exp mammary neoplasms/

#21 (mammary adj25 neoplasm$).tw,ot.

#22 (mammary adj25 cancer$).tw,ot.

#23 (mammary adj25 tumour$).tw,ot.

#24 (mammary adj25 tumor$).tw,ot.

#25 (mammary adj25 carcinoma$).tw,ot.

#26 (mammary adj25 adenocarcinoma$).tw,ot.

#27 (mammary adj25 ductal).tw,ot.

#28 (mammary adj25 infiltrating).tw,ot.

#29 (mammary adj25 lobular).tw,ot.

#30 (mammary adj25 medullary).tw,ot.

#31 exp mastectomy/

#32 or/10-31

#33 1 or 9 or 32

#34 exp Health Behavior/

#35 exp Health Promotion/

#36 exp exercise/

#37 exp exercise therapy/

#38 exp Sports/

#39 exp Physical Fitness/

#40 exp Diet Therapy/

#41 exp Feeding Behavior/

#42 exp Diet/

#43 exp "Physical Education and Training"/

#44 exp Life Style/

#45 exp Health Education/

#46 (lifestyl$ or life styl$).tw,ot.

#47 (health$ adj6 (behav$ or educ$ or promot$)).tw,ot.

#48 (exercis$ or physic$ activit$ or exert$ or physic$ fit$ or sport$).tw,ot.

#49 (walk$ or jog$ or swim$ or bicyc$ or cycling or weight lift$ or gymnastic or danc$).tw,ot.

#50 ((strength or resistance or circuit or enduran$ or aerob$ or physic$ or fit$) adj6 train$).tw,ot.

#51 (nutri$ or diet$).tw,ot.

#52 or/34-51

#53 Randomized Controlled Trials as Topic/

#54 randomized controlled trial/

#55 Random Allocation/

#56 Double Blind Method/

#57 Single Blind Method/

#58 clinical trial/

#59 clinical trial, phase i.pt

#60 clinical trial, phase ii.pt

#61 clinical trial, phase iii.pt

#62 clinical trial, phase iv.pt

#63 controlled clinical trial.pt

#64 randomized controlled trial.pt

#65 multicenter study.pt

#66 clinical trial.pt

#67 exp Clinical Trials as topic/

#68 (clinical adj trial$).tw

#69 ((singl$ or doubl$ or treb$ or tripl$) adj (blind$3 or mask$3)).tw

#70 PLACEBOS/

#71 placebo$.tw

#72 randomly allocated.tw

#73 (allocated adj2 random$).tw

#74 or/53-73

#75 case report.tw

#76 letter/

#77 historical article/

#78 or/75-77

#79 74 not 78

#80 33 and 52 and 79

**EMBASE (OVID)**

#1 exp breast neoplasms/

#2 exp breast/

#3 breast.tw.

#4 2 or 3

#5 exp neoplasms/

#6 exp lymphedema/

#7 exp radiotherapy/

#8 or/5-7

#9 4 and 8

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#31 exp mastectomy/

#32 or/10-31

#33 1 or 9 or 32

#34 exp Health Behavior/

#35 exp Health Promotion/

#36 exp Exertion/

#37 exp exercise/

#38 exp exercise therapy/

#39 exp Sports/

#40 exp Physical Fitness/

#41 exp Diet Therapy/

#42 exp Feeding Behavior/

#43 exp Diet/

#44 exp "Physical Education and Training"/

#45 exp Life Style/

#46 exp Health Education/

#47 (lifestyl$ or life styl$).tw,ot.

#48 (health$ adj6 (behav$ or educ$ or promot$)).tw,ot.

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#50 (walk$ or jog$ or swim$ or bicyc$ or cycling or weight lift$ or gymnastic or danc$).tw,ot.

#51 ((strength or resistance or circuit or enduran$ or aerob$ or physic$ or fit$) adj6 train$).tw,ot.

#52 (nutri$ or diet$).tw,ot.

#53 or/34-52

#54 Clinical trial/

#55 Randomized controlled trial/

#56 Randomization/

#57 Single blind procedure/

#58 Double blind procedure/

#59 Crossover procedure/

#60 Placebo/

#61 Randomi?ed controlled trial$.tw.

#62 Rct.tw.

#63 Random allocation.tw.

#64 Randomly allocated.tw.

#65 Allocated randomly.tw.

#66 (allocated adj2 random).tw.

#67 Single blind$.tw.

#68 Double blind$.tw.

#69 ((treble or triple) adj (blind$)).tw.

#70 Placebo$.tw.

#71 Prospective study/

#72 Or/54-71

#73 Case study/

#74 Case report.tw.

#75 Abstract report/

#76 letter/

#77 Or/73-76

#78 72 not 77

#79 32 and 53 and 78