

번호 16-3

제 목	국문	관상동맥질환을 가진 남자에서 혈중 지질 농도에 대한 운동 강도의 영향: TLC 연구			
	영문	Effect of Exercise Intensity on Lipid Levels in Men with Coronary Heart Disease: Training Level Comparison Trial			
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분 야	보건관리 ()	발 표 자	일반회원 (O)	발표 형식	구 연 (O)
	역 학 (O)		전 공 의 ()		포스터 ()
환 경 ()					
진행 상황	연구완료(O), 연구중() → 완료 예정 시기 : 년 월				
<p>1. 연구 목적</p> <p>The objective was to determine whether a more vigorous (intense) exercise program versus a less intensive program has additional favorable effects on blood lipids in men with coronary heart disease (CHD).</p> <p>2. 연구 방법</p> <p>The study was a randomized, controlled trial conducted at two clinical centers and enrolled 185 patients with evidence of CHD. A simple randomization procedure led to unequal numbers of patients in the two interventions: 82 in the low intensity and 103 in the high intensity group. Target heart rate during exercise corresponded to 50% of maximal oxygen consumption 5 beats/minute in the low intensity group and 85% 5 beats/minute in the high intensity group. No attempt was made to modify other coronary risk factors in order to evaluate the effect of exercise alone.</p> <p>3. 연구 결과</p> <p>Lipid profiles showed little improvements for both groups at 6 and 12 months after intervention, and intensity made little difference. But the attendance rate (percent of total exercise sessions attended) was significantly related to increased high-density lipoprotein (HDL) cholesterol (r=0.20 to 0.26, p<0.05), decreases in the ratios of low-density lipoprotein (LDL) to HDL cholesterol (r= -0.24 to -0.28, p<0.01) and total to HDL cholesterol (-0.25 to -0.29, p<0.01) at 6 months and 12 months. Its relationships with the ratios of LDL to HDL cholesterol and total to HDL cholesterol remained significant in repeated measures regression analysis of correlated data.</p>					

4. 고찰

The relationships of attendance rate with the ratios of LDL to HDL cholesterol and total to HDL cholesterol were only minimally mediated by body weight change. As exercise frequency was not assigned according to randomization in this study, the attendance rate(exercise frequency) could be a proxy variable for an unmeasured confounder.

Exercise frequency may be more important than intensity in improvement of HDL cholesterol and of ratios of LDL to HDL cholesterol and total to HDL cholesterol in men with CHD.