



UFRGS

UNIVERSIDADE FEDERAL
DO RIO GRANDE DO SUL



HOSPITAL DE
CLÍNICAS
PORTO ALEGRE RS



Faculdade de Medicina

1 8 9 8

O CICLO DA VIDA: Transtornos Mentais e do Neurodesenvolvimento
Humanismo Médico

A Importância do Esporte na Formação Médica

Sergio Pinto Ribeiro

Quem? - Ontem



Sergio Pinto Ribeiro

Esporte e Formação

Atleta – até 1980

- **Campeão Gaúcho e Recordista Gaúcho de várias modalidades**
- **Campeão Brasileiro das categorias infantil, juvenil e absoluto de 1972 à 1980**
Recordista Brasileiro 200 m estilo peito de 1975 à 1988
- **Campeão Sulamericano 1973, 1974, 1980;**
Recordista Sulamericano 200 m estilo peito de 1975 à 1982
- **Campeão Latino 1975 e 1976**
- **Participou:**
 - **Campeonato Mundial de Natação 1973 – Belgrado, Iugoslávia**
 - **Jogos Panamericanos 1975 – Cidade do México, México**
 - **Campeonato Mundial de Natação 1975 – Medellin, Colombia**
 - **Jogos Olímpicos de Montreal 1976 – Montreal, Canadá**
 - **Jogos Mundiais Universitários 1977 – Sofia, Bulgária**
 - **Jogos Olímpicos de Moscou 1980 – Moscou, União Soviética**

Montreal 1976



Montréal 1976

OLYMPIAD 80
MOSCOU MOSCOW MOCKBA



Quem? - Hoje



Sergio Pinto Ribeiro

Esporte e Formação

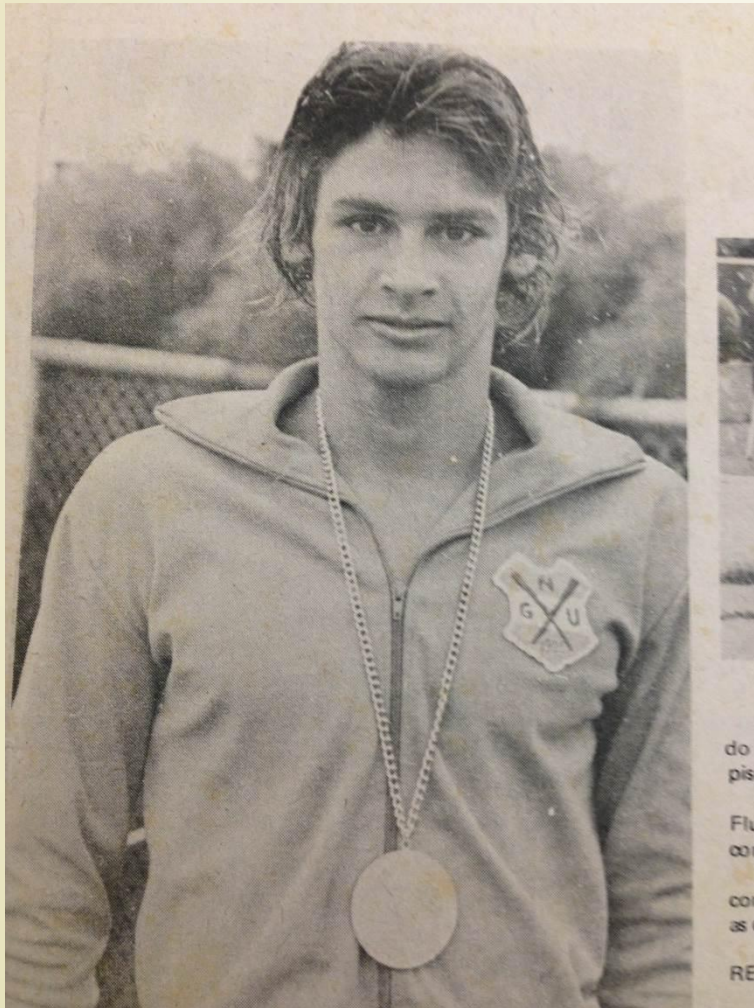
- **Professor Adjunto**
Departamento de Medicina Interna
Faculdade de Medicina
Universidade Federal do Rio Grande do Sul
- **Mestre em Pneumologia pela UFRGS**
- **Doutor (PhD) pela Universidade de Toronto, Canadá**
- **Chefe do Serviço de Pneumologia**
Hospital de Clínicas de Porto Alegre



Pergunta



A prática do esporte é importante na formação profissional?



1973

Os Treinamentos:

12.000 m por dia

Duas sessões, 2ª à 6ª

5-6 horas diárias

Sábado uma sessão

Domingo folga

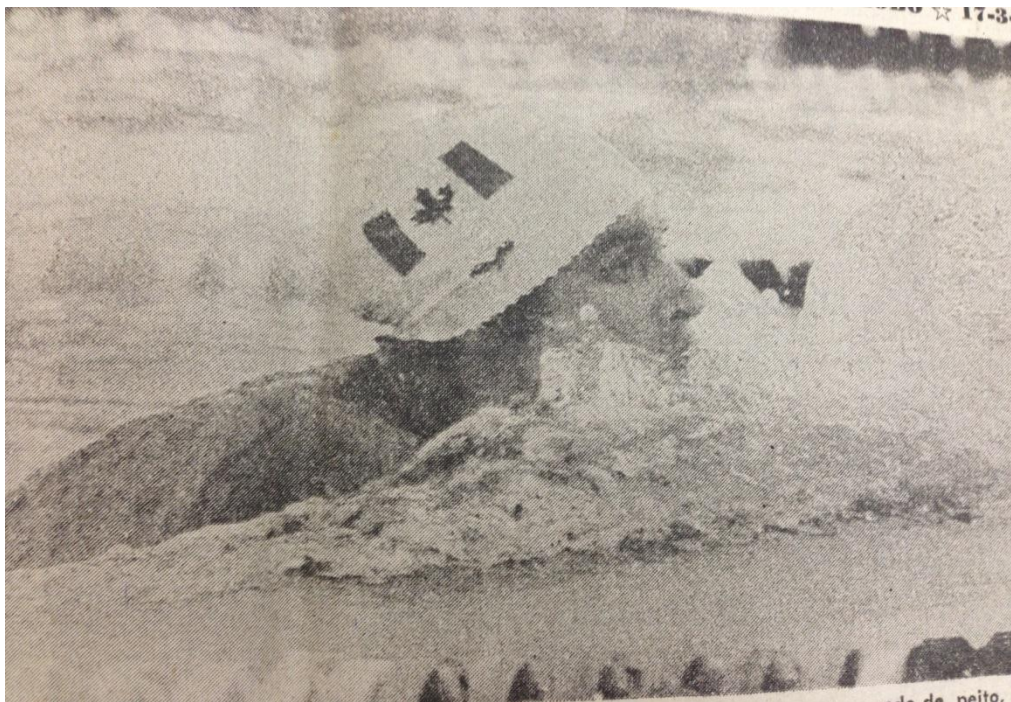
TARDE
4 x 300 1c, 1 med
2 x 14 x 50 mão fortes 1ª c, 2ª peitudo
altos 500 pernas
6 x 150 braços
400 50 costas, golf
100 soltos

Obs - Treino fraco
T. 5.000 T. 523.100

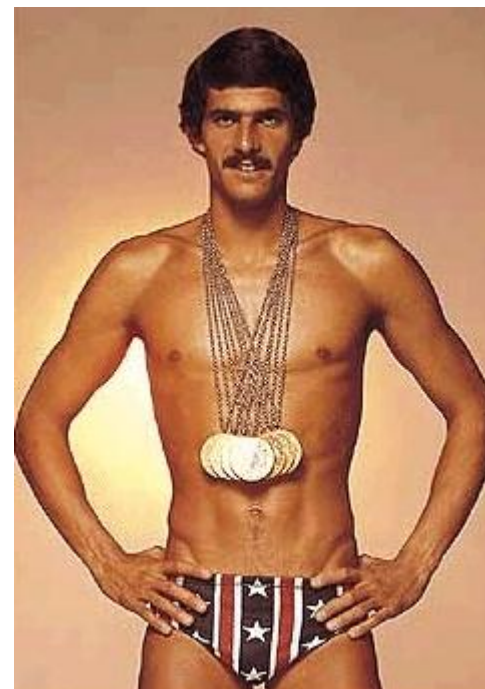
* Aqui termina o mes
de NOVEMBRO. O total
de metros feitos neste
mes foi de 271.550
TOTAL ATÉ AGORA - 523.100

DEZEMBRO

- DIA 1 Sábado
MANHÃ
4 x 250 c prog : 35



Peso: 73 kg Altura: 1,83 m



Peso: 72 kg Altura: 1,83m



Peso: 84 kg Altura: 1,94 m

Importancia da prática do esporte



Mitos e/ou Verdades

- **melhor qualidade de vida**
- **aprendizagem**
- **expressar sentimentos, crenças e valores**
- **proporciona impacto positivo sobre a educação**
- **auxilia na formação de conceitos básicos de cidadania, aspectos afetivos, sociais, cognitivos e culturais**
- **auxilia no questionamento de situações e problemas**
- **auxilia na construção da convivência do indivíduo com a sociedade**
- **nos adultos a prática de esportes pode reduzir consideravelmente os riscos de doenças**
- **a prática esportiva ajuda na saúde, auto-estima, espírito de equipe e objetivos individuais**

Importancia da prática do esporte



Atividade física e saúde mental

- **Ansiedade**
- **Função Cognitiva**
- **Depressão**
- **Sono**
- **Humor**

Pouca evidência científica

Republished editorial: Physical activity for cancer survivors: Beneficial in the short term, but longer term outcomes are lacking

Liam Bourke, Derek Rosario, Robert Copeland, et al.

Br J Sports Med 2013 47: 568

doi: 10.1136/bjsports-2012-d7998rep

Liam Bourke,¹ Derek Rosario,² Robert Copeland,³
Stephanie Taylor⁴

¹Department of Primary Care and Public Health, Barts and the London School of Medicine and Dentistry, Queen Mary University of London, London E1 2AT, UK



update.⁵ The results show significant low to moderate benefits of physical activity interventions on body mass index, body weight, fatigue, depression, peak oxygen consumption, peak power output, the six minute walk test, upper body strength, and health related function. Significant improvements were also reported for lower limb strength and right hand grip strength, but with significant heterogeneity between studies.

Regular exercise benefits cancer survivors. This figure is only reproduced in colour in the online version.

Is exercise effective in promoting mental well-being in older age? A systematic review

Simon Rosenbaum and Catherine Sherrington

Simon Rosenbaum, Catherine Sherrington

The George Institute for Global Health, University of Sydney, Sydney, Australia

Br J Sports Med 2011 45: 1079-1080
doi: 10.1136/bjsports-2011-090466

BACKGROUND

Mental health benefits of physical exercise in people with conditions such as depression¹ and anxiety² have been established. Ageing can be associated with poor mental well-being, and exercise may play a role in enhancing mental well-being throughout older age.

AIM

The aim of this systematic review and meta-analyses was to examine the effectiveness and cost effectiveness of exercise and physical activity on the mental well-being of people older than 65 years. The authors define mental well-being as 'positive psychological functioning encompassing life satisfaction, happiness, resilience, self-esteem, being in control and coping with life'.

The results of four studies (total n=909) that compared the effects of an intervention with a wait-list control or minimal intervention comparison on mental well-being were combined in a meta-analysis. The pooled data showed a statistically significant but relatively small effect of exercise on mental well-being (standardised effect size=0.27; 95% CI=0.14 to 0.40).

RESEARCH ARTICLE

School Sport and Academic Achievement

JOHN BRADLEY, PhD^a FRANCIS KEANE, MEd^b SUSAN CRAWFORD, PhD^c

^aLecturer, (j.bradley@ucc.ie), School of Education, University College Cork, Cork, County Cork, Republic of Ireland.

Figure 2. Overall Mean (SD) Leaving Certificate Score From Schoolchildren and Sporting Participation: 2008-2011 *Significant difference, $p < .05$

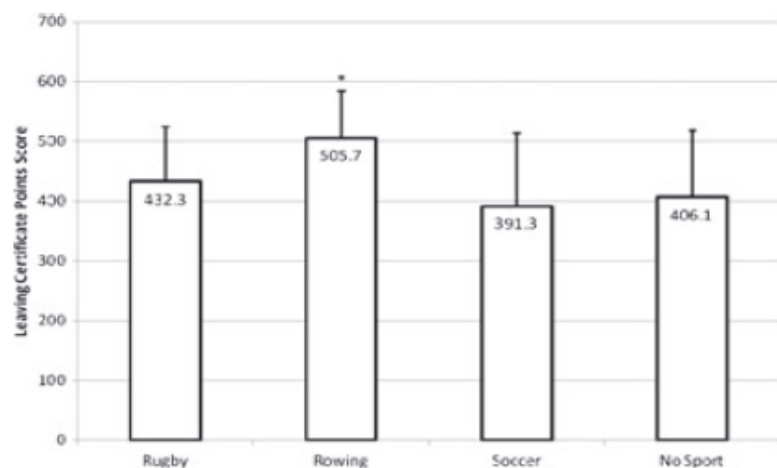


Table 3. Students Achieving Higher Than the Average Leaving Certificate Score

Category	Rugby	Rowing	Soccer	Sport	No Sport
Percentage of students above school mean	57.9%	80.0%	47.8%	58.3%	47.1%
Leaving Certificate score (420.5)					
Average Leaving Certificate scores (mean (SD))				431.5 (106.2)	406.1 (111.6)



Republished research: Facilitated physical activity as a treatment for depressed adults: randomised controlled trial

Melanie Chalder, Nicola J Wiles, John Campbell, et al.

Br J Sports Med 2013 47: 629

doi: 10.1136/bjsports-2012-e2758rep

¹School of Social and Community Medicine, University of Bristol, Bristol BS8 2BN, UK

Mean (standard deviation) Beck depression inventory score and differences in means at four month follow-up of adults with depression allocated to usual care plus facilitated physical activity or to usual care only

Study arm	Mean (SD) depression score	Difference in means* (95% CI), P value	
		Intention to treat estimate	Multiple imputation chained equation estimate
Intervention (n=142)	16.12 (11.34)	-0.54 (-3.06 to 1.99), 0.68	-0.76 (-3.37 to 1.84), 0.56
Usual care (n=146)	16.87 (12.63)		

*Adjusted for baseline Beck depression inventory score, antidepressant use, severity of depression, level of physical activity, and recruiting centre.

Study question

Does facilitated physical activity provide an effective treatment for adults with depression presenting in primary care?

Summary answer

Although trial participants receiving the physical activity intervention in addition to usual care reported increased physical activity compared with those receiving usual care alone, there was no evidence to suggest that the intervention brought about any improvement in depressive symptoms or reduction in antidepressant use.

Asthma is more prevalent in elite swimming adolescents despite better mental and physical health

K. Romberg^{1,2}, E. Tufvesson¹, L. Bjermer¹

¹Department of Respiratory Medicine and Allergology, Department of Clinical Science, Lund University, Lund, Sweden, ²Health Care Center, Näsets Läkargrupp, Höllviken, Sweden

Corresponding author: Leif Bjermer, MD, PhD, Lung and Allergy Research Unit, Department of Respiratory Medicine & Allergology – Lund, Skåne University Hospital, 205 02 Malmö, Sweden. E-mail: Leif.bjermer@med.lu.se

Accepted for publication 21 June 2010

1628 nadadores de elite comparados com controles não atletas
- Sintomas de asma
- Fatores mentais e psicossociais

Table 3. Lifestyle factors reported by the different groups

	Sedentary controls (436) I		Recreational controls (942) II		Elite training controls (231) III		Swimmers (101) IV		P	I vs II	I vs IV	II vs IV	III vs IV
	n	%	n	%	n	%	n	%					
Daily smokers	45	10.3	32	3.4	2	0.9	0	0	<0.001	<0.001	<0.001	NS	
Occasional smokers	98	22.5	51	16.0	30	13.0	1	1.0	0.010	<0.001	<0.001	<0.001	
Smoking in family	196	45.0	285	30.5	61	26.4	24	23.8	<0.001	<0.001	NS	NS	
Smoking among close friends	300	68.8	585	62.1	148	64.1	55	54.5	0.016	0.006	NS	NS	
Snuff	44	10.1	53	5.6	17	7.4	3	3.0	0.03	NS	NS	NS	
Alcohol weekly	111	25.4	175	18.6	54	23.4	5	5.3	0.03	<0.001	<0.001	<0.001	
Breakfast daily	234	53.7	672	71.3	168	72.7	84	83.2	<0.001	<0.001	NS	0.041	
Fruit daily	113	25.9	386	41.0	117	50.6	58	57.4	<0.001	<0.001	<0.001	NS	
Fast food weekly	98	22.5	142	15.1	53	22.9	15	14.9	<0.001	NS	NS	NS	
Physical activity in family	272	62.4	764	81.1	200	86.6	74	73.3	<0.001	0.040	0.056	0.003	
Pets at home	344	78.9	703	74.6	159	68.8	48	47.5	0.084	<0.001	<0.001	<0.001	

Group comparisons was made with Fisher's exact test.

Table 4. Psychosomatic symptoms, self-esteem and quality of life among the different groups

	Sedentary controls (436) I		Recreational controls (942) II		Elite training controls (231) III		Swimmers (101) IV		P	I vs II	I vs IV	II vs IV	III vs IV
	Median	IQ range	Median	IQ range	Median	IQ range	Median	IQ range					
Psychosomatic score	8.0	4.0–11.0	6.0	3.0–10.0	5.0	3.0–8.0	6.0	3.0–9.0	<0.001	0.003	NS	NS	
Quality of life	7.8	6.6–8.9	8.3	7.1–8.9	8.4	7.8–9.1	8.4	7.4–9.0	<0.001	0.002	NS	NS	
Self-esteem	6.3	5.0–7.7	7.7	6.3–8.3	8.3	7.0–9.0	8.3	7.7–9.3	<0.001	<0.001	<0.001	0.56	

Statistical comparisons between the groups was carried out with the Mann-Whitney U-test for unpaired samples.

Asthma is more prevalent in elite swimming adolescents despite better mental and physical health

K. Romberg^{1,2}, E. Tufvesson¹, L. Bjermer¹

¹Department of Respiratory Medicine and Allergology, Department of Clinical Science, Lund University, Lund, Sweden, ²Health Care Center, Näsets Läkargrupp, Höllviken, Sweden

Corresponding author: Leif Bjermer, MD, PhD, Lung and Allergy Research Unit, Department of Respiratory Medicine & Allergology – Lund, Skåne University Hospital, 205 02 Malmö, Sweden. E-mail: Leif.bjermer@med.lu.se

Accepted for publication 21 June 2010

Conclusões:

- Nadadores:

- Mais sintomas de asma
- Maior uso de medicações

- Melhor performance física
- Estilo de vida mais saudável
- Menor uso de tabaco e álcool
- Melhor sensação de bem estar mental



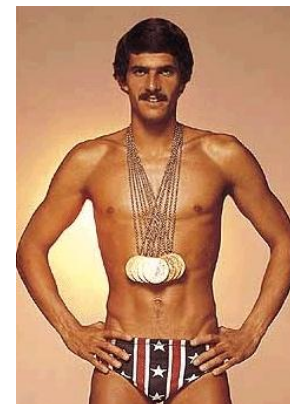
Profissionalismo



Doping



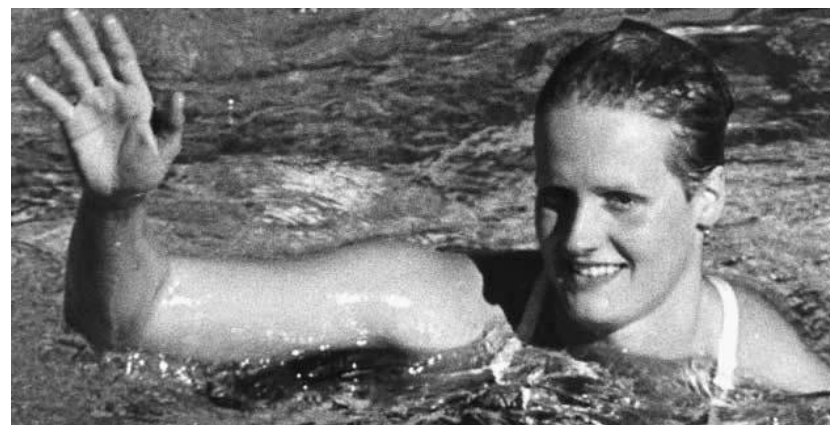
Peso: 73 kg
Altura: 1,83 m



Peso: 72 kg
Altura: 1,83 m



Peso: 84 kg
Altura: 1,94 m



Peso: 70 kg
Alt: 1,85 m

Importancia da prática do esporte



Maiores benefícios

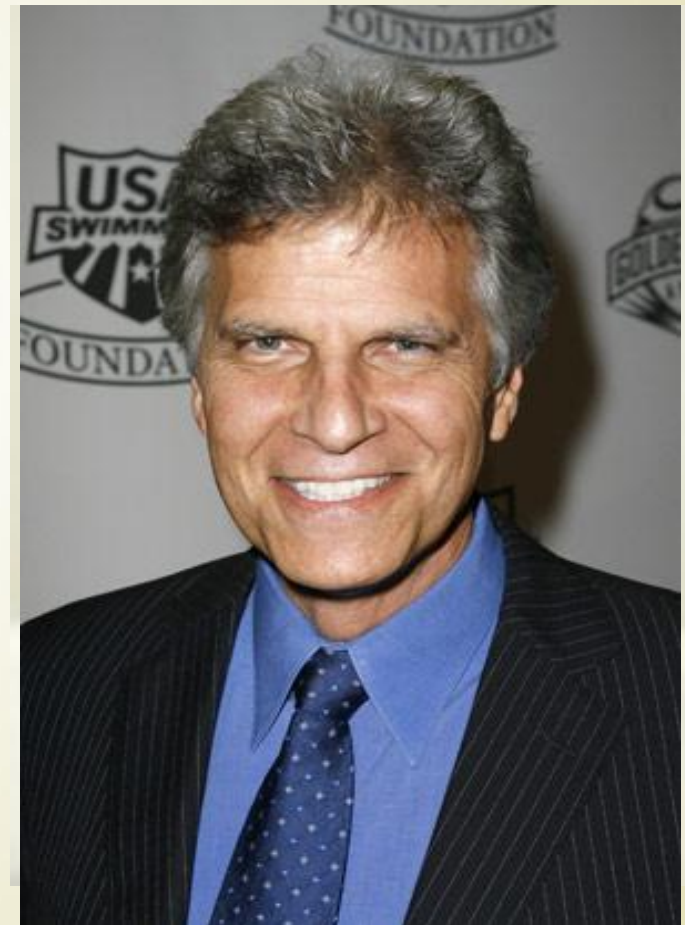
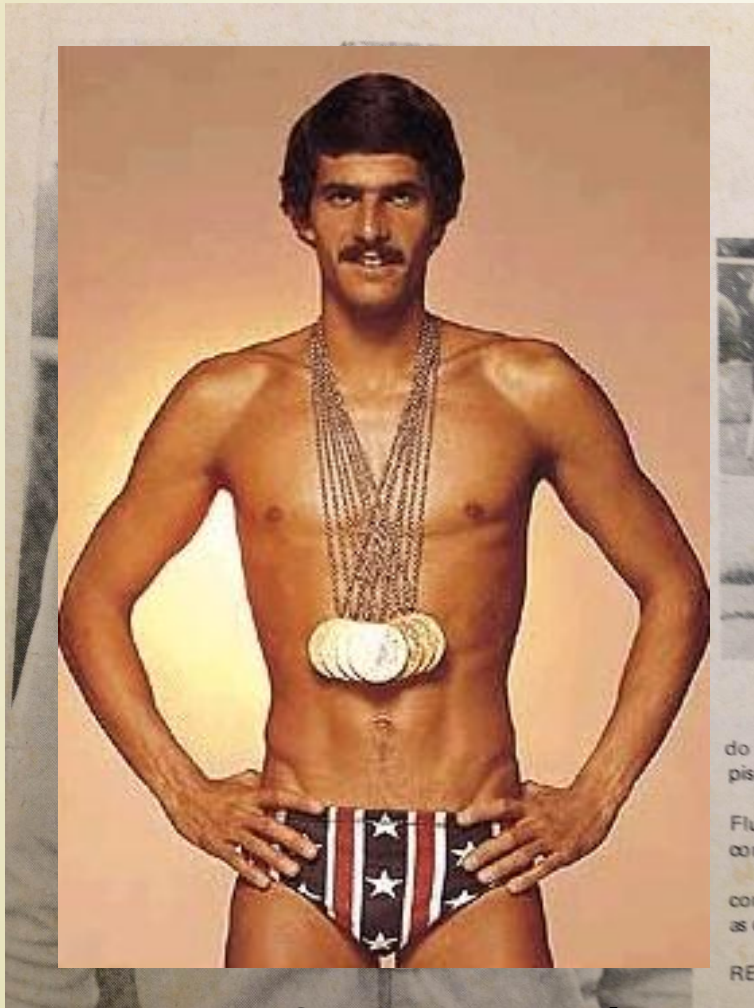
- **Disciplina**
- **Objetivos**
- **Vencer**
- **Saúde Mental**



Pergunta



A prática do esporte é importante na formação profissional?

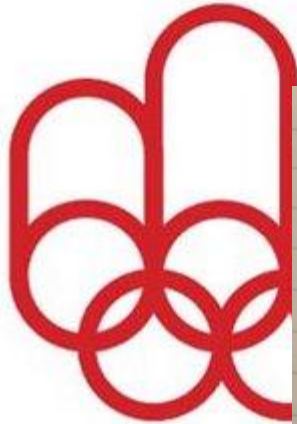


O Ciclo da Vida é melhor com a ajuda do esporte



OBRIGADO

Montreal 1976



Montréal

TARDE
4 x 300 1c, 1 med
2 x 14 x 50 mão fortes 1ª c, 2ª peitola
alter 500 pernas
6 x 150 braços
400 50 costas, golf
100 saltos

Obs - Treino fraco
T. 5.000 T. 523.100

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TOTAL ATÉ AGORA - 523.100

— " —
DEZEMBRO

- DIA 1 Sábado
MANHÃ
4 x 250 c prog : 35



CANADA
1976



Sérgio Pinto Ribeiro

Personal information

Full name	Sérgio Pinto Ribeiro
Nationality	Brazil
Born	May 27, 1959 (age 54) Rio Grande do Sul, Brazil
Height	1.81 m (5 ft 11 in)
Weight	73 kg (160 lb)

Sport

Sport	Swimming
Stroke(s)	Breaststroke

