

Comparing the Effect of Exercise Time (Morning and Evening) on Troponin T in Males with Cardiovascular Disease

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Abstract : Context and objective: The purpose of this research is to study the effect of exercise time (morning/evening) on amount of Troponin T in males' plasma suffering from cardiovascular disease. Method: 15 cardiovascular patients selected as the research subjects. At 7 a.m. pretest blood samples taken from the subjects and they did the exercise protocol in presence of a doctor. Immediately after and 3 hours after that blood measurements done. A week later, the subjects did the same steps at 7 p.m. The SPSS v.20 software used to analyze data. Findings: This study proved that circadian rhythm does not have any effect on the response of myocarditis tissue to exercise and cardiovascular patients allowed to exercise in any times of a day.

Keywords : cardiovascular disease, time of exercise, troponin T (cTnT), myocarditis

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