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Exercise training and cardiac autonomic function in type 2 diabetes mellitus: a systematic review

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Highlights of the review:

- First systematic review on the effect of exercise training on cardiac autonomic function in type 2 diabetes mellitus patients.
- Eighteen relevant articles were examined.
- Main findings of this systematic review suggested that exercise training leads to improvement in cardiac autonomic function of T2DM patients.
- This review further strengthens evidence for the role of exercise training in modulation of cardiac autonomic function in T2DM patients.

Abstract

Cardiac autonomic neuropathy (CAN) is a common complication of type 2 diabetes mellitus (T2DM). It has been found to independently predict all cause and cardiovascular disease (CVD) mortality. It remains unclear whether exercise training could improve autonomic control in T2DM

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