

عنوان مقاله:

Changes in Omentin- α and Some Metabolic Parameters Following a Period of Aerobic Exercise in Middle-Aged Men

محل انتشار:

فصلنامه پزشکی هرمزگان، دوره 19، شماره 4 (سال: 1394)

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خلاصه مقاله:

Introduction: Studies have reported hyperlipidemia and its complications, such as diabetes, along with aging. Omentin- α , on the other hand, is a protein that is secreted in visceral adipose tissue and can increase insulin sensitivity. This study aimed at evaluating the effect of aerobic exercise on resting levels of omentin- α , C-reactive protein, and some metabolic parameters in middle-aged men. Methods: A total of 30 volunteers were enrolled in the study. The subjects were randomly divided into two groups and their blood samples were collected. Those in the experimental group participated in an eight-week aerobic program of running with 35-40% of maximum heart rate for 10 minutes in the first week which augmented to 70% of maximum heart rate for 30 minutes in the eighth week. Blood samples were collected again from both groups (post-test) 48 hours after the eight weeks. Results: The results showed that aerobic exercise for eight weeks led to a significant increase in resting levels of omentin- α and high density lipoprotein (pvalue=0.001 and pvalue=0.001, respectively). The exercise resulted also in a significant decrease in resting levels of C-reactive protein and low-density lipoprotein (pvalue=0.001 and pvalue=0.003, respectively), and non-significant decrease in total cholesterol in middle-aged men (pvalue=0.082). Conclusion: According to the results of this study, middle-aged men can prevent complications arising from decreased omentin- α and HDL and increased levels of CRP, LDL, and TC by enjoying from aerobic exercise.

کلمات کلیدی:

Omentin, Lipoprotein, Middle Age, Omentin, Lipoprotein, Middle Age

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