

Serum Cortisol and Osteocalcin in Response to Eight Weeks Aerobic Training in Asthma Men with Mild to Moderate Intensity

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Abstract : This study aimed to evaluate the effect of 8 weeks aerobic training on serum osteocalcin as an osteoblasts hormone and cortisol in adult men with asthma. For this purpose, twenty four non-trained adult men with mild to moderate asthma were participated in study voluntarily and divided into exercise (aerobic training, 8 weeks/3 times per week) and control groups by randomly. Pre and post training of serum osteocalcin and cortisol were measured of two groups. Student's paired 't' test was applied to compare the pre and post training values. A p-value of less than 0.05 was considered to be statistically significant. There were no statistically significant differences with regard to all anthropometrical and biochemical markers between the exercise and control groups at baseline ($P > 0.05$). Exercise training resulted in a significant increase in serum osteocalcin and decrease in cortisol ($P > 0.05$), but not in control group. Based on these data, we concluded that aerobic training can be improved Processes of bone formation in asthma patients.

Keywords : osteoblasts, asthma, aerobic exercise, sedentary

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