

عنوان مقاله:

The Effect of Physical Exercise on Expression of Endogenous Bioactive Peptides with Pro-and Anti-Atherogenic Properties

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خلاصه مقاله:

The prevalence of atherosclerotic cardiovascular disease (ASCVD) and its complications have increased substantially in recent decades. ASCVD is associated with cardiovascular diseases and is an indirect cause of a high death rate in the general population. Salusin- $\alpha$  and salusin- $\beta$  are two endogenous bioactive peptides that could be candidate biomarkers for ASCVD. Salusin- $\alpha$  protects against the development of ASCVD, and a decrease in its levels is associated with ASCVD. While salusin- $\beta$  plays a role in the development and/or maintenance of ASCVD and the exaggerated expression in atherosclerotic lesions. Changes in people's lifestyles, especially sedentary behavior, and a lack of exercise, are recognized as critical risk factors for cardiovascular disease. Hence, physical exercise (PE) recently had been identified as effective strategies for lowering cardiovascular disease risk. In this review, we summarize the current knowledge on the effects of PE on ASCVD through modulation of the expression of endogenous bioactive peptides with pro-and-anti-atherogenic properties.

کلمات کلیدی:

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