



Effect of 8 Weeks of Endurance and Strength Training on myocardial contractile indices changes in Type-2 Diabetic Neuropathy women

Oral Presentation

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Abstract

Introduction: Epidemiological studies show that regular exercise is associated with a reduced risk of heart disease. The risk of death from coronary heart disease is twice as high in inactive people as in active people. The aim of this study was to evaluate the effect of 8 weeks of endurance and strength training on myocardial contractility changes in type 2 diabetic women with peripheral neuropathy.

Methods: In this quasi-experimental study, 30 diabetic women with peripheral neuropathy were randomly divided into three groups; Endurance training (10 people), strength training (10 people), and control group (10 people) were divided. Exercises were performed three times a week for 8 weeks. Data were analyzed using statistical methods: repeated measures analysis of variance 2×2 , dependent t, one-way analysis of variance (ANOVA).

Results: The results of this research showed no significant difference in trepanning quantities before and after activity among the two groups and intergroup of two groups. But amount of cretins kinas (CK-MB) MB has increased in both health and blood hypertension than before exercise, but a couple of hours after the activity, it was close to baseline values, an unsustainable increase of CK-MB can be in response to physiological pressure due to cardiac boredom.

Conclusion: the results of this study showed that despite the increase the minimal values of CK-MB, which may result from the nature of the exercise and muscle damage due to intense activity, this test doesn't lead to meaningful changes in the amount of CTN I of health and hypertension women and cannot cause heart damage.

Keywords

Strength; endurance; type 2 diabetes; myocardial contractile

Reference:

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