

[Vascular Adaptation to Exercise in Humans: Role of ...](#)

<https://journals.physiology.org/doi/10.1152/physrev.00014.2016>

Apr 21, 2020 · A human study designed to test this proposal utilized repeated assessments of the time course of adaptation of vascular function and structure in response to exercise training. Tinken et a...

Cited by: 277 Author: Daniel J. Green, Maria T. E. Hopman, Je...
Publish Year: 2017

[The coronary circulation in exercise training](#)

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Oct 07, 2020 · This suggests that the beneficial effects of EX in CAD may not be the result of direct effects on the coronary artery wall. If this suggestion is true, it is important to determine the...

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Publish Year: 2012

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Jun 01, 2011 · The **beneficial effects** of physical activity and exercise training in prevention and treatment of **cardiovascular disease** are not entirely mediated by the reduction of systemic risk factors (71, 100, 141, 195). Indeed, current data suggest that at least 40% of the **cardiovascular** risk reduction associated with exercise cannot be accounted for by the modification of established or emerging risk ...

Cited by: 212

Author: Jaume Padilla, Grant H. Simmons, Shaw...

Publish Year: 2011



Cardiovascular Effects and Benefits of Exercise



Name of Journal: *World Journal of Cardiology*
Manuscript NO: 66341
Manuscript Type: REVIEW

Exercise-mediated adaptations in vascular function and structure: beneficial effects in coronary artery disease

Sakellariou X *et al.* Exercise: vascular health & CAD

Xenofon M Sakellariou, Michail I Papafakis, Eleni M Domouzoglou, Christos S Katsouras, Lampros K Michalis, Katerina K Naka

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Jun 01, 2011 · The beneficial effects of physical activity and exercise training in prevention and treatment of **cardiovascular disease** are not entirely mediated by the reduction of systemic risk factors (71, 100, 141, 195). Indeed, current data suggest that at least 40% of the **cardiovascular** risk reduction associated with exercise cannot be accounted for by the modification of established or emerging risk ...

Cited by: 212

Author: Jaume Padilla, Grant H. Simmons, Shaw...

Publish Year: 2011

[Cardiovascular Effects and Benefits of Exercise](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6172294>

Sep 28, 2018 · Introduction. **Cardiovascular disease** (CVD) is the leading cause of morbidity and mortality worldwide. In the United States, CVD accounts for ~600,000 deaths (25%) each year (1, 2), and after a continuous decline over the last 5 decades, its incidence is increasing again ().Among the many risk factors that predispose to CVD development and progression, a sedentary lifestyle, characterized ...

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Author: Matthew A. Nystoriak, Aruni Bhatnagar

Publish Year: 2018

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<https://journals.physiology.org/doi/full/10.1152/physrev.00014.2016>

Feb 01, 2017 · A human study designed to test this proposal utilized repeated assessments of the time course of **adaptation of vascular function and structure** in response to exercise training. Tinken et al. examined both brachial and **popliteal artery function and structure** across 8 wk of exercise training in healthy volunteers. The results confirm the hypothesis that exercise training leads to an initial ...

Cited by: 309

Author: Daniel J. Green, Maria T. E. Hopman, Jau...

Publish Year: 2017

[\[PDF\] Mechanism of beneficial effects of physical activity on ...](#)

<https://journals.physiology.org/doi/pdf/10.1152/jappphysiol.00634.2011>

Beneficial effects of physical activity, independent of changes in risk factors, imply direct effects of exercise on the **vascular wall**. As summarized by Thijssen et al. (32), "exercise-induced improvements in vessel wall function and structure represent a 'vascular conditioning' effect, which provides a plausible