SPORT PHYSIOTHERAPY
LYMPHOLOGY - BREASTS
EXERCISE MEDICINE & ONCOLOGY

September 9, 2023

EM295: Exercise Oncology- from theory to clinical practice

FRANCESCO BETTARIGA

BSc, MSc, PhD candidate

Cancer is one of the leading causes of death globally, with over 10 million deaths recorded each year. Despite advances in diagnosis and treatment, its incidence continues to increase. In this context, physical exercise emerges as an important cancer prevention and treatment strategy.

In recent years, scientific research has demonstrated the importance of exercise in increasing survival and reducing the risk of recurrence.

Physical exercise can also improve response to therapy (e.g., chemotherapy and radiotherapy), reduce side effects of the same and improve muscle strength, physical function, cardiovascular system and quality of life of cancer patients. However, the mechanisms underlying these benefits are not fully understood, making exercise a promising research therapy for the next few years.

Exercise, administered as a medicine, has its own specific and well-defined dosage according to the type of cancer and its stage, taking into account the specific clinical conditions of the patient. In this course, we will discuss the benefits of exercise in the cancer population and the mechanisms that underlie these benefits.

SPORT PHYSIOTHERAPY
LYMPHOLOGY - BREASTS
EXERCISE MEDICINE & ONCOLOGY

28 Seats | **€390.00** | **16** Hours | **18,4** ECM

INTENDED FOR	PAYMENTS	CALENDAR	LANGUAGE
Doctors, Physiotherapists	Deposit €195.00 within 7 days from the registration Balance €195.00 by date September 4, 2023 **Total: €390.00**	09 - 10 September 2023	Italian

Course location: Brescia @ Edumed

COMBO "EM297: Strength & Conditioning: principi applicati alla clinica" + "EM 295: Exercise Oncology" : **€ 460,00** (**€ 80,00 OFF!**)

SCHEDULE

DAY 1

08.30-09.00 Registrazione partiecipanti

09.00-10.15: Lecture 1

- Il Cancro
- Epidemiologia

10.15-10.30: Break

10.30-12.00: Lecture 2

- L'esercizio fisico nel cancro
- I benefici dell'esercizio fisico nella popolazione affetta da cancro

12.00-13.00: Pranzo

13.00-14.00: Lecture 3

- Il sistema muscolare come organo endocrino
- I meccanismi biologici che sottendono i benefici

14.00-16.00: Lecture 4

- Principi di Strength and Conditioning

16.00-16.15: Break

16.15-18.15: Practical 1

- Resistance Training

DAY 2

08.45-10.15: Practical 1

- Aerobic Training

10.15-10.30: Break

10.15-12.00: Lecture 1

- Il ruolo dell'esercizio nelle comorbità associate al cancro

12.00-13.00: Lunch

13.00-15.00: Practical 2

- Power Training and Alternative Training Methods

15.00-15.15: Break

15.15-17.00: Practical 3

- Applicazione degli esercizi adattati nella popolazione affetta da cancro

17.00-18.00: Practical 4

- Casi clinici

18.00-18.30: Test ECM