



Actividad Física para pacientes con diagnóstico de cáncer: Guía de prescripción deportiva para Ecuador [

2020

text (article)

Analítica

This guide takes a tour of the various research studies on the benefits of professionally directed and monitored physical activity in patients diagnosed with cancer or who have survived chemotherapy or radiation treatments. It also discusses how to prescribe physical activity for diagnosed patients and when to start prescribing physical activity. It has been pointed out what kind of preventive measures should be promoted in physical activity together with nutrition to avoid the diagnosis of cancer. Finally, we have pointed out what type of nutrition a patient who carries out physical activity after the diagnosis of cancer should maintain, as well as the most appropriate exercises for the diagnosed patients. Concluding that physical activity, controlled by a professional in sport physical exercise prescription, is highly beneficial for the majority of cancer cases and we propose its application to medical professionals at a global level

This guide takes a tour of the various research studies on the benefits of professionally directed and monitored physical activity in patients diagnosed with cancer or who have survived chemotherapy or radiation treatments. It also discusses how to prescribe physical activity for diagnosed patients and when to start prescribing physical activity. It has been pointed out what kind of preventive measures should be promoted in physical activity together with nutrition to avoid the diagnosis of cancer. Finally, we have pointed out what type of nutrition a patient who carries out physical activity after the diagnosis of cancer should maintain, as well as the most appropriate exercises for the diagnosed patients. Concluding that physical activity, controlled by a professional in sport physical exercise prescription, is highly beneficial for the majority of cancer cases and we propose its application to medical professionals at a global level

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMzExNzQyOTY>

Título: Actividad Física para pacientes con diagnóstico de cáncer: Guía de prescripción deportiva para Ecuador electronic resource]

Editorial: 2020

Tipo Audiovisual: Actividad física Cáncer Prescripción deportiva Ecuador Guía Guide Physical activity Cancer Sports prescription Ecuador

Documento fuente: riccafd: Revista Iberoamericana de Ciencias de la Actividad Física y el Deporte, ISSN 2255-0461, Vol. 9, N°. 3, 2020, pags. 18-41

Nota general: application/pdf

Restricciones de acceso: Open access content. Open access content star

Condiciones de uso y reproducción: LICENCIA DE USO: Los documentos a texto completo incluidos en Dialnet son de acceso libre y propiedad de sus autores y/o editores. Por tanto, cualquier acto de reproducción, distribución, comunicación pública y/o transformación total o parcial requiere el consentimiento expreso y escrito de aquéllos. Cualquier enlace al texto completo de estos documentos deberá hacerse a través de la URL oficial de éstos en Dialnet. Más información: <https://dialnet.unirioja.es/info/derechosOAI> | INTELLECTUAL PROPERTY RIGHTS STATEMENT: Full text documents hosted by Dialnet are protected by copyright and/or related rights. This digital object is accessible without charge, but its use is subject to the licensing conditions set by its authors or editors. Unless expressly stated otherwise in the licensing conditions, you are free to linking, browsing, printing and making a copy for your own personal purposes. All other acts of reproduction and communication to the public are subject to the licensing conditions expressed by editors and authors and require consent from them. Any link to this document should be made using its official URL in Dialnet. More info: <https://dialnet.unirioja.es/info/derechosOAI>

Lengua: Spanish

Enlace a fuente de información: riccafd: Revista Iberoamericana de Ciencias de la Actividad Física y el Deporte, ISSN 2255-0461, Vol. 9, N°. 3, 2020, pags. 18-41

Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es