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Improving functional capacity and strength in breast cancer women and the correlation with mortality

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Cancer is affecting more and more people around the world. Among the different types of cancer, breast cancer is the one with the highest incidence worldwide, especially over 50 years. According to the National Cancer Institute (INCA), the estimated number of new cases in Brazil from 2023 to 2025 is 73,610 cases. One of the most important causes in the literature for the emergence of breast cancer is poor lifestyle habits, as sedentary lifestyle and obesity. On the other hand, regular physical exercise has shown to improve overall health and reduce mortality in breast cancer patients. However, still remains doubts about how much exercise is necessary to observe this benefit and whether this protection increases with longer exercise practice.

PURPOSE: The objective of the present study was to analyze the effect of 36 weeks of resistance training on parameters indirectly related to mortality in patients with breast cancer.

METHODS: 32 women (48.4 ± 8 years old) with breast cancer were selected. Among them, 16 performed RT for 36 weeks, and 16 were part of the control group, not practicing physical exercise. The physical tests included assessments of the upper and lower limbs' functional capacity, strength, and muscular endurance. **RESULTS:** There was a significant increase in the strength of lower limbs mainly after the first 12 weeks, while the Timed Up and Go showed a significant improvement after the first 12 weeks and an even greater significance at the end of the 36th week. **CONCLUSION:** We conclude that the 12-week practice of RT resulted in a significant improvement, both acute and chronic, in the functional capacity of the sample, and considering that TUG is related to lower mortality from any cause in women with breast cancer, we encourage the recommendation of RT from the initial phase of the oncology rehabilitation program.

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Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

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