Accepted Manuscript

Title: Regular aerobic exercise correlates with reduced anxiety and incresed levels of irisin in brain and white adipose tissue

Authors: Nazan Uysal, Oguz Yuksel, Servet Kizildag, Zeynep Yuce, Hikmet Gumus, Aslı Karakilic, Guven Guvendi, Basar Koc, Sevim Kandis, Mehmet Ates

PII: S0304-3940(18)30286-6

DOI: https://doi.org/10.1016/j.neulet.2018.04.023

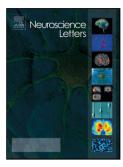
Reference: NSL 33546

To appear in: Neuroscience Letters

Received date: 20-1-2018 Revised date: 9-4-2018 Accepted date: 11-4-2018

Please cite this article as: Nazan Uysal, Oguz Yuksel, Servet Kizildag, Zeynep Yuce, Hikmet Gumus, Aslı Karakilic, Guven Guvendi, Basar Koc, Sevim Kandis, Mehmet Ates, Regular aerobic exercise correlates with reduced anxiety and incresed levels of irisin in brain and white adipose tissue, Neuroscience Letters https://doi.org/10.1016/j.neulet.2018.04.023

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 proof before it is published in its final 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.



ACCEPTED MANUSCRIPT

Regular aerobic exercise correlates with reduced anxiety and incresed levels of irisin in brain and white adipose tissue

Nazan Uysal^{1*}, Oguz Yuksel², Servet Kizildag³, Zeynep Yuce⁴, Hikmet Gumus^{1,5}, Aslı Karakilic¹, Guven Guvendi¹, Basar Koc¹, Sevim Kandis¹, Mehmet Ates³.

¹ Department of Physiology, Dokuz Eylul University, School of Medicine,

² Department of Sports Medicine, Dokuz Eylul University, School of Medicine,

³ College of Vocational School of Health Services, Dokuz Eylul University, School of Medicine,

⁴ Department of Medical Biology and Genetics, Dokuz Eylul University, School of Medicine, Izmir, Turkey.

⁵ Dokuz Eylul University, School of Sport Sciences and Technology, Izmir, Turkey.

* Corresponding Author:

Nazan Uysal, MD, Professor

Dokuz Eylul University

Medical Faculty

Physiology Dept.

Balcova/Izmir/Turkey

Email: nazan.uysal@deu.edu.tr

Phone: +905304019480/+902324124460

Highlights

- Irisin production may be depends on exercise intensity.
- Exercise induced central irisin cause to reduction of anxiety levels.
- Peripheral irisin maybe affect anxiety levels without bloodstream.
- Actually, peripheral irisin mostly works on the effects of exercise on peripheral tissues.

Abstract

Download English Version:

https://daneshyari.com/en/article/8841516

Download Persian Version:

https://daneshyari.com/article/8841516

<u>Daneshyari.com</u>