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Acute exercise and periodized training in different environments affect histone deacetylase activity and interleukin-10 levels in peripheral blood of patients with type 2 diabetes

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Arthiese Korb<sup>a</sup>, Karine Bertoldi<sup>b,c</sup>, Gisele Agustini Lovatel<sup>d</sup>, Rodrigo Sudatti Dellevatti<sup>e</sup>, Viviane Rostirola Elsner<sup>c,f</sup>, Louisiana Carolina Ferreira Meireles<sup>c</sup>, Luiz Fernando Martins Kruel<sup>e</sup>, Ionara Rodrigues Siqueira<sup>\*a, b,c</sup>

<sup>a</sup>Programa de Pós-Graduação em Medicina: Ciências Médicas, Faculdade de Medicina, Universidade Federal do Rio Grande do Sul; <sup>b</sup>Departamento de Farmacologia, Instituto de Ciências Básicas da Saúde, Universidade Federal do Rio Grande do Sul; <sup>c</sup>Programa de Pós-Graduação em Ciências Biológicas: Fisiologia, Instituto de Ciências Básicas da Saúde, Universidade Federal do Rio Grande do Sul; <sup>d</sup>Faculdade de Fisioterapia, Universidade Federal de Santa Catarina; <sup>e</sup>Programa de Pós-Graduação em Ciência do Movimento Humano, Universidade Federal do Rio Grande do Sul, Porto Alegre, Rio Grande do Sul; <sup>f</sup>Programa de Pós-Graduação em Biociências e Reabilitação, Centro Universitário Metodista-IPA, Porto Alegre, Rio Grande do Sul.

\*Corresponding author: Ionara Rodrigues Siqueira. Laboratório de Neuropsicofarmacologia, Departamento de Farmacologia, Instituto de Ciências Básicas da Saúde, Universidade Federal do Rio Grande do Sul. Rua Sarmiento Leite, 500, CEP 90050-170, Porto Alegre, RS, Brasil. Tel/Fax: + 55 51 3308 3121; e-mail: ionara@ufrgs.br.

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