

عنوان مقاله:

Effects of Exercise on Testosterone Level, Heat Shock Protein, and Fertility Potential

محل انتشار:

مجله پزشکی بالینی، دوره 5، شماره 4 (سال: 1397)

تعداد صفحات اصل مقاله: 5

نویسندگان:

Sedigheh Abdollahzadeh Soreshjani - *Department of Basic Science, Molecular Genetics Faculty, Sistan and Baluchestan University, Zahedan, Iran*

Milad Ashrafizadeh - *Department of Basic Science, Veterinary Medicine Faculty, Tabriz university, Tabriz, Iran*

خلاصه مقاله:

In recent years, professional exercise has been significantly expanded among the individuals, especially young ones. According to high-intensity exercise courses, which are necessary for professional exercise, we decided to investigate the effects of high-intensity exercise on testosterone levels, heat shock proteins, and fertility potentials. Findings have shown that the levels of testosterone increase in moderate exercise; however, there are findings about the decrease of testosterone in the athletes who exercise with high intensity. In addition, because the high-intensity training is considered as a stressful condition, the heat shock proteins are activated, and their expression levels are increased that shows the vital role of these essential proteins in eliminating or weakening of that stress. Besides, the parameters, such as sperm quantity, sperm motility, and morphology determine the fertility potential of a person, and studies have shown that high-intensity exercise has harmful effects on these parameters

کلمات کلیدی:

Fertility, Heat shock proteins, Testosterone

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/892436>

