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运动对多囊卵巢综合征大鼠血清激素和卵巢形态学的影响 [点此下载全文](#)

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摘要:

**摘要 目的:**探讨运动对多囊卵巢综合征(PCOS)大鼠胰岛素、性激素和卵巢形态学的影响。**方法:**17只21日龄Wistar大鼠随机分为PCOS运动组(n=6)、PCOS非运动组(n=6)和非PCOS对照组(n=5)。注射丙酸睾酮诱导PCOS模型,对照组注射相应容积茶油。运动程序为每天游泳2h,连续15d。实验结束后取血测定葡萄糖、胰岛素、雌二醇、黄体酮和睾酮浓度;卵巢病理切片运用图像分析软件Image-Pro Plus 6.0进行形态学分析。**结果:**PCOS运动组胰岛素、雌二醇和睾酮水平均显著低于非运动组(P<0.05),空腹血糖与空腹胰岛素(FBG/FINS)比值显著高于非运动组(P<0.05),接近于对照组水平。血糖和血清黄体酮水平三组间差异没有显著性。卵巢病理显示,PCOS运动组窦前卵泡数和闭锁卵泡显著减少(P<0.05),而窦状卵泡和黄体数目则显著升高(P<0.05),均接近于对照组水平。**结论:**短期运动能改善PCOS大鼠胰岛素敏感性,降低血清雄激素和雌激素水平,恢复正常卵巢形态,提示运动是PCOS的基础治疗方法。**关键词** 运动;多囊卵巢综合征;胰岛素抵抗;性激素;卵巢形态学  
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**关键词:** [运动](#) [多囊卵巢综合征](#) [胰岛素抵抗](#) [性激素](#) [卵巢形态学](#)

The effect of exercises on serum hormone and ovarian morphology in rats with polycystic ovary syndrome [Download Fulltext](#)

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Abstract:

**Objective:**To explore the effect of exercises on serum insulin, serum sex hormone and ovarian morphology in rats with polycystic ovary syndrome(PCOS). **Method:**Seventeen Wistar rats of 21-day-old were randomly divided to PCOS exercises group (n=6), PCOS non-exercises group (n=6) and non-PCOS control group (n=5). PCOS models were induced by injection of testosterone propionate dissolved in tea oil, while control rats were injected with tea oil. The exercises rats were trained with swimming 120 min/d for 15 days. At the end of experiment, blood glucose and insulin (INS), estrogen (E2), progesterone (P) and testosterone (T) in serum were determined by RIA and ovarian morphology was evaluated by Image-Pro Plus 6.0. **Result:**The levels of INS, E2, P and T in serum were significantly lower in PCOS exercises group than that in non-exercises group (P<0.05). The ratios of FBG/FINS in PCOS exercises group elevated significantly compared with PCOS non-exercises group (P<0.05). The levels of serum sex hormones in PCOS exercise group were similar to non-PCOS control group. There were no differences in blood glucose and serum progesterone among three groups. Ovarian morphology showed that the amounts of preantral follicles and atretic follicles significantly decreased (P<0.05) and the amounts of antral follicles and corpus luteum significantly increased (P<0.05) in PCOS exercises group compared with PCOS non-exercises group. The changes of ovarian morphology in PCOS exercises group were similar to non-PCOS control group. **Conclusion:** Short-term exercises could improve insulin sensibility, reduce the levels of serum androgen and E2, and recover normal ovarian morphology. It suggested that exercises training might be a basic therapeutic means for patients with PCOS.

**Keywords:** [exercises](#) [polycystic ovary syndrome](#) [insulin resistance](#) [sex hormone](#) [ovarian morphology](#)

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