



Short Biography

Dr. Silvia Rocha-Rodrigues, Ph.D is an Adjunct Professor at Polytechnic Institute of Viana do Castelo, Higher School of Sport and Leisure, Viana do Castelo; a researcher at the Department of Exercise Physiology, Laboratory of Exercise and Metabolism of Faculty of Sports Science, University of Porto; and a technical responsible for designing and prescribing exercise training programs in breast cancer patients and survivors in Mama Help (breast cancer association).

She has a Ph.D in Physical Activity and Health by Faculty of Sport Sciences - University of Porto (2017). Her research in physical activity and health has led to a several publications in international peer-review journals with impact factor and presented works in conferences and meetings presented works in conferences and meetings. She has several experience in specific biochemical techniques to determine hormonal, inflammatory and redox profiles.

Research interest: exercise training, obesity, skeletal muscle and adipose tissue physiology, endocrine, inflammation, breast cancer

Contact:

Silvia da Rocha Rodrigues Mendes

silviadarocharodrigues@gmail.com

Contact: (+351) 91 423 98 09