

عنوان مقاله:

Investigating the effect of aerobic-resistance exercises on P δ gene expression in prostate cancer patients

محل انتشار:

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خلاصه مقاله:

One of the most common cancers in men is prostate cancer, which leads to the death of many patients every year. The suppressor protein P δ is one of the indicators whose high levels in the serum of people with cancer lead to a decrease in the growth rate of cancer cells. There is evidence that exercise can alter P δ levels. Therefore, the present study was conducted with the aim of investigating the effect of resistance training on P δ gene expression in prostate cancer patients. In this study, a randomized clinical trial, 40 men aged 50 to 65 with prostate cancer were randomly selected and divided into two control and intervention groups (combined aerobic-resistance exercises). The comparison between two groups was done using independent t-test and by SPSS version 24 software. The results showed that after 8 weeks of resistance training, there is a significant difference between the serum levels of P δ suppressor protein in the two groups (P -value ≥ 0.05). Based on the results of the present study, it can be said that resistance training increases the serum levels of P δ suppressor protein in patients with prostate cancer and thus .controls and helps in the treatment of this cancer

کلمات کلیدی:

cancer, prostate, P δ

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