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**The effect of eight weeks of resistance training on blood pressure and lipid profiles in middle-aged women with type II diabetes**

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**D**iabetes mellitus is a documented high risk factor for the development of atherosclerosis. Heart disease and stroke, arising mainly from the effects of atherosclerosis, account for 65 percent of deaths among diabetics. Diabetes does three things that may increase blood pressure: 1-decreasing the blood vessels' ability to stretch, 2-increasing the amount of fluid in the body, 3-changing the way the body manages insulin.

The lipoprotein abnormalities commonly present in type 2 diabetes include an abnormally high level of triglycerides (TG), a high proportion of small dense low density lipoprotein cholesterol (LDL), low high density lipoprotein cholesterol (HDL), and postprandial lipemia .

Exercise is associated with decreased cardiovascular risk and higher fitness confers cardioprotection . The beneficial effects of exercise on traditional risk factors may explain approximately half of the risk reduction associated with exercise.

The aim of this research was the effect of eight weeks of resistance on blood pressure and lipid profiles in middle-aged women with type II diabetes on account for 65 percent of deaths among diabetics. This research has done experimental and field. The age range of people was between 35 to 40 years, and their BMI was between 27 to 29 years. Among all of the subjects that were eligible for the study, 24 people of them have selected based on inclusion criteria for the study and accidentally have divided into two groups (12 people) experimental group and (12 people) control group. The experimental group have done resistance exercise for eight weeks (three times in the week) by 60 to 70 percent 1RM. 24 hours before the first training session and 48 hours after finishing the training and after 12 hours fasting was collected the blood sample and was measured the density cholesterol changes, HDL and LDL and a fasting blood pressure was taken by a doctor. For analysis the data was used the Kolmogorov-Smirnov test and dependent T (t-test). Studying show that eight weeks resistance training has not any significant effect on Systolic and diastolic blood pressure in middle-aged women with type II diabetes ( $p < 0.051$ ). Eight weeks resistance training has significant effect on HDL, LDL and Cholesterol middle-aged women with type II diabetes ( $p < 0.001$ ). Conclusion: diabetic women can use of this program of resistance training in order to improve and control their Lipid profile.