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Author: Ieva Slivovskaja, Ligita Ryliskyte, Pranas Serpytis, Rokas Navickas, Jolita Badarienė, Jelena Celutkiene, Roma Puronaite, Kristina Ryliskiene, Alma Cypiene, Egidija Rinkuniene, Vaida Sileikiene, Birute Petrauskiene, Alvydas Juocevicius, Aleksandras Laucevicius

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Aerobic Training Effect on Arterial Stiffness in Metabolic Syndrome

Ieva Slivovskaja MD[1,3], Ligita Ryliskyte MD PhD[2,3], Pranas Serpytis MD PhD[2.3], Rokas Navickas MD PhD[2], Jolita Badarienė MD PhD[2,3], Jelena Celutkiene MD PhD[2.3], Roma Puronaite MStat[2,3], Kristina Ryliskiene MD Ph[2,3], Alma Cypiene MD PhD[3], Egidija Rinkuniene MD PhD[2,3], Vaida Sileikiene MD[2,3], Birute Petrauskiene MD PhD[2,3], Alvydas Juocevicius MD PhD[3] and Aleksandras Laucevicius MD PhD[2,3]

[1] Department of Rehabilitation, Physical and Sports Medicine of Institute of Health Sciences of the Faculty of Medicine of Vilnius University [2]Clinic of Cardiac and Vascular Diseases Institute of Clinical Medicine of the Faculty of Medicine of Vilnius University, [3]Vilnius University Hospital Santaros Klinikos, Vilnius Lithuania.

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We verify that all authors had access to the data and a role in writing the manuscript.

A running head: Aerobic Training Effect on Arterial Stiffness

Clinical Significance

- In subjects with metabolic syndrome, the univariate analysis demonstrated that heart rate targeted aerobic exercise training is associated with the decrease in aortic stiffness, which is the surrogate marker of cardiovascular diseases.
- Heart rate targeted aerobic exercise training was associated with significant decrease in waist circumference, systolic, diastolic and mean blood pressure, and heart rate.

Abstract

BACKGROUND: Metabolic syndrome, physical inactivity and central obesity contribute to early vascular aging, which leads to increased risk of cardiovascular disease.