The American Cancer Society (ACS), 2008, estimated that 1,437,180 people will be diagnosed with new cases of cancer in 2008. Advances in technology and the effectiveness of cancer treatments have helped to significantly increase cancer survival rates. Cancer treatments include numerous therapeutic modalities such as surgery, chemotherapy, and radiotherapy. The type and technique of therapy used, alone or in combination with another treatment, are selected based on factors such as response rate, drug sensitivity, and side effects (Schneider, Dennehy, & Carter, 2003).

However, the impact of surgery, chemotherapy, or radiation is not limited to tumors or mutant cells; these treatments also cause deleterious effects on healthy tissues, resulting in acute and chronic physiologic and psychological negative symptoms in cancer survivors (Chabner & Longo, 2001; Gianni et al., 2001). Surgery has been correlated with fatigue in breast cancer survivors (Cimprich, 1993), whereas chemotherapy often results in many positive physiologic and psychological benefits.