



Pandemic, anxiety, physical activity and breast cancer: Is there a correlation?

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Abstract

The pandemic of COVID-19 has been plaguing the world. The social distance and uncertainty about the future, brought changes in our life habits. As a consequence, the level of anxiety seems to have increased during this period. The level of anxiety experienced by cancer patients may differ from an individual healthy. Therefore, the main goal of this research was verify if the cancer patients are spending the minutes for week of physical activity (PAm) recommended by World Health Organization (WHO), and correlate it with the anxiety level of them. An online questionnaire was applied among cancer patients, being evaluated 57 women diagnosed with breast cancer (BC), aged between 20 and 75 years. The questionnaire was sent by text message and in spontaneous demand on social networks. As main results we observed that before pandemic 87.7% were exercising regularly, while only 70.2% of them could maintain this habit. Regarding the amount of minutes spent for week with physical activity, we found a mean of 90.5 vs 69.4 minutes before and during pandemic respectively. Considering the minimum of WHO's recommendation to PAm (150-300 of moderate or 75-150 of vigorous PA) we found that, comparing before and during pandemic, 24.5% vs 14% of BC patients reached the necessary amount of minutes. Finally, the level of anxiety was negatively correlated with amount PAm. Therefore, regarding BC patients, we conclude that during the pandemic of COVID-19: 1. the engaging with PA was reduced by 17.5%; 2. the amount of PAm was reduced by 23.3%; 3. the minimum of WHO's recommendation to PAm was not reached, neither before nor during the pandemic; 4. increase the PAm seems to be useful, not medicated, option against anxiety.

Biography

Professor PhD Otávio A. S. Machado has completed his Master degree, in Exercise Physiology, at the age of 25 years from Federal University of São Paulo (UNIFESP) and his PhD studies, in Health Sciences, from Cruzeiro do Sul University (UNICSUL). He is professor at the Physical Education Faculty of YMCA Sorocaba. He also coordinates: 1. The Research Center in Exercise Physiology and Metabolism (CEFIME); 2. The Personal Trainer Postgraduate Course (FEFISO); 3. The Department of Physiology and Assessment in Maple Tree Cancer Alliance Brasil. He has published more than 15 papers, books and chapters and has been serving as an editorial board member.



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