



## **TITLE: Relationship of female breast to physical activity, exercise and sport**

**Name:** João Augusto Lombardi  
**Country:** Brazil  
**Email ID:** Joaoalombardi@gmail.com

### **ABSTRACT**

The women are increasingly seeking to be physically active or even choose sports as their professional activity as in the years, the number of Summer Olympic athletes has equaled that of men. Due to this growing female participation in sports, the study of female and male differences has become increasingly relevant in the involvement of the academic world. We understand that more studies are needed to understand pathophysiology, prevention, and treatment. A retrospective narrative review of the relationship between breasts and physical activity, exercise, and sports has been done. Several anthropometric and physiological differences have been established; however, the volume and shape of the female breast is peculiar but still little studied. The specificity of female breasts are conditions that can exert sports performance and contribute to distancing women from physical activity practice. Possible conditions of female breasts in sports are exercise-induced mastalgia, breast injury, nipple injury, pregnancy, and many others. We understand that more studies are needed to understand pathophysiology, prevention, and treatment.

### **BIOGRAPHY**

João Augusto Lombardi is a Brazilian Sport Physician with Medical Residency by Federal University of São Paulo and Sports Physiologist degree by University of São Paulo. He is medical assistant of Brazilian Paralympic Committee and currently doing his mastership on the Federal University of Mato Grosso, dedicating his future scientific career on physical training and women health.

**Presenter Name:** João Augusto Lombardi.  
**Mode of Presentation:** Oral/Poster.  
**Contact number:** +55 65999211044



3<sup>rd</sup> Annual Conference on  
**ORTHOPEDECS, RHEUMATOLOGY AND MUSCULOSKELETAL DISORDERS**

November 27-28, 2023 | Dubai, UAE

Upload your photo here.



**SCIENTEX CONFERENCES LLC**

1309 Coffeen Avenue STE 1200, Sheridan, WY 82801, United States  
[www.scientexconference.com](http://www.scientexconference.com)

[orthopedic.scientexconference.com/](http://orthopedic.scientexconference.com/)

[orthopedicsglobal@scientexconferences.com](mailto:orthopedicsglobal@scientexconferences.com)

+1 307 285 2104