

# Tai Chi, Qigong and the Treatment of Lung Cancer: A Study in Artificial Intelligence

**Robert W McGee\***

Fayetteville State University, USA

**\*Corresponding author:** Robert W McGee, Fayetteville State University, USA

## ARTICLE INFO

**Received:** 📅 February 24, 2024

**Published:** 📅 March 20, 2024

**Citation:** Robert W McGee. Tai Chi, Qigong and the Treatment of Lung Cancer: A Study in Artificial Intelligence. Biomed J Sci & Tech Res 55(4)-2024. BJSTR. MS.ID.008736.

## ABSTRACT

Tai chi and qigong are longstanding tools in the Traditional Chinese Medicine (TCM) toolbox. They have been used for centuries to treat a wide variety of diseases and ailments. Whereas western medicine places its primary focus on the treatment of existing disease, Chinese medicine places more emphasis on prevention. Both tai chi and qigong build up and strengthen the body's natural immune system, which helps to prevent the onset of disease and other ailments and also helps to treat the symptoms of patients who have already contracted an illness. In recent years, western medicine has started to pay more attention to tai chi and qigong. Many western medical studies have incorporated the practice of these two Chinese tools into their analysis and treatment, generally as supplements to traditional western medicine. A relatively new tool of western medicine has been the introduction of the use of artificial intelligence to aid in research as well as the treatment of various maladies. The present article adds to these two bodies of literature. The focus is on finding medical studies that have incorporated artificial intelligence, using two popular chatbots – Copilot and Gab AI – in an attempt to determine which bot provides better information. The test topic is lung cancer. The study found that both bots provided useful information, but that Copilot produced more and better information. This finding will be useful for medical scholars who want to incorporate the use of artificial intelligence into their studies but may not know where to start. This study may be replicated to examine other ailments and diseases as well as medical procedures and the management of medical practices.

**Keywords:** Lung Cancer; Tai Chi; Qigong; Traditional Chinese Medicine; TCM; Artificial Intelligence; Copilot; Gab AI

## Introduction

Tai chi and qigong are longstanding tools in the Traditional Chinese Medicine (TCM) toolbox. They have been used for centuries to treat a wide variety of diseases and ailments [1-46]. Whereas western medicine places its primary focus on the treatment of existing disease, Chinese medicine places more emphasis on prevention. Both tai chi and qigong build up and strengthen the body's natural immune system, which helps to prevent the onset of disease and other ailments and also helps to treat the symptoms of patients who have already contracted an illness. In recent years, western medicine has started to pay more attention to tai chi and qigong. Many western medical studies have incorporated the practice of these two Chinese tools into their analysis and treatment, generally as supplements to traditional western medicine. A relatively new tool of western medicine has been

the introduction of the use of artificial intelligence to aid in research as well as the treatment of various maladies [47-72]. The present article adds to these two bodies of literature. The focus is on finding medical studies that have incorporated artificial intelligence, using two popular chatbots – Copilot [73] and Gab AI [74] – in an attempt to determine which bot provides better information. The test topic is lung cancer. A search of the PubMed [75] database for the years 2020-2024 using the key words lung cancer, tai chi and qigong yielded 109 hits, which indicates that these tools of Chinese medicine are being used frequently in lung cancer research. Some of those studies are cited in the reference section [76-87].

## The Study

The results of the study are reproduced below. The same instruction was given to Copilot and Gab AI. The results were different.

## Gab AI Info

### Instruction

Summarize the results of some studies on the effects of practicing either tai chi or qigong on lung cancer patients. Provide citations.

### Reply

Tai chi and qigong are ancient Chinese practices that have been shown to provide health benefits for lung cancer patients. A study published in the Journal of Thoracic Oncology in 2011 found that lung cancer patients who practiced tai chi had improved physical function and quality of life compared to those who did not. Another study published in the Journal of Clinical Oncology in 2013 found that qigong improved the immune system function in lung cancer patients. Finally, a review article published in the International Journal of Behavioral Medicine in 2014 found that both tai chi and qigong can improve physical function, quality of life, and immune function in cancer patients, including those with lung cancer.

### Instruction

What kind of tai chi or qigong were used in these studies?

### Reply

The specific type of tai chi or qigong used in these studies can vary depending on the research and location of the study. However, the majority of studies focus on the most common forms of these practices. For tai chi, the most common form used in studies is the Yang style, which is the most popular form of tai chi practiced worldwide. For qigong, the most common form used in studies is the Baduanjin or Eight Pieces of Brocade, which is a popular and widely practiced qigong routine. Other forms of tai chi and qigong may also be used, depending on the researcher's preference and the availability of instructors in the study location.

## Copilot

### Instruction

Summarize the results of some studies on the effects of practicing either tai chi or qigong on lung cancer patients. Provide citations.

### Reply

Certainly! Here are some findings from studies on the impact of mind-body exercises such as tai chi and qigong on lung cancer patients:

#### Meta-Analysis of Randomized Controlled Trials (RCTs):

1. A meta-analysis evaluated the effects of mind-body exercises (including yoga, tai chi, and qigong) on lung cancer patients.
2. The study included 11 trials with a total of 897 patients.

3. Results showed that compared to usual care, mind-body exercise led to the following improvements:

- Increased 6-minute walk distance (WMD: 18.83 meters, 95% CI: 7.55–30.10,  $p = 0.001$ ).
- Reduced anxiety levels (SMD: -1.51, 95% CI: -1.74 to -1.27,  $p < 0.05$ ).
- Enhanced overall quality of life (SMD: 0.71, 95% CI: 0.10–1.31,  $p = 0.02$ ).

4. Certainty of evidence for all outcomes was low<sup>1</sup>.

#### Aerobic Exercise and Tai Chi:

1. Patients with advanced lung cancer experienced improvements in circadian rhythm, physical function, sleep, and psychological distress.
2. Consistent participation in Aerobic Exercise (AE) and Tai Chi (TC) as part of survivorship care contributed to these positive effects<sup>2</sup>.

#### Feasibility Study:

1. Both aerobic exercise and mind-body exercise (including tai chi) were effective in improving sleep post-intervention among cancer patients.
2. However, only the benefit of aerobic exercise remained evident at 3 to 6 months post-intervention<sup>3</sup>.

In summary, mind-body exercises like tai chi and qigong can improve exercise capacity, reduce anxiety, and positively impact overall quality of life for lung cancer survivors. However, the evidence remains subject to further research and validation [88-90].

#### For More Details, You Can Refer to the Full Articles:

1. "The effect of mind-body exercise in lung cancer patients: a meta-analysis of RCTs".
2. "Aerobic Exercise, Tai Chi Improved Sleep in Patients with Lung Cancer".
3. "Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients".

## Author Note

Copilot also provided prompts for related topics. One of them was: What is the difference between tai chi and qigong? Clicking on the prompt produced the following result: Certainly! Tai chi and qigong are both ancient Chinese mind-body practices that focus on cultivating energy (often referred to as "qi" or "chi") and promoting overall well-being. While they share some similarities, they also have distinct characteristics:

## Origins and Purpose

### Tai Chi:

- Originates from the 16th century and was developed by Chen Wangting.
- Combines martial arts movements with meditative and health-enhancing aspects.
- Emphasizes coordination, balance, and mental discipline.

### Qigong:

- Encompasses a broader range of practices related to energy cultivation.
- Primarily focuses on wellness, healing, and spiritual development.
- Utilizes simple, adaptive movements and breathwork.

## Movements and Forms

### Tai Chi:

- Involves a sequence of connected movements performed in a flowing manner.
- Often practiced as a series of forms or routines.

### Qigong:

- Typically has fewer movements (usually less than 12) that are repeated multiple times.
- Can be done standing, sitting, or even lying down.

## Martial vs. Healing Focus:

### Tai Chi:

- Has its roots in martial arts.
- Combines self-defense techniques with energy cultivation.

### Qigong:

- Primarily used for wellness, stress relief, and energy enhancement.
- Focuses on individual needs and specific functions of qi.

## Internal vs. External

### Tai Chi:

- Considered a form of active qigong.
- Involves external movements.

### Qigong:

- Can be either active (with movements) or passive (without external movement).

- Often practiced internally, using concentration, breath, and imagination.

## Accessibility

### Tai Chi:

- Requires learning complex forms and stances.
- Often practiced standing.

### Qigong:

- Simpler and more adaptable.
- Can be done in various positions (sitting, standing, or lying down).

In summary, tai chi emphasizes martial arts principles and structured movement, while qigong focuses on healing, relaxation, and internal energy flow. Many practitioners choose to explore both practices for a holistic approach to health and well-being.

For more information, you can explore these resources:

1. Tai Chi vs. Qigong: A Comparison Guide
2. Long White Cloud Qigong: Tai Chi vs. Qigong
3. Grounded MMA: Tai Chi vs. Qigong
4. Tai Chi Society: Difference between Tai Chi and Qigong [91-103].

## Concluding Comments

The study found that both bots provided useful information, but that Copilot produced more and better information. This finding will be useful for medical scholars who want to incorporate the use of artificial intelligence into their studies but may not know where to start. This study may be replicated to examine other ailments and diseases as well as medical procedures and the management of medical practices.

## Funding

None.

## Conflict of Interest

None.

## References

1. (2022) Harvard Health Publishing. The health benefits of tai chi. Harvard Medical School.
2. Medical News Today (n.d.). What are the health benefits of tai chi? Medical News Today.
3. Healthline. (n.d.). 11 Ways Tai Chi Can Benefit Your Health. Healthline.
4. Tai Chi Basics. (n.d.). 31 Clinically Proven Tai Chi Health Benefits. Tai Chi Basics.

5. (2023) Cleveland Clinic. Slow and Steady: The Health Benefits of Tai Chi. September 5. Cleveland Clinic.
6. Docherty Dan (2014) The Tai Chi Bible. Buffalo NY: Firefly Books.
7. Kit Wong Kiew (2001) The Complete Book of Tai Chi Chuan. Rutland VT: Tuttle Publishing.
8. Liang, Shou-Yu, Wen-Ching Wu (2014) Simplified Tai Chi Chuan. Wolfeboro, NH: YMAA Publication Center.
9. Tsao, Jesse with Jason Weil (2021) Practical Tai Chi Training. San Diego: Tai Chi Health ways.
10. Allen, Katherine (2017) The Qigong Bible. London: Gods field Press.
11. Frantz Bruce (2010) Dragon and Tiger Medical Qigong, Volume 1. Fairfax, CA: Energy Arts.
12. Frantz Bruce (2014) Dragon and Tiger Medical Qigong Volume 2: Qi Cultivation Principles and Exercises. North Atlantic Books.
13. Johnson Jerry Alan (2000) Chinese Medical Qigong Therapy: A Comprehensive Clinical Guide. Pacific Grove CA: International Institute of Medical Qigong.
14. Johnson Jerry Alan (2005) Chinese Medical Qigong Therapy, Vol. 1: Energetic Anatomy and Physiology. Pacific Grove CA: International Institute of Medical Qigong.
15. Johnson Jerry Alan (2005) Chinese Medical Qigong Therapy, Vol. 2: ENERGETIC ALCHEMY, DAO YIN THERAPY AND QI DEVIATIONS. Pacific Grove CA: International Institute of Medical Qigong.
16. Johnson Jerry Alan (2002) Chinese Medical Qigong Therapy, Vol. 3: DIFFERENTIAL DIAGNOSIS, CLINICAL FOUNDATIONS, TREATMENT PRINCIPLES AND CLINICAL PROTOCOLS. Pacific Grove CA: International Institute of Medical Qigong.
17. Johnson Jerry Alan (2002) Chinese Medical Qigong Therapy, Vol. 4: Prescription Exercises and Meditations, Treatment of Internal Diseases, Pediatrics, Geriatrics, Gynecology, Neurology, and Energetic Psychology. Pacific Grove CA: International Institute of Medical Qigong.
18. Johnson Jerry Alan (2005) Chinese Medical Qigong Therapy, Vol. 5: An Energetic Approach to Oncology. Pacific Grove CA: International Institute of Medical Qigong.
19. Qigong and Energy Medicine Database
20. The Qigong Research Society.
21. Jahnke Roger (1997) The Healer Within. San Francisco: Harper.
22. Jahnke Roger (2002) The Healing Promise of Qi. New York: Contemporary Books, a division of McGraw-Hill.
23. McGee Robert W (2020) Qigong: A Bibliography of Books and Other Materials. Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong No. 1, August 25.
24. McGee Robert W (2020) A Bibliography of Recent Medical Research on Qigong. Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong, No. 2, August 31.
25. McGee Robert W (2020) Ba Duan Jin as a Treatment for Physical Ailments: A Bibliography of Recent Medical Research. Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong, No. 3, August 31.
26. McGee Robert W (2020) Wu Qin Xi as a Treatment for Physical Ailments: A Bibliography of Recent Medical Research. Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong, No. 4, August 31.
27. McGee Robert W (2020) The Use of Yi Jin Jing to Treat Illness: A Summary of Three Studies. Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong, No. 5, August 31.
28. McGee Robert W (2020) Qigong and the Treatment and Prevention of COVID-19. Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong, No. 6, September 4.
29. McGee Robert W (2020) Qigong and the Treatment and Prevention of Cancer. Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong, No. 7, September 14.
30. McGee Robert W (2021) Tai Chi, Qigong and Transgender Health. Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Tai Chi and Qigong, No. 8, April 16.
31. McGee Robert W (2021) The Use of Yi Jin Jing to Treat Illness: A Summary of Three Studies. Academia Letters, Article 547.
32. McGee Robert W (2021) Tai Chi, Qigong and the Treatment of Disease. Biomedical Journal of Scientific & Technical Research 34(2): 26627-26633.
33. McGee Robert W (2021) Tai Chi, Qigong and the Treatment of Cancer. Biomedical Journal of Scientific & Technical Research 34(5): 27173-27182.
34. McGee Robert W (2021) Tai Chi, Qigong and the Treatment of Depression and Anxiety. Biomedical Journal of Scientific & Technical Research 36(2): 28350-28354.
35. McGee Robert W (2021) Tai Chi, Qigong, and the Treatment of Arthritis. Biomedical Journal of Scientific & Technical Research 37(5): 29724-29734.
36. McGee Robert W (2021) Tai Chi, Qigong and the Treatment of Hypertension. Biomedical Journal of Scientific & Technical Research 39(1): 31055-31062.
37. McGee Robert W (2021) Ba Duan Jin and the Treatment of Illness in General, and Cognitive Impairment in Particular. Biomedical Journal of Scientific & Technical Research 40(2): 32058-32065.
38. McGee Robert W (2022) Qigong and the Treatment of Illness: Recent Case Studies. Biomedical Journal of Scientific & Technical Research 43(1): 34250-35253.
39. McGee Robert W (2022) A Suggestion for Treating Amyotrophic Lateral Sclerosis (ALS). Biomedical Journal of Scientific & Technical Research 44(4): 35627-35631.
40. McGee Robert W (2022) Using Tai Chi and Qigong to Treat Cancer Symptoms. Biomedical Journal of Scientific & Technical Research 45(2): 36333-36336.
41. McGee Robert W (2022) Traditional Chinese Medicine and the Treatment of Cancer. Biomedical Journal of Scientific & Technical Research 47(4): 38636-38639.
42. McGee Robert W (2023) Recent Studies in Traditional Chinese Medicine (TCM). Biomedical Journal of Scientific & Technical Research 50(4): 41817-41820.
43. McGee Robert W (2023) Some Beneficial Health Effects of Tai Chi and Qigong. Biomedical Journal of Scientific & Technical Research 52(3): 43813-43817.
44. McGee Robert W (2023) Tai Chi, Qigong and the Treatment of Dementia. Biomedical Journal of Scientific & Technical Research, 53(5): 45080-45085.
45. McGee Robert W (2024) Tai Chi, Qigong and the Treatment of Breast Cancer. Biomedical Journal of Scientific & Technical Research 54(3): 46024-46027.



46. McGee Robert W (2024) Using Artificial Intelligence to Conduct Research on the Health Benefits of Tai Chi: A Pilot Study. *Biomedical Journal of Scientific & Technical Research* 55(2): 46838-46841.
47. M Ablameyko, N Shakel (2022) Doctor-Patient-Artificial Intelligence Relations in Smart Healthcare. *Biomed J Sci & Tech Res* 44(5): 36021-36027.
48. Marcos A M Almeida, Matheus H C de Araujo (2023) The Use of Artificial Intelligence in the Classification of Medical Images of Brain Tumors. *Biomed J Sci & Tech Res* 53(4): 45067-45079.
49. Emmanuel Andrès, Nathalie Jeandidier, Noel Lorenzo Villalba, Laurent Meyer, Abrar Ahmad Zulfiqar, et al. (2020) Currents and Emerging Technologies for Diabetes Care. *Biomed J Sci & Tech Res* 25(2): 18897-18905.
50. Archana P, Lala Behari S, Debabrata P, Vinita S (2029) Artificial Intelligence and Virtual Environment for Microalgal Source for Production of Nutraceuticals. *Biomed J Sci & Tech Res* 13(5): 10239-10243.
51. Ahmed Asfari (2021) Artificial Intelligence Role and Clinical Decision Support System Extubation Readiness Trail and Etiometry Scoring System. *Biomed J Sci & Tech Res* 35(1): 27291-27293.
52. Ashis Kumar D, Harihar Bhattarai, Saji Saraswathy Gopalan (2019) Determinants of Generic Drug Use Among Medicare Beneficiaries: Predictive Modelling Analysis Using Artificial Intelligence. *Biomed J Sci & Tech Res* 22(1): 16405-16413.
53. Chris Caulkins (2019) Detection of Psychological Trauma and Suicide Risk among Emergency Medical Services Personnel: An Artificial Intelligence Approach. *Biomed J Sci & Tech Res* 23(3): 17372-17376.
54. Kuo Chen Chou (2020) How the Artificial Intelligence Tool iRNA-PseU is Working in Predicting the RNA Pseudouridine Sites? *Biomed J Sci & Tech Res* 24(2): 18055-18064.
55. Philippe Funk (2023) Biomedical Computation Artificial Intelligence Challenges in Cloud Environments. *Biomed J Sci & Tech Res* 50(4): 41813-41816.
56. Swati Gupta, Dheeraj Kumar Sharma, Manish Gupta K (2019) Artificial Intelligence in Diagnosis and Management of Ischemic Stroke. *Biomed J Sci & Tech Res* 13(3): 9964-9967.
57. Angela Hsu, Robin Zachariah, James Han, William Karnes (2023) Artificial Intelligence for Colonoscopy: Beyond Polyp Detection – A Review of where we are Today and where AI can Take us. *Biomed J Sci & Tech Res* 49(3): 40736-40739.
58. Hamid Yahya Hussain (2020) Frailty and Spousal/Partner Bereavement in Older People: A Systematic Scoping Review Protocol. *Biomed J Sci & Tech Res* 24(4): 18396-18399.
59. Hergan Klaus, Zinterhof Peter, Abed Selim, Meissnitzer Matthias, Schlattau Alexander, et al. Challenges implementing and running an AI-Lab: Experience and Literature Review. *Biomed J Sci & Tech Res* 45(4): 36605-36611.
60. Ik Whan G Kwon, Sung Ho Kim (2021) Digital Transformation in Healthcare. *Biomed J Sci & Tech Res* 34(5): 27070-27071.
61. Jyoti Lamba, Taniya Malhotra, Drishti Palwankar, Vrinda Vats, Akshat Sachdeva (2023) Artificial Intelligence in Dentistry: A Literature Review. *Biomed J Sci & Tech Res* 51(1): 42323-42326.
62. Jae-Eun Lee (2018) Artificial Intelligence in the Future Biobanking: Current Issues in the Biobank and Future Possibilities of Artificial Intelligence. *Biomed J Sci & Tech Res* 7(3): 5937-3939.
63. Luca Marzi, Fabio Vittadello, Alessandra Andreotti, Andrea Piccin, Andrea Mega (2021) Will Artificial Intelligence Unveil Hepatocellular Carcinoma? *Biomed J Sci & Tech Res* 35(4): 27913-27914.
64. Rosario Megna, Alberto Cuocolo, Mario Petretta (2019) Applications of Machine Learning in Medicine. *Biomed J Sci & Tech Res* 20(5): 15350-15352.
65. Sotiris Raptis, Christos Ilioudis, Vasiliki Softa, Kiki Theodorou (2022) Artificial Intelligence in Predicting Treatment Response in Non-Small-Cell Lung Cancer (NSCLC). *Biomed J Sci & Tech Res* 47(3): 38421-38428.
66. Richard MF, Matthew RF, Andrew Mc K, Tapan KC (2018) FMTVDM@\*\*\* Nuclear Imaging Artificial (AI) Intelligence but First We Need to Clarify the Use Of (1)Stress, (2) Rest, (3) Redistribution and (4) Quantification. *Biomed J Sci&Tech Res* 7(2): 5854-58578.
67. Omar Sayyoub (2022) Machine Learning Application to Combat Superbugs in Hospitals: A Primer to Infection Prevention Practitioners. *Biomed J Sci & Tech Res* 44(5): 35968-35971.
68. Shivani S, Abhishek A, Rajvardhan A (2020) Prospects of Artificial Intelligence in Ophthalmic Practice. *Biomed J Sci & Tech Res* 27(5): 21159-21166.
69. Woo Sung Son (2018) Drug Discovery Enhanced by Artificial Intelligence. *Biomed J Sci & Tech Res* 12(1): 8936-8938.
70. Michael L Carty, Stephane Bilodeau (2023) Artificial Intelligence and Medical Oxygen. *Biomed J Sci & Tech Res* 51(2): 42413-42421.
71. Benjamin Wu, Yucheng Liu, Meng Jou Wu, Hiram Shaish, Hong Yun Ma (2024) Usage of Artificial Intelligence in Gallbladder Segmentation to Diagnose Acute Cholecystitis. A Case Report *Biomed J Sci & Tech Res* 55(2): 46766-46770.
72. Min Wu (2019) Modeling of an Intelligent Electronic Medical Records System. *Biomed J Sci & Tech Res* 19(4): 14441-14442.
73. Mingbo Zhang, Huipu Han, Zhili Xu, Ming Chu (2019) Applications of Machine Learning in Drug Discovery. *Biomed J Sci & Tech Res* 23(1): 17050-17052.
74. Copilot [Copilot GPT4 Microsoft] <https://copilot.microsoft.com/>.
75. Gab AI <https://gab.ai/>.
76. (2024) PubMed. <https://pubmed.ncbi.nlm.nih.gov/>.
77. Cheung DST, Takemura N, Lam TC, Ho JCM, Deng W, et al. (2021) Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial. *Integr Cancer Ther* 20: 15347354211033352.
78. Takemura N, Cheung DST, Fong DYT, Lin CC (2023) Impact of adherence to exercise interventions on effectiveness in a randomized controlled trial in improving sleep in advanced lung cancer patients: A comparison between aerobic exercise and Tai Chi. *Palliat Support Care* 28: 1-9.
79. Hou W, Zhai L, Yang Y, Gu S, Li C, et al. (2023) Is physical activity effective against cancer-related fatigue in lung cancer patients? An umbrella review of systematic reviews and meta-analyses. *Support Care Cancer* 31(3): 161.
80. Yeung A, Chan JSM, Cheung JC, Zou L (2018) Qigong and Tai-Chi for Mood Regulation. *Focus (Am Psychiatr Publ)* 16(1): 40-47.
81. Zhang YP, Hu RX, Han M, Lai BY, Liang SB, et al. (2020) Evidence Base of Clinical Studies on Qi Gong: A Bibliometric Analysis. *Complement Ther Med* 50: 102392.
82. Morandi G, Pepe D (2023) Tai Chi and Qigong in Medical Research: A Comprehensive Bibliometric Analysis. *Altern Ther Health Med* 29(4): 258-265.
83. Sun J, Chen D, Qin C, Liu R (2023) The effect of mind-body exercise in lung cancer patients: a meta-analysis of RCTs. *Support Care Cancer* 31(12): 650.

84. Oh B, Yeung A, Klein P, Larkey L, Ee C, et al. (2018) Accreditation Standard Guideline Initiative for Tai Chi and Qigong Instructors and Training Institutions. *Medicines (Basel)* 5(2): 51.
85. Xu J, Li X, Zeng J, Zhou Y, Li Q, et al. (2023) Effect of Baduanjin qigong on postoperative pulmonary rehabilitation in patients with non-small cell lung cancer: a randomized controlled trial. *Support Care Cancer* 32(1): 73.
86. Nguyen T, Tracy K, Ullah A, Karim NA (2023) Effect of Exercise Training on Quality of Life, Symptoms, and Functional Status in Advanced-Stage Lung Cancer Patients: A Systematic Review. *Clin Pract* 13(3): 715-730.
87. Takemura N, Cheung DST, Fong DYT, Lin CC (2023) Impact of adherence to exercise interventions on effectiveness in a randomized controlled trial in improving sleep in advanced lung cancer patients: A comparison between aerobic exercise and Tai Chi. *Palliat Support Care* 28: 1-9.
88. Lu T, Denehy L, Cao Y, Cong Q, Wu E, et al. (2020) A 12-Week Multi-Modal Exercise Program: Feasibility of Combined Exercise and Simplified 8-Style Tai Chi Following Lung Cancer Surgery. *Integr Cancer Ther* 19:1534735420952887.
89. Wang C, Pu Y, Niemisto L (2011) Tai Chi Chuan on lung cancer patients' quality of life and physical function: a randomized controlled trial. *Journal of Thoracic Oncology* 6(11): 1926-1930.
90. Johnson SD, X Zhang JA (2013) Qigong for lung cancer patients: a randomized controlled trial. *Journal of Clinical Oncology* 31(17): 2107-2112.
91. Mustian KM, Katula JA, Gill SK, Palesh OG, Peppone LJ, et al. (2014) Mind-body therapies for symptom management in oncology patients: a review. *International Journal of Behavioral Medicine* 21(4): 616-630.
92. Sun J, Chen D, Qin C, Rui Liu (2023) The effect of mind-body exercise in lung cancer patients: a meta-analysis of RCTs. *Support Care Cancer* 31: 650.
93. Bonavitaola, Julia (2023) Aerobic exercise, Tai Chi Improved Sleep in Patients with Lung Cancer. *AJMC* December 13.
94. Takemura N, Cheung DST, Fong DYT, Anne Wing Mui Lee, Tai-Chung Lam, et al. (2024) Effectiveness of aerobic exercise and tai chi interventions on sleep quality in patients with advanced lung cancer: a randomized clinical trial. *JAMA Oncol* 10(2): 176-184.
95. Cheung DST, Takemura N, Lam TC, Ho JCM, Deng W, et al. (2021) Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial. *Integrative Cancer Therapies* 20: 1-12.
96. Wayne PM, Lee MS, Novakowski J, Osypiuk K, Ligibel J, et al. (2018) Tai Chi and Qigong for cancer-related symptoms and quality of life: a systematic review and meta-analysis. *Journal of Cancer Survivorship* 12: 256-267.
97. Tai Chi Basics. (n.d.). Should I Do Tai Chi vs Qi Gong? A Comparison Guide. Tai Chi Basics.
98. Long White Cloud Qigong. (n.d.). What is the difference between Tai Chi and Qigong (and which should I do?). Long White Cloud Qigong.
99. Watts Robert (2024) Tai Chi vs Qi Gong: 7 Key Differences Explained (2024). Grounded MMA.
100. Chia Kellen (2011) The difference between Tai Chi and Qigong. October 23. Tai Chi Society.
101. Holden Qigong (n.d.). What's the difference between Tai Chi and Qi Gong? <https://www.youtube.com/watch?v=Wcm00Qbbh-M>.
102. Tucker Janice (n.d.). Difference Between Qigong and Tai Chi. <https://www.youtube.com/watch?v=voGNCKyVrS8>.
103. White Tiger Qigong (n.d.). Qigong vs. Tai Chi: What's The Difference? [https://www.youtube.com/watch?v=hgu66dYz\\_ws](https://www.youtube.com/watch?v=hgu66dYz_ws).

ISSN: 2574-1241

DOI: 10.26717/BJSTR.2024.55.008736

Robert W McGee. Biomed J Sci &amp; Tech Res



This work is licensed under Creative Commons Attribution 4.0 License

Submission Link: <https://biomedres.us/submit-manuscript.php>



#### Assets of Publishing with us

- Global archiving of articles
- Immediate, unrestricted online access
- Rigorous Peer Review Process
- Authors Retain Copyrights
- Unique DOI for all articles

<https://biomedres.us/>