

عنوان مقاله:

The Effect of Cardiac Rehabilitation on the Serum Levels of Adiponectin and Lipoproteins in Male Atherosclerotic Patients

محل انتشار:

مجله دانشگاه علوم پزشکی کرمان، دوره 19، شماره 5 (سال: 1391)

تعداد صفحات اصل مقاله: 9

نویسندگان:

M Abdi - Postgraduate of Physical Education and Sport Sciences

H Marefati - Assistant Professor, Department of Sport Physiology, School of Physical Education and Sport Sciences, Shahid Bahonar University, Kerman,  
Iran Assistant Professor of Sport Physiology, Physiology Research Center

M Moazenzadeh - Associate Professor of Cardiology, Physiology Research Center, Kerman University of medical Sciences, Kerman, Iran Associate  
Professor of Cardiology, Afzalipour School of Medicine, Kerman University of Medical Sciences, Kerman, Iran

خلاصه مقاله:

**Background and Aims:** Adiponectin is the most important and promising adipocytokine to understand the relationship of obesity, metabolic syndrome and cardiovascular diseases showing anti-diabetic, antiinflammatory and anti atherosclerotic effects too. The aim of this research was to survey the effect of cardiac rehabilitation, via special aerobic exercise training, on the serum levels of adiponectin hormone and lipoprotein lipid profile in men with atherosclerosis. **Methods:** Twenty patients with atherosclerosis (40-65-year-old men), selected by convenience sampling method and normalized by exercise training and primary tests, were enrolled. During 8 weeks (three session per week), subjects had 30 to 45 minutes training sessions by using treadmill, ergo meter, and arm ergo meter with the intensity of 30-50 percent of heart rate reserve. The t-test was conducted to check the difference between pretest and posttest at the significant level of  $P < .05$ . **Results:** The level of adiponectin and HDL increased and the level of LDL, triglyceride and cholesterol decreased significantly. **Conclusion:** We concluded that cardiac rehabilitation has probably beneficial effects on the serum levels of adiponectin and lipoproteins in men with coronary artery disease after MI

کلمات کلیدی:

Cardiac Rehabilitation, Adiponectin, Lipoprotein, Atherosclerotic patients

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1929125>

