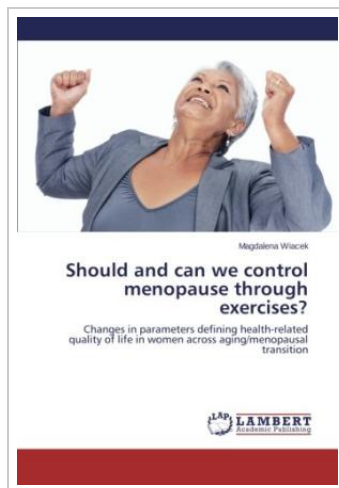




Should and can we control menopause through exercises?

By Wiacek, Magdalena

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Changes in parameters defining health-related quality of life in women across aging/menopausal transition | Longer longevity in women is imminently associated with deterioration of functional activity driven by menopausal transition. However, at present there is a dearth of data on means of modulation, other than pharmaceutical, of menopause associated detrimental phenomena. This study is an amalgam of my previous study and the new analysis examining menopause associated changes in a variety of health influencing parameters such as body mass index, waist circumference, total cholesterol, triglycerides, high-density cholesterol, low-density cholesterol, luteinizing and follicle stimulation hormones, blood pressures, serum uric acid levels, and serum creatinine. Through a combination of the novel data and an extensive literature review I postulate that physical exercises including endurance, aerobic, and strength exercises may be used as a happy medium for preserving a high level of Health Related Quality of Life in elderly and menopausal women. I demonstrated that physical exercises used as prevention means for detrimental changes should not be focused on an increase in a fitness level but on a decrease of a total body fat. | Format: Paperback | Language/Sprache: english | 164 pp.



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