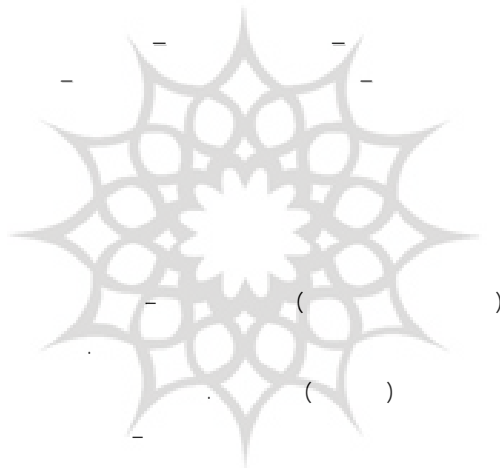


-
:
/ / :
/ / :



($\alpha = /$) CRP WBC
پروژه گام دوم علوم انسانی و مطالعات فرهنگی
CRP WBC
پرتال جامع علوم انسانی

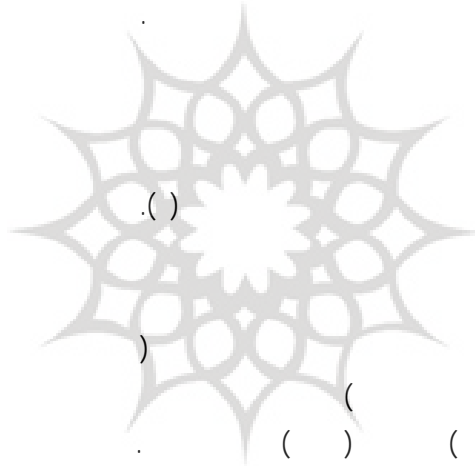


(.)
()
CRP . **(CRP) C**
CRP .()
()
(.)
(WBC)
WBC .()
()
WBC .() **WBC**
(.)
() **WBC**
() **WBC**
()
() **(CHD)**
()
WBC,)
() **(WBC, CRP)** .() **(CRP)**
()

-
- 1 - C_reactive protein
 - 2 - White blood cell
 - 3 - Coronary heart disease

...

()



()

)

(

()

()

پروپوزیشن گاہ علوم انسانی و مطالعات فرہنگی
پرتال جامع علوم انسانی

WBC

CRP

CRP

Cell Counter

WBC

Elisa

)

(

YMCA

(VO2max)

(.)

پروپشگاه علوم انسانی و مطالعات فرهنگی
پرتال جامع علوم انسانی

...

t .

P < /

SPSS

(P < /)

/ ± / () , / ± / ()
/ : ± ()
± ± / / ±

P				
/	/ ± /	/ ± /	/ ± /	()
/	/ ± /	/ ± /	/ ± /	()
/	/ ± /	/ ± /	/ ± /) (
/	/ ± /	/ ± /	/ ± /	(ml/kg/min)
/	/ ± /	/ ± /	/ ± /	CRP
/	/ ± /	/ ± /	/ ± /	WBC

<i>P</i>			
/	/ ± /	/ ± /	()
/	/ ± /	/ ± /	()
/	/ ± /	/ ± /	()
/	/ ± /	/ ± /	(ml/kg/min)
/	/ ± /	/ ± /	CRP
/	/ ± /	/ ± /	WBC

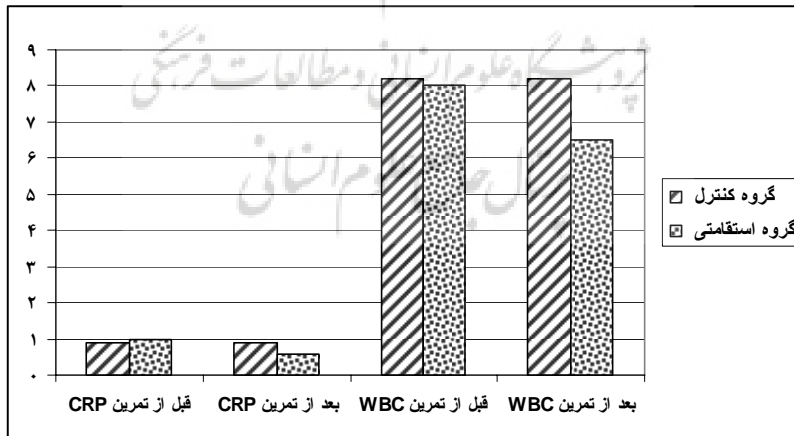
(P = /)

t

(P = /)

()

t



...

WBC

CRP

.()

.()

CRP

WBC

/) WBC (/) CRP

(

()

.()

.()

.()

.()

LDL

- 1 - Plasminogen activator inhibitor – I (PAI)
- 2 - Leukocytosis
- 3 - Microvasculature
- 4 - Hypercoagulability

(.)

TNF- α IL-6, IL-1B

() () CRP

LDL

() TNF- α IL-6 ()

CRP WBC TNF- α IL-6

IL-6 TNF- α , IL-8

(.)

IL-10

(.)

(WBC, CRP)

(.)

(.)

CRP WBC

(.)

پیشگاه علوم انسانی و مطالعات فرهنگی
CRP WBC

(.)

پرتال جامع علوم انسانی
(.)

(.)

CRP WBC

CRP WBC

...

()

IL-6 **IL-6** **TNF- α** ()
() **CRP**
() **CRP**

IL-8 **IL-6** **WBC**
() ()

WBC

()

()

(**CRP** **WBC**)

IL-6

CRP **WBC**

IL-6

()

پروپوزیشن کا نام: علوم انسانی و مطالعات فرہنگی
پرتال جامع علوم انسانی

-
3. Abramson JL, Vaccarino V. (2002). "Relationship between physical activity and inflammation among apparently healthy middle – aged and older us adults". *Arch. Intern. Med.* 16: PP:1286-1292.
 4. Albert CM, Ma J, Rifai N, Stampfer MJ, Ridker PM. (2002). "Prospective study of C- reactive protein, homocysteine and palsa lipid levels as predictors of sudden cardiac death". *Circulation.* 105: 2505.
 5. Berliner JA, Navan M, Fogelman AM, Frank JO, Demer IL, Edwards PA, Watson AD, and Luscis AJ.(1995). "Atherosclerosis: basic mechanisms. Oxidation, inflammation, and genetics". *Circulation.* 91: PP:2488-2496.
 6. Campos SP, Baumann H. (1992). "Insulin is a prominent modulator of the cytokine – stimulated expression of acute – phase plasma protein genes". *Mol Cell Biol.* 12: PP:1789-1797.
 7. Church TS, Barlow CE, Earnest CP, Kampert JB, Priest EL, Blair SN. (2002). "Associations between cardiorespiratory fitness and C- reactive protein in men". *Arterioscler thromb vasc Biol.* 22. PP:1869-1876.
 8. Elkind MS, Cheng J, Boden – Albala B, Paik MC, Sacco RL. (2001). "Elevated white blood cell count and carotid plaque thickness: the northern Manhattan stroke study". *Stroke.* 32: PP:842-849.
 9. Ernst E, Hammerschmidt DE, Bagge U, Matrai A, Dormandy JA. (1987). "Leukocytes and the risk of ischemic diseases". *JAMA.* 257: PP:2318-2324.
 10. Fernandez – Real JM, Vayreda M, Richard C, Gutierrez C, Broch M, vendrell J, Ricart W. (2001). "Circulating interleukin 6 levels, blood pressure and insulin sensitivity in apparently healthy men and women". *J Clin endocrinol Metab.* 86: PP:1154-1159.
 11. Festa A, D agostino R, Howard G, Mykkanen L, Tracy RP, Haffner SM. (2000). "Chronic atherosclerosis study". *Circulation.* 102: PP:42-47.
 12. Juhan – Vague I, Thompson S, Jespersen J. (1993). "Involvement of the hemostatic system in the insulin resistance syndrome: a study of 1500 patients with angina pectoris". *The ECAT angina pectoris study group. Arterioscler thromb.* 13: PP:1865-1873.
 13. Kahn BB and Flier JS. (2000). "Obesity and insulin resistance". *J Clin Invest.* 160:PP: 473-481.

...

-
14. Kramsch DM, Aspen AJ, Abramowitz BM, Kreimendahl T, Hood WB. (1981). "Reduction of coronary atherosclerosis by moderate conditioning exercise in monkeys on an atherogenic diet". *N Engl J Med.* 305: PP:1483-1489.
 15. Madjid M, Awan I, Willerson JT and Casscells SW. (2004). "Leukocyte count and coronary heart disease". *J. Am coll cardiol.* 44: PP:1945-1956.
 16. Mattusch F, Dufaux B, Heine O, Mertens I, Rost R.(2000)." Reduction of the plasma concentration of c- reactive protein following nine months of endurance training". *Int J sports Med* 21: PP:21-24.
 17. Mayer – Davis E, D agostino RJ, Karter A, Haffner SM, Rewers MJ, saad M, (1998)."Bergman RN. Intensity and amount of physical activity in relation to insulin sensitivity: the insulin resistance atherosclerosis study". *JAMA.* 3:PP: 2379-2388.
 18. Mizel SB. The interleukins. *Faseb J.* 1989. 3: 2379-2388.
 19. Mohamed – Ali V, Pinkney JH, Coppack SW. (1998). "Adipose tissue as an endocrine and paracrine organ". *Int J obes.* 22: PP:1145-1158.
 20. Morris C, Froelicher V. (1993). "Cardiovascular benefits of improved exercise capacity". *Sports Med.* 16: PP:225-236.
 21. Murohara T, Buerke M, Lefer AM. (1994). "Polymorphonuclear leukocyte – induced vasoconstriction and endothelial dysfunction: role of selectins". *Arterioscler thromb.* 14:PP: 1509-1519.
 22. Nicklas BJ, you T, Pahor M.(2005). "Behavioural treatments for chronic systemic inflammation: effects of dietary weight loss and exercise training". *CMAJ.* 26: PP: 172-179.
 23. Powers Sk, Ji LL, Leeuwenburgh C. (1999). "Exercise training induced alternations in skeletal muscle antioxidant capacity: a brief review". *Med Sci Sports Exerc.* 31: PP: 987-997.
 24. Pratley RE, Wilson C and Bogardus C.(1995). "Relation of the white blood cell count to obesity and insulin resistance: effect of race and gender". *Obesity research.* PP: 563-571.
 25. Ridker PM, Hennekens CH, Buring JE, Rifai N.(2000). "C- reactive protein and other markers of inflammation in the prediction of cardiovascular disease in women". *N.Engl J Med.* 2000. 342: PP: 836-843.
 26. Sesso HD, Paffenbarger RS, Lee IM. (2000). "Physical activity and coronary heart disease in men: the Harvard alumni health study". *Circulation.* 102: PP: 975-980.
 27. Smith Jk, Dykes R, Douglas JE, Krishnaswamy G, Bork S.(1999). "Long term exercise and atherogenic activity of blood mononuclear cells in persons at risk of developing ischemic heart disease". *JAMA.* 281: PP:1722-1727.
 28. Smith J, MC Donald T. (1992). "Production of serum amyloid A and c-reactive protein by HepG₂ cells stimulated with combinations of cytokines of monocyte conditioned media: the effects of prednisolone". *Clin Exp immunol.* 90: PP:293-299.

-
29. Strackowski M, kowalska I, Nikolajuk A, Dzienis – strackowska S, Szelachowaska M, Kinalska I. (2003). "Plasma interleukin 8 concentrations in obese subjects with impaired glucose tolerance". *Cardiovasc diabetol.* 2:P: 5.
30. Stratton J, Chandler W, Schwartz R, Cerqueira MD, Levy WC, Kahn SE, Larson VG, Cain KC, Beard GC, and Abrass IB.(1991). "Effects of physical conditioning on fibrinolytic variables and fibrinogen in young and old healthy adults". *Circulation* 1991. 83: PP:1692-1697.
31. Temelkova – kurktschiev T, Siegert G, Bergmann S, Henkel E, Koehler C, Jaross W, Hanefeld M. (2002). "Subclinical inflammation is strongly related to insulin resistance but not to impaired insulin secretion in a high risk population for diabetes". *Metabolism.* 51: PP:743-749.
32. Urakawa H, Katsuki A, Sumida Y, Gabazza EC, Murashima S, Morioka K, Maruyama N, Kitagawa N, Tanaka T, Hori Y, Nakatani K, Yano Y, and Adachi Y. (2003). "Oxidative stress is associated with adiposity and insulin resistance in men". *J clin endocrinol Metab.* 88: PP:4673-4676.
33. Van Oostrom AJ, Sijmonsma TP, Verseyden C, Jansen EH, Dekoning EJ, Rabelink TJ, Castro Cabezas M. (2003). "Postprandial recruitment of neutrophils may contribute to endothelial dysfunction". *J lipid Res.* 44: PP:576-583.
34. Vasankari TJ, Kujala UM, Vasankari TM, Ahotupa M. (1998). "Reduced oxidized LDL levels after a 10 – month exercise program". *Med Sci Sports Exerc.* 30: PP:1496-1501.
35. Visser M, Bouter LM, McQuillan GM, Wener MH, Harris TB. (1999). "Elevated C-reactive protein levels in overweight and obese adults". *JAMA.* 282: PP: 2131-2135.
36. Vozarova B, Weyer C, Lindsay RS, Pratley RE, Bogardus C, and Tataranii PA. (2002). "High development cell count is associated with a worsening of insulin sensitivity and predicts the development of type 2 diabetes". *Diabetes.* 51: PP:455-461.
37. Wannamethee SG, Lowe GD, Whincup PH, Rumley A, Walker M, Lennon L., (2002). "Physical activity and hemostatic and inflammatory variables in elderly men". *Circulation.* 105: PP:1785-1790.
38. Weijenberg MP, Feskens EJ, Kromhout D. (1996). "White blood cell count and the risk of coronary heart disease and all – cause mortality in elderly men". *Arterioscler thromb vasc Biol.* 16: PP:499-503.
39. Williams M.H. (2002). "Nutrition for health, fitness and sport". MC crow Hill. Sixth edition. PP: 466-467.
40. Wolfe L, Martin R, Watson D, Lasley RD, Bruns OE.(1985). "Chronic exercise and left ventricular structure and function in healthy human subjects". *J Appl physiol.* 58: PP:409-415.