همایش ملی
تربیت بدنی، تغذیه و طب ورزشی
THE NATIONAL CONFERENCE OF PHYSICAL EDUCATION NUTRITION AND SPORTS MEDICINE
۲۸ شهریور ماه ۱۳۹۸ – مشهد مقدس

Comparison of Inflammatory Factors Involved in Coronary Artery Disease (CAD) in Veteran Football Players and Non-Athletes

Mohsen Jafari[1]- Danyal Emamyan[2]

1-Department of Sport Sciences, Shirvan Branch, Islamic Azad University, Shirvan, Iran
2-Department of Sport Sciences, Islamic Azad University, Bojnord, Iran

Abstract

Objective[s]: The purpose of this study was to compare the serum levels of these substances in veteran football players and non-athletes.

Materials and Methods: Subjects of this study were 16 male non-chemical veterans that assigned into two control and experimental groups. Athlete group were players of North Khorasan veterans' team of futsal that trained regularly in past six months. Trainings of athlete group were three sessions per week that each session involved warm up, technical, tactical and fitness trainings and cooling down. Non-athlete subjects had no regular trainings in past six months. After 12 hours fasting, serum levels of dependent variables were analyzed. Independent T-test was used for computing the differences of dependent variables means between two groups.

Result[s]: Results showed that mean levels of homocysteine, fibrinogen and LPA were lower in experimental group compared to control group [$P \leq 0.05$]. There was no significant difference between two groups in CRP mean levels [$P > 0.05$].

Conclusion[s]: Generally, non-chemical veterans can prevent cardiac events through regular futsal trainings, because this type of trainings may lower levels of homocysteine, fibrinogen and LPA.

Keywords: Fibrinogen, Homocysteine, CRP, Lipoprotein [a], Football