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摘要:

摘要目的: 研究运动对自发性高血压大鼠内皮功能、血小板活化状态的影响。方法: 10周龄, 雄性自发性高血压大鼠 (SHR) 17只, 随机分为对照组 (8只) 和运动组 (9只)。运动组SHR进行为期10周, 每周5次, 每次60min的游泳运动训练。实验期间每两周测定SHR血压, 10周运动后, 测定血浆一氧化氮 (NO) 水平, 血小板NO水平, 血管性血友病因子 (vWF)、P-选择素浓度的变化。结果: 运动组大鼠血压较对照组显著下降, 血浆和血小板NO水平显著上升, 血浆vWF和P-选择素显著降低。结论: 规则有氧运动能产生较平稳持续的降压效果, 能明显改善高血压内皮功能和血小板活化状态, 降低高血压血栓并发症的发生。

关键词: [运动](#) [高血压](#) [内皮功能](#) [一氧化氮](#) [血小板活化](#)

Effects of 10-week swimming exercise on plasma nitric oxide, von Willebrand factor and P-selectin production in spontaneous hypertension rats [Download Fulltext](#)

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Abstract:

Abstract Objective: To investigate the effects of exercise on endothelium function and platelet activity in spontaneous hypertension rats (SHR). Method: Seventeen male SHR were divided into 2 groups randomly, control group (8 SHR) and exercise group (9 SHR). In exercise group SHR performed swimming exercise (5 times/week) at moderate intensity (60min/time) for 10 weeks. Resting blood pressure was measured fortnightly during exercise training period. After the exercise period, plasma nitric oxide (NO), platelet-derived NO level and plasma von Willebrand factor (vWF), P-selectin production were detected. Result: Compared with control group, SHR resting blood pressure decreased significantly, plasma NO level and platelet NO level increased significantly, while plasma vWF and P-selectin production decreased in exercise group. Conclusion: This study implies that long-term regular aerobic exercise can inhibit resting blood pressure gently and continuously in SHR, and can improve endothelium function and platelet activity significantly in hypertension, which can control the occurrence of thrombosis complicated in hypertension.

Keywords: [exercise](#) [hypertension](#) [endothelium function](#) [nitric oxide](#) [platelet activation](#)

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