

عنوان مقاله:

Response of circulating levels of chemerin and some of cardiometabolic risk factors in sedentary underweight men following a period of resistance training

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خلاصه مقاله:

Introduction: A few data are available about effect of resistance training on serum concentration of chemerin, a new adipokine, and cardio-metabolic risk factors in sedentary underweight men. However, being underweight and sedentary, both independently influence on health. The purpose of this study was to survey response of circulating levels of chemerin and some of cardio-metabolic risk factors in sedentary underweight men following a period of resistance training. Methods: In a semi-experimental study, nineteen subjects were selected from the sedentary underweight men of Boukan and Saghez cities and randomly placed in resistance training (and control) groups. Resistance training protocol consisted of twelve weeks weight training. ELISA and Chemiluminescence methods were used to measure levels of biochemical variables. Data analyzed by SPSS ۱۶ software. Independent- and paired-samples t-test were used for analyzing data. Statistical significance was accepted at $P < 0.05$. Results: In training group, systolic blood pressure ($P = 0.015$), diastolic blood pressure ($P = 0.012$), serum concentrations of insulin ($P = 0.019$), triglyceride ($P = 0.030$), and HOMA-IR ($P = 0.017$) were reduced, while serum concentrations of chemerin ($P = 0.178$), glucose ($P = 0.248$), TC ($P = 0.329$), high-density lipoprotein ($P = 0.388$), and low-density lipoprotein ($P = 0.116$) didn't find significant changes. In the control group, none of measured variables showed significant changes ($P > 0.05$). Conclusion: Performing a twelve-week period of resistance training has no effect on the serum concentration of chemerin in sedentary underweight men, but by improving blood pressure, lipid profile, and glycemic control, it can result in useful cardio-metabolic effects for this population.

کلمات کلیدی:

Chemerin, Insulin, Blood Pressure, Men, Chemerin, Insulin, Blood Pressure, Men

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