

## Abstract

COSIO-LIMA, L. Acute Exercise on Endothelium Function in Kidney Transplant Recipients and Healthy Individuals. D. P. E. in Exercise Science, 2004. 174 pp. (S. Headley) The study as designed to compare the effect of a 30-min walk at moderate intensity on brachial artery endothelial function, fasting cholesterol (FC), triglycerides (TGs), high-density lipoproteins (HDL-C), low-density lipoproteins (LDL-C), and C-reactive protein (CRP) in healthy individuals and kidney transplant recipients. Male and female subjects included 11 sedentary healthy individuals and 11 kidney transplant recipients, matched by age and gender. A 2 x 2 x 4 mixed factorial analysis of variance (ANOVA) was conducted to analyze the dependent variable, brachial artery inner absolute diameter. Five 2x2 mixed ANOVAs were used to analyze the dependent variables: FC, TGs, HDL-C, LDL-C, and CRP. The healthy group experienced a higher endothelial dilatation post testing ( $p < .05$ ). The post transplant group showed no change ( $p > .05$ ) in endothelial dilatation from pretest to posttest. No differences ( $p > .05$ ) were observed in blood parameters between both groups immediately after an acute bout of exercise. Recommendations for future researchers include: testing a larger sample size, controlling for specific medications, and utilizing longer and more intense exercise sessions.

