

عنوان مقاله:

Plasma leptin and adiponectin concentrations in postmenopausal women with breast cancer following aerobic exercise

محل انتشار:

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خلاصه مقاله:

Introduction: Breast cancer is the most common cancer in postmenopausal women. Exercise affects breast cancer risk and outcomes, but little is known about the mechanisms through which this effect may be mediated. The purpose of this study was to investigate the effect of 12 weeks aerobic exercise on plasma leptin and adiponectin in postmenopausal women with breast cancer. Material & Methods: Nineteen postmenopausal women with breast cancer (aged: 55 ± 2.7 years; \pm SD) volunteered to participate in this study. The subjects were randomly assigned to training group (n=11) or control group (n=8). Subjects in the experimental group performed 12 weeks of an exercise program which consisted of 25 to 45 minutes of walking with an intensity of 45-65% of target heart rate, three times a week. Results: Body mass and BMI decreased ($P < 0.05$) after 12 weeks exercise training compared to the control group, while no significant change in body fat percent and WHR were found. Plasma leptin decreased ($P < 0.05$) and plasma adiponectin increased ($P < 0.05$) in response to 12 weeks aerobic exercise training compared to the control group, while insulin resistance determined by HOMA-IR did not change in the training group. Conclusions: In summary, 12 weeks aerobic exercise increase plasma adiponectin and decrease plasma leptin in postmenopausal women with breast cancer.

کلمات کلیدی:

Breast cancer, Adiponectin, Leptin, Postmenopausal women, Walking

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