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THE INFLUENCE OF PHYSICAL EXERCISE AS INTEGRATIVE, COMPLEMENTARY PRACTICE ON PATIENTS WITH BREAST CANCER DIAGNOSTIC: A LITERATURE REVIEW

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Objective: The aim of this study was to evaluate the influence of physical exercise as an alternative to integrative and complementary practices and its importance in patients diagnosed with breast cancer. **Methods:** This is a literature review that was carried out in the PubMed and SciELO databases, in which the articles were searched using the following terms: breast cancer, physical exercise, quality of life, and nonpharmacological treatment, selected between the period of 2017 and 2022. The types of study selected for research were experimental and observational. **Results:** A study carried out with 28 patients was divided into an experimental group (combined and hospital treatment) and a control group (hospital treatment), where it was concluded that the combined treatment (aerobic, resistance, and flexibility exercise) led to an increase in the frequency of physical activity. Physical exercise in patients with breast cancer provides better cardiorespiratory and joint control. In another study that was carried out with 10 women who survived breast cancer, for 4 months, with the practice of combined physical exercises, it was evidenced that remotely supervised non-face-to-face aerobic and resistance exercises can help maintain the level of fatigue positively. These results corroborate the perception of professionals from the Family Health Strategy, who observed the positive effects of complementary integrative practices (PICS) through the suffering and fragility in the treatment of women with breast cancer, acting on an emotional and spiritual improvement for them, which makes these practices relevant adjunct to conventional treatment in primary care. **Conclusion:** Physical exercise as an integrative practice can improve asthenia, assist in cardiorespiratory and joint control, and aid in the management of fatigue. Therefore, PICS provides emotional, physical, and spiritual benefits for patients diagnosed with breast cancer.

Keywords: Breast cancer. Physical exercise. Quality of life. PICS.