



File was found and ready to download!

UPDATED 14 HOUES AGO

Fastest Source: [usenet.nl](#)

Click the **download button** and select one of the found **cloud sources**.

6.4



2865 VIEWS

Download

SECURE SCANNED

You need to [log in](#) before you can post comments.



Navigation



Registration



FAQ

[Article VO2...](#)

## P194

**The effect of testosterone levels on Vo2 max in type 2 diabetic patients**Woong H. Choi<sup>1,\*</sup>, Seung K. Lim<sup>2</sup><sup>1</sup> *Hangyang University Hospital, College of Medicine, Endocrinology, Seoul, Republic of Korea*<sup>2</sup> *Severance Hospital, Yonsei University College of Medicine, Seoul, Republic of Korea*

**Aim:** Testosterone levels correlate not only with insulin sensitivity but also with genetic (OXPHOS gene expression) and functional markers of mitochondrial function (VO<sub>2max</sub>). A decrease of lean body mass and increase in fat mass are observed in hypogonadal men compared with age- and BMI-matched controls, we are to investigate factors associated with low testosterone levels in type 2 diabetic patients, and the effect of testosterone level on body composition and VO<sub>2max</sub> (exercise capacity).

**Method:** 30 type 2 diabetic patients who's blood sampling including Total and free testosterone was done between 6 AM and 9 AM. Measured metabolic parameters were HgA1C, 24 h Urine Protein and C-peptide, fasting glucose and insulin for HOMA-IR calculation, lipid profile. Whole body composition was measured by DEXA.

VO<sub>2max</sub> was obtained using an incremental work conducted with a bicycle ergometer combined by continuous analysis of expired gas and minute ventilation.

**Results:** Hypogonadal men had a significantly lower VO<sub>2max</sub> (ml/kg/min) than eugonadal Men (27.1 vs 30.9;  $P < 0.05$ ). Age had a significant negative relation with testosterone and free testosterone levels. Total fat mass, central fat mass, lean body mass was not significantly associated with testosterone levels. Total and free testosterone levels did not have any positive effect on insulin resistance index and lipid profile. Rather than total testosterone levels, free testosterone level has a more powerful biologic effect on exercise capacity (VO<sub>2max</sub>).

**Conclusion:** Age is a sole significant predictor of total and free testosterone levels. Both Total and Free testosterone is not significantly associated with body composition in type 2 DM. Free testosterone has a more significant biological effect on VO<sub>2max</sub>. Because significant number of patients had a long disease duration and most patients had been taking medication and/or subcutaneous insulin, HOMA-IR was not significantly associated with VO<sub>2max</sub> and Testosterone levels.

<http://dx.doi.org/10.1016/j.maturitas.2015.02.335>

## DEMENTIA AND COGNITION

## P195

**Effects of menopause and menopausal transition phase on middle – aged women's mood and cognitive functions: a study in Greek naturally menopausal women living in a rural isolated community**

Michalis Moros, Rallou Limperi, M.S. Venetikou, Aikaterini Likieridou, Grigorios Vaslamantzis, Areti Augoulea\*, Irene Lambrinouadaki

*University of Athens, Aretaieio Hospital, 2nd Department of Obstetrics and Gynecology, Athens, Greece*

**Purpose:** To identify a relation between women's menstrual status and mood and cognitive disorders and to record menopausal symptoms in a secluded Greek area sample.

**Materials and methods:** 60 women, aged between 45 and 55 years of age, inhabiting a mountainous rural area of Greece were chosen. None of them was under hormonal therapy or any other medication that might affect their menstrual or psychoemotional condition. For data collection we used: the Menopause Health Questionnaire, the Beck Depression Inventory, Athens Insomnia Scale and Mini Mental State Examination questionnaires. Statistical Analysis (Kruskal-Wallis, Pearson chi-square and ANOVA tests) was performed by the SPSS version 17.0

**Results:** Average age of the sample were 49.37 years old (Median = 49, Std. Dev = 3.242), 76.6% of them were Greek women and 23.4% of other nationalities. 63.3% of the sample still had menstrual cycles and 36.7% were menopausal. Most frequent menopausal symptoms recorded included fatigue (81.7%), stress (68.3%), difficulty in sleep initiation (66.6%), memory deficiency (63.4%), sleep maintenance difficulty (61.7%), concentration deficiency (56.6%). We found statistical significance between women's menstrual status and mood ( $p$ -value = 0.013,  $df = 2$ , 95%CI), cognitive ( $p$ -value = 0.007,  $df = 2$ , 95%CI) and sleep disorders ( $p$ -value = 0.023,  $df = 2$ , 95%CI).

**Conclusions:** Healthcare providers should be aware of the possibility that menstrual status and other co-factors may have a serious impact on women's mood, sleep and cognitive functions which may adversely affect their lifestyle and appropriate interventions as well as attendance by medical and other specialties will be beneficial.

<http://dx.doi.org/10.1016/j.maturitas.2015.02.336>

## P196

**The effects of age and menopause on verbal fluency**Ramya Maitreyee<sup>1,\*</sup>, Rosemary Varley<sup>2</sup>, Sandra Whiteside<sup>1</sup>, Patricia Cowell<sup>1</sup><sup>1</sup> *University of Sheffield, Department of Human Communication Sciences, Sheffield, United Kingdom*<sup>2</sup> *University College London, Department of Language and Communication, London, United Kingdom*

**Objectives:** To study the inter-related effects of age and menopause stage on verbal fluency in midlife and late life women.

**Methods:** 78 healthy women were recruited in three age groups, 46–55 ( $n = 32$ ), 56–65 ( $n = 24$ ) and 70–79 ( $n = 22$ ) years. Women in the youngest group were subclassified as a function of menopause status (Pre, Peri, Post-menopause). As part of a larger test battery, all women completed category and letter fluency tasks. Total words produced were calculated for both tasks; and the mean cluster size and number of switches were computed for letter fluency (Troyster et al., *Neuropsychology* 1997; 11(1): 38–46).

**Results:** On category fluency, there was no main effect of age group on total words. On letter fluency, no age group effects were seen on total words, cluster size, switches. For letter fluency, correlations between total words and switches were significant within the two younger age groups, but did not differ across groups as tested with Fisher's  $z$  (46–55,  $r = 0.370^*$ ; 56–65,  $r = 0.441^*$ ; 70–79,  $r = 0.422$ ). In the youngest age group, there were no main effects of menopause status on either task. Correlations between total words and switches for letter fluency were significant only within the pre-menopausal group, but did not differ across menopause stages as tested by Fisher's  $z$  (pre,  $r = 0.697^*$ ; peri-,  $r = 0.309$ ; post-menopause,  $r = 0.389$ ) (\* $p$ -values  $< 0.05$  for within-group correlations).

[Article VO2...](#)



File was found and ready to download!

UPDATED 14 HOUES AGO

Fastest Source: [usenet.nl](#)

Click the **download button** and select one of the found **cloud sources**.

6.4



2865 VIEWS

Download 

 SECURE SCANNED

You need to [log in](#) before you can post comments.



Navigation



Registration



FAQ

---

Both Peak Oxygen Uptake (peak VO<sub>2</sub>), from cardiopulmonary exercise ... In these cases, the graphs from these articles were electronically .... Article · Figures & tables · Info & metrics · PDF ... The effect of training intensity on VO<sub>2</sub>max in young healthy adults: a meta-regression and .... VO<sub>2</sub> max is reached when oxygen consumption remains at a steady state despite an increase in workload. Calculation: the Fick equation[edit]. Main article: Fick .... Related Articles: Journal Logo ... Go to Article ... Lundby C, Montero D, Joyner M: Biology of VO<sub>2</sub> max: looking under the physiology lamp.. Abstract The importance of the maximal oxygen uptake (VO<sub>2</sub> max) for competitive running performance is established. Although of clear importance, the .... RESEARCH ARTICLE. Data fusion of body-worn accelerometers and heart rate to predict VO<sub>2</sub>max during submaximal running. Arne De .... This paper measures a record speed for the phase transition of 26 fs into a long-lived excited state of the metal that persists out to >60 ps.. Jump to Article information - In this article we briefly describe the current testing methods and mechanisms of VO<sub>2</sub>max limitation/regulation, and discuss the .... ... predicted VO<sub>2</sub> max than traditional equations, and thus may provide a more suitable normal standard relative to traditional equations. Previous article in issue. CoachMag released an article where they explain the science behind VO<sub>2</sub>max and how to improve it. “VO<sub>2</sub> max, or maximal oxygen uptake, .... Our primary outcome was the overall VO<sub>2</sub> kinetics and secondary outcomes were heart rate (HR) and O<sub>2</sub> pulse ... Original Research ARTICLE.. Article · Info & Metrics · eLetters · PDF. Loading. Above 341 kelvin—not far from room temperature—bulk vanadium dioxide (VO<sub>2</sub>) is a metal.. Full text; References; Citations & impact; Similar Articles ... increasing by 0.5 km · h<sup>-1</sup> every 2 min, the 20-m shuttle run test enabled prediction of the VO<sub>2</sub> max (y, .... VO<sub>2</sub> MAX – THE MAGIC PROOF OF ENDURANCE POWER. Share article.. Jump to Article information - Articles following our inclusion criteria were considered for the systematic review: 1) the effects of training were examined in .... Methods: Maximal and sub maximal levels of VO<sub>2</sub>, heart rate, oxygen pulse, and ... This is an open-access article distributed under the terms of the Creative .... Data Availability: All relevant data are within the paper. Funding: This project was supported by National Council of Scientific and Technological .... Start by learning what VO<sub>2</sub> max is, and how it affects your aerobic fitness. ... A prolific writer, he has more than 200 articles published in international running, .... Download PDF PDF. Research Article. Predictability of VO<sub>2</sub> max from submaximal cycle ergometer and bench stepping tests. Free. Loading. M A Fitchett .... Jump to Article information - An additional 70 articles were identified through reference searches. The systematic review resulted in 37 articles for the Meta- ... 256b9fa155

[Grande Fille De Coq Noir](#)

[Ab Tumhare Hawale Watan Sathiyo Hd 1080p Full Movie Downloadl](#)

[Scaricare Fabrication CAMduct 2007 64 Bits IT](#)

[Uma Sahasram Mp3 Download.rarl](#)

[Download Cabinet Vision Solid Ultimate 2012 R2l](#)

[stranger sex beautiful aunty](#)

[Radardroid Pro Apk Cracked Gamesl](#)

[Comment Cesser De Recevoir Des E-mails Sexuels](#)

[Fusion Connect 2006 Keygen](#)

[nude girlfriend and wife](#)