

**ELECTRONIC GUIDE TO THESES APPROVED BY
PHYSICAL THERAPY DEPARTMENT FOR CADIOPULMONARY
DISORDER AND GERIATRICS AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and Its Surgery

**Doctoral Degree
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Author	:	AlSayed Abdel-hamed Abdel-rahem Abo-Shnb.
Title	:	Effect of exercise on macro and microcirculating blood flow in diabetic patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors		1. Nagwa Mohamed Hamed Badr. 2. Aly Mamdouh EL Ashmaoui. 3. Awny Fouad Rahmy.
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Abstract	:	<p>Thirty NIDDM patients participated in this study , their age was ranged from 34 to 59 years each patient was evaluated pre and post-exercise program . A fasting venous blood sample was drawn for lipid analysis (HDL-C , LDL-C , TC , and TG), and at the same time FBG was measured . The resting BP ., total skin micro-circulation , ABPI and RHR were determined for each patient. The patients were divided according to their ABPI into group A and group B. Training program consisted of 3 sessions per week, 40 min . per session , for six weeks . The data were statistically analyzed, the results showed that the BW and BMI were statistically significantly reduced only in group A . Also the resting BP and HR were reduced significantly in both groups . The post-exercise FBG , LDL-CI , and TG concentrations were significantly reduced in both groups . But the HDL-C concentration was significantly increased . The TC concentration was significantly reduced only in the group B . The ABPI was only significantly increased in the group B . Finally the total skin micro-circulation was significantly increased after exercise training program in both groups.</p>
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