DISSERTATION DEFENSE: CÉLIA KATIUSCIA DUARTE DANTAS MOURA

DATE: MAY 25, 2022
TIME: 10:00 am
PLACE: Google Meeting

TITLE: EFFECTIVENESS AND SAFETY OF RESISTANCE TRAINING AFTER BREAST CANCER SURGERY: AN OVERVIEW OF SYSTEMATIC REVIEWS

Key words: Câncer de mama; Linfedema; Treinamento de força; Oncologia cirúrgica; Revisão sistemática; Panorama de ensaios clínicos.

WORDS: 267

Resistance exercise training promotes a number of benefits in people's physical and mental health, however, it has historically been contraindicated in women with breast cancer-related lymphedema (LRCM) or at risk of developing it. Lymphedema is considered one of the main fears by these women because it is incurable and due to its progressive nature. The objective of this study was to evaluate the efficacy and safety of resistance training in women at risk of LRCM or with diagnosed lymphedema, through the analysis of systematic reviews. A bibliographic search was carried out in the main databases, followed by an assessment of the risk of bias of systematic reviews (SR) through the ROBIS tool, as well as the methodological quality through AMSTAR 2. Of the 5 RS found, 3 had a high risk of bias and 2 low risks. Regarding methodological quality, a critically low global confidence was found in all systematic reviews analyzed. There were no adverse effects related to the practice of resistance training by women with LRCM or at risk, and it can be performed safely, and showing benefits in quality of life and muscle strength.

EXAMINATION BOARD:

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