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Resistance Training and Fatigue in Breast Cancer Survivors

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The number of studies involving patients with breast cancer and physical activity has increased in recent years. The Resistance Training (RT) has shown to be effective in improving. Objective: To compare fatigue between women breast cancer survivors (BCS) with apparently healthy women. Methods: This study analyses the effects of once weekly RT on fatigue levels among BCS. Randomized controlled trial. The 25 women included were randomized into RT or control group. The RT group performed eight weeks of RT (once per week). Fatigue was assessed using the Piper Scale consists of four domains: behavioral, affective, cognitive and sensory. The final score can vary between 0 (worse general health) and 10 (better health status). The classification consists: 0 absence of fatigue; 1 to 3 medium levels of fatigue; 4 to 6 moderate levels of fatigue; 7 to 10 higher levels of fatigue. Data normality was verified by the Shapiro-Wilk test, and the data were compared between groups by Student's t test. For independent samples, the significance level adopted was $p < 0.05$. A two-way repeated measures analysis of variance was used to test for significant main effects and interactions for these data. The level of significance was set at $p < 0.05$. The results show resistance training improved fatigue levels (-55%, $p = 0.001$ for general fatigue). Resistance training seemed to be a positive nonpharmacological tool for the reduction of fatigue.

Keywords: breast cancer; Psychobiological aspects; physical exercise.

Presentation Key Points

- The relationship of handgrip with decreased mortality
- Physical Exercise for Breast Cancer
- The Importance of Hand Gripping in Breast Cancer Patients

Biography

Vitor Alves Marques is physical education by profession, is master in Health Science at the Federal University of Goiás, and its dissertation is about the effects of chemotherapy treatment on muscle performance in women with breast cancer in the year 2018. He is member the Laboratory of Physiology of the Exercise and Nutrition and Healthy at the Federal University of Goiás (LAFINS/UFG) and also is member the Laboratory of Analyzes of Human Movimento (LAMOVIH/UFG).