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**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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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 ...

Cited by: 224

Author: Matthew A. Nystoriak, Aruni Bhatnagar

Publish Year: 2018

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

<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/japplphysiol.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