

Effect of moderate vs. High-intensity exercise on vascular function, biomarkers and quality of life in heart transplant recipients: a randomized crossover trial

C.H. Dall MSc, F. Gustafsson MD, PhD, DMSc, S.B. Christensen MSc, F. Dela MD, DMSc, H. Langberg PhD, DMSc, E. Prescott MD, PhD, DMSc



<http://www.jhltonline.org>

PII: S1053-2498(15)01041-4  
DOI: <http://dx.doi.org/10.1016/j.healun.2015.02.001>  
Reference: HEALUN5978

To appear in: *J Heart Lung Transplant*

Cite this article as: C.H. Dall MSc, F. Gustafsson MD, PhD, DMSc, S.B. Christensen MSc, F. Dela MD, DMSc, H. Langberg PhD, DMSc, E. Prescott MD, PhD, DMSc, Effect of moderate vs. High-intensity exercise on vascular function, biomarkers and quality of life in heart transplant recipients: a randomized crossover trial, *J Heart Lung Transplant*, <http://dx.doi.org/10.1016/j.healun.2015.02.001>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

**EFFECT OF MODERATE VS. HIGH-INTENSITY EXERCISE ON VASCULAR  
FUNCTION, BIOMARKERS AND QUALITY OF LIFE IN HEART TRANSPLANT  
RECIPIENTS: A RANDOMIZED CROSSOVER TRIAL.**

C.H. Dall, MSc<sup>a-b</sup>, F. Gustafsson, MD PhD DMSc<sup>c</sup>, S.B.Christensen, MSc<sup>d</sup>, F. Dela, MD DMSc<sup>e</sup>, H. Langberg, PhD DMSc<sup>f</sup>, E. Prescott, MD PhD DMSc<sup>a</sup>, 2013.

<sup>a</sup>Department of Cardiology, Bispebjerg Hospital, University of Copenhagen, Denmark

<sup>b</sup>Institute of Sports Medicine Copenhagen (ISMC), Copenhagen, Denmark

<sup>c</sup>Department of Cardiology, the Heart Centre, Rigshospitalet, University of Copenhagen, Denmark

<sup>d</sup>Department of Cardiology, Gentofte Hospital, University of Copenhagen, Denmark

<sup>e</sup>Xlab, Center for Healthy Aging, University of Copenhagen, Denmark

<sup>f</sup>CopenRehab, Department of Public Health, University of Copenhagen, Denmark

Reprint: Corresponding author, Christian Dall, MSc, Department of Cardiology, Bispebjerg Hospital, University of Copenhagen, Bispebjerg Bakke 23, 2400 Copenhagen, Denmark, business phone +0045 3531-3531. E-mail: Christian.Have.Dall@regionh.dk

Running title: Exercise & Heart Transplantation, RCT crossover trial

Keywords: Heart transplantation, exercise, endothelial function, biomarkers, anxiety and depression, quality of life.

**Abbreviations**

AI: augmentation index, CON: continued moderate exercise, DBP: diastolic blood pressure, FMD: flow mediated dilation, HADS: hospital anxiety and depression scale, HIIT: high-intensity interval training, HOMA index: homeostasis model assessment, HRQoL: health related quality of life, HTx: heart transplantation, RER: respiratory exchange ratio, RHI: reactive hyperemia index, SBP: systolic blood pressure,  $VO_{2peak}$ : peak oxygen uptake (mL/min/kg).

Download English Version:

<https://daneshyari.com/en/article/2969837>

Download Persian Version:

<https://daneshyari.com/article/2969837>

[Daneshyari.com](https://daneshyari.com)