

عنوان مقاله:

Aerobic Training Improves Symptoms of Neuropathy and Quality of Life in Patients with Diabetic Peripheral Neuropathy

محل انتشار:

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نویسنده:

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خلاصه مقاله:

Background: Painful symptoms of diabetic peripheral neuropathy (DPN) is common in patients with type ۲ diabetes mellitus (T۲DM), which can reduce the quality of life. The effect of aerobic training on neuropathic symptoms and quality of life in people with type ۲ diabetes with peripheral neuropathy was investigated in the present study. Methods: Twenty-four patients with DPN participated in this randomized controlled study. Participants were randomly assigned to the experimental or control groups. The experimental group underwent exercise training consisting of ۲۰-۴۵ minutes aerobic training on the treadmill at ۵۰%-۷۰% of heart rate reserve over three months. Before and after the experimental period, blood samples were taken in a fasting state, and Michigan Diabetic Neuropathy Score (MDNS), monofilament test and quality of life (QOL), and sleep quality (SQ) questionnaires were completed. Data analysis was performed using repeated-measures ANOVA. Results: In the experimental group MDNS score significantly improved compared with the control condition ($P < ۰.۰۵$). There was a significant difference between groups regarding ۱۰ g monofilament test score ($P < ۰.۰۵$). Moreover, QOL and SQ significantly improved in the experimental group with a significant inter-group difference ($P < ۰.۰۵$). Hemoglobin A1c (HbA1c) level decreased by ۷.۴% in the experimental group, which was statistically different from the control group ($P < ۰.۰۵$). Pearson's correlation indicated a significant correlation between HbA1c level and monofilament score. Conclusion: Regular aerobic training over a short period potentially improves symptoms of DPN and QOL. Lowered levels of HbA1c were correlated with improved foot sensation.

کلمات کلیدی:

Type ۲ diabetes mellitus, Diabetic neuropathy, Exercise training, Pain, Life quality

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