

Poster 659- Effect of Pilates exercises on sexuality, self esteem and quality of life of survival women of breast cancer: a randomized controlled trial

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Introduction

- The main treatment for breast cancer is the total or partial mastectomy that can be or not followed by chemotherapy¹. Although the rate of survivals has been increased in the last five years, these treatment procedures can cause negative consequences as negative symptoms of self-esteem, poor quality of life (QoL) and losses in sexuality². Pilates exercises has been investigated in the treatment of the homolateral arm of the surgery showing encouraging results³, but considering that Pilates technique enhances the strength of the hole body, including improvement of pelvic floor muscles (PFM) as shown by previous studies⁴, the aim of this study is to investigate the impact of these exercises technique on sexuality, self-esteem and QoL in survival women of breast cancer.

Methods

- Randomized clinical trial :16 mastectomized into two groups: experimental (n=9) and control (N=7)
- Inclusion and exclusion criteria**
Sedentary women and over 18 years old;
With at least 1 year after partial or total mastectomy of malignant neoplasm;
Sexually active
No PFM dysfunctions, no urinary infection and no neurologic diseases.
- Evaluation**
PERFECT /perineometer;
Female Sexual Function Index (FSFI)
EORTC questionnaires (EORTC QLQ-BR23 and EORTC QLQ-C30)
- Intervention**
Experimental group - 15 sessions of Pilates exercises, twice a week during 7 weeks, supervised by a physiotherapist.
Control group- the same exercise protocol, but at home and without the supervision of any professional.
- Statistical Analysis**
Analysis of variance by ANOVA, and post-test of BONFERRONI, considering a level of significance of 5%.

Results

- Groups were homogeneous at baseline.
- At the end of the treatment the PFM MVC of the G1 increased from 17.0 ± 13.3 to 25.8 ± 16.5 cmH₂O ($p = 0.044$) but there was no difference between groups ($p = 0.196$).
- In the PERFECT scheme, G1 improved in all domains ($P - p = 0.029$; $E - p < 0.01$; $R - p < 0.01$; $F - p < 0.01$) and this was significant between groups ($P - p = 0.032$; $E - p < 0.01$; $R - p = 0.05$; $F - p = 0.05$).
- In the FSFI questionnaire, G1 increased from 19.9 ± 9.9 to 23.5 ± 10.7 ($p = 0.012$), but there was no difference between groups.
- In EORTC QLQ-C30 the G1 showed improvements in the following domains: physical functional scale ($p = 0.008$) and emotional scale ($p = 0.002$) and in this domain the result was significant between groups ($p = 0.013$).
- For EORTC QLQ-BR23, G1 showed improvement in the domains: sexual function ($p = 0.001$), future perspectives ($p = 0.001$) and side effects ($p = 0.001$), no difference was found between groups in this scale;
- The G2 showed improvement in the EORTC QLQ-C30 questionnaire were presented improvement in the fatigue domain ($p = 0.005$), nausea ($p = 0.032$) and pain ($p = 0.021$), and in the EORTC QLQ-BR23 G2 showed improvement in the breast symptoms domain ($p = 0.004$).

Conclusions

- The results indicate that Pilates exercises increased the contractility and pressure of the pelvic floor muscles, improved the sexual function, self-esteem and quality of life of women who survived breast cancer.

References

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