

JOINT EVENT

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&
2nd International Conference on **Metabolic and Bariatric Surgery**

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The evolution of aerobic activity on the level of IgA immunoglobulin in female teenager studentsM Pishsaraeian¹ and M Fallah²¹Meshkat School, Iran²Shahed School, Iran

Obesity is a major problem in many societies. One of the proposed solutions for the treatment of obesity is exercise. Exercise has complex effects on immune system. One of most important immunoglobulin in mucus is IgA that protect the body against microorganisms. The aim of this study was to evaluate the effect of aerobic exercise on the levels of IgA and total protein in salivary of female teenager students. 20 female healthy volunteer students (age 12-13) without any infection, using drug, cardiovascular diseases and with healthy diet randomly divided into control (n=10) and aerobic activity (n=10) groups. Before the exercise saliva samples were taken from each student and kept in suitable condition. Aerobic activity group performs the shuttle run test for exercise and control group has no activity. After finishing the exercise the samples were collected and sent to laboratory for analysis. For detection of IgA the ELISA kit essay was used and the Bradford protein essay was used for the detection of total protein. Our results have indicated that in comparison with pre-test and post-test of aerobic activity group, the level of IgA concentration was significantly ($P \leq 0/05$) decreased but the total protein was increased ($P \leq 0/05$) significantly. There has been no significant change in the level of IgA between two groups. It is recommended that duration, type and intensity of physical activity can be considered for prevention of infection.

Biography

M Pishsaraeian has completed her MS degree in Exercise Physiology at University of Mazandaran, Iran. She is a Teacher of Sport Science at High School of Tehran city and her field of interest is "The evaluation of effects of sport and exercise on psychological and physiological factors".

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