عنوان مقاله:

Improved Glucose and IL-۶ by Aerobic Training Despite no Change in Insulin and Insulin Resistance in Obese Women

محل انتشار:

تعداد صفحات اصل مقاله: 6

نویسندگان:

Mojtaba Eizadi

Mohammad Taghi Goodarzi

Zahra Mirakhori

Ashraf Amini

خلاصه مقاله:

Background: Regular physical activity is recognized as a non-pharmacological treatment of inflammation and glycemic profile. Objectives: This exercise aimed to determine the effect of aerobic training on serum interleukin-۶ (IL-۶), glucose and insulin resistance in obese females. Patients and Methods: Thirty-two middle-aged obese women (body mass index [BMI], ۳۲ ± ۳ kg/m۲) aged ۳۵ to ۴۵ years were randomly assigned to exercise (aerobic training, n=۱۶) and control (n=۱۶) groups. Exercise subjects were completed a ۱۲ weeks aerobic training program as ۳ sessions per week at ۶۰%-۸۰% of HRmax and control subjects received no training. Pre- and post-training of fasting serum IL-۶, insulin, insulin resistance, and glucose concentration were measured and compared between ۲ groups. Results were compared using t test at a significance level of P<۰.۰۵. Results: Exercise group obtained significant decreases in BMI, body fat %, and abdominal obesity as well as the concentrations of serum IL-۶ and fasting glucose (P<۰.۰۵). No significant difference was observed between pre- and post-training of insulin and insulin resistance in the exercise group (P >۰.۰۵). There were no alterations in these variables in the control group (P>۰.۰۵). Conclusions: These data suggest that aerobic training may improve glycemic profile in absence of change in insulin resistance of women with abdominal obesity

کلمات کلیدی:

لینک ثابت مقاله در پایگاه سیویلیکا:

https://civilica.com/doc/1909146