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Influence of resistance training on erythrocyte stability and hematologic, and biochemical variables in breast cancer survivors

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The objective of this study was to investigate the effects of 12 weeks of resistance training (RT) on hematologic, biochemical and erythrocyte membrane stability variables in a population (n=14) of breast cancer survivors (BCS). Blood collections and laboratory tests were performed before and after the training period. The RT program contributed to the promotion of significant declines in triglycerides and total and LDL cholesterol, and a significant elevation in HDL-cholesterol. There were also significant declines in erythrocytes count, although values have still remained within the reference range of these variables. The observed decline in the RBC count was associated with increasing levels of HDL-C and decreasing levels of LDL-C, with no association with changes in the erythrocyte stability variables. This is immensely relevant and should mean that the reduction of lipidemia should not be seen as an isolated goal, outside the hematologic context. The results also shows the importance of monitoring any type of treatment of BCS, even physical exercise, with periodic hematologic and biochemical evaluations.

Biography

Mario da Silva Garrote Filho completed his PhD from Federal University of Uberlândia, and is currently developing Postdoctoral studies at the same university. He has published more than 15 articles in renowned journals. He also develops interactive animations in Animate CC and has great knowledge in Statistics, with special abilities in the use of SPSS and Excel.

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