

Annual Congress & Medicare Expo on

Primary Healthcare

April 25-27, 2016 Dubai, UAE

Effect of aerobic exercises with selected phytoestrogen product on hot flushes in post-menopausal women

Samy A Nasef, Atef Mohamed Atef, Hala Mohamed Emara and Marwa Abdelrahman Mohamed
Cairo University, Egypt

This study was conducted to determine the efficacy of aerobic exercises using treadmill with diet modifications in reducing hot flushes in post-menopausal women.

Subjects: Thirty post-menopausal women complaining from hot flushes were chosen from out-patient clinic of Gynecology and Obstetrics Department, at El-Shatby Hospital, Alexandria. Their age ranged from 48-55 years old and their body mass index ranged from 30-32 kg/m² all of them were at least 2 years post-menopausal. They were divided randomly into two equal groups. Group (A) (study group): 15 women who received treadmill exercise program for 30 minutes at 60% to 70% of maximum heart rate, 3 times per week for 12 weeks. In addition to daily intake of diet, modification contains soy products (phytoestrogen) 100 milliliter soy milk and 100 gram soy bean daily for 12 week. Group (B) (control group): 15 women who received diet modification contain soy products (phytoestrogen) 100 milliliter soy milk and 100 gram soy bean daily for 12 week.

Measurements: All participants were assessed before and after the treatment program through using diary card for hot flushes to detect its severity. Hormonal analysis of FSH and LH for both groups was carried.

Results: The results revealed that the severity of hot flushes at the end of study post 12 weeks for group (A) were significantly lowered than group (B) also, FSH and LH showed a statistical significant reduction in group (A) than group (B)

Conclusion: Regular physical activity with diet modifications appears to be effective, safe and successful alternative method to decrease hot flushes that occur during post-menopausal period.

Biography

Samy Abdel Samad Nasef is the Dean of Faculty of Physical Therapy, Pharos University, Alexandria. He is a PhD holder (1993) (channel emission between Cairo University and Indian University, USA). He is the Associate Editor of the *Journal of Advanced Research*, Cairo University and has published more than 30 papers in conferences and *Journal of Physical Therapy*, Cairo University.

dr.samynasef@pua.edu.eg

Notes: