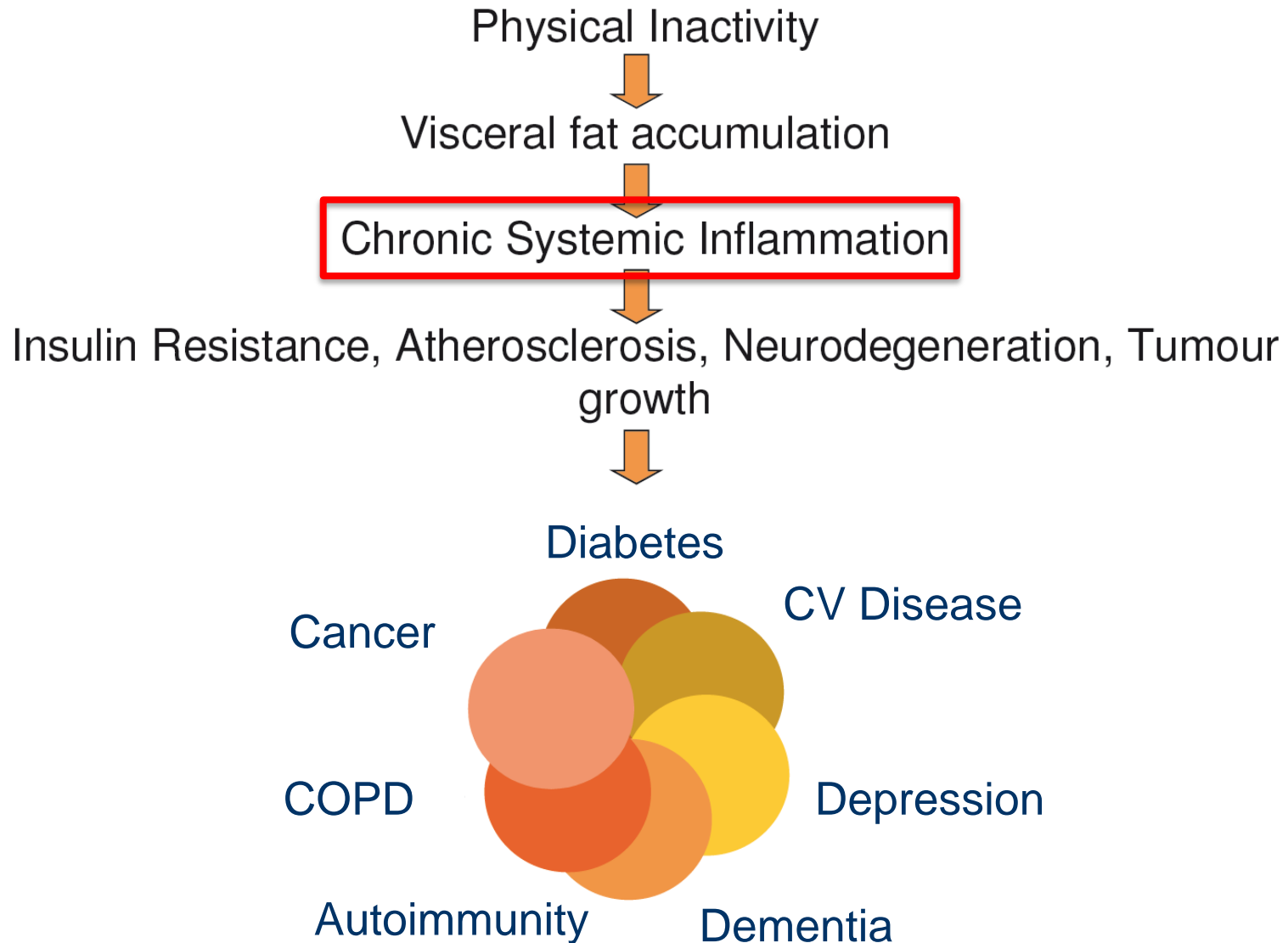
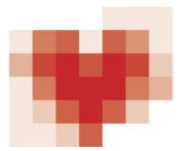


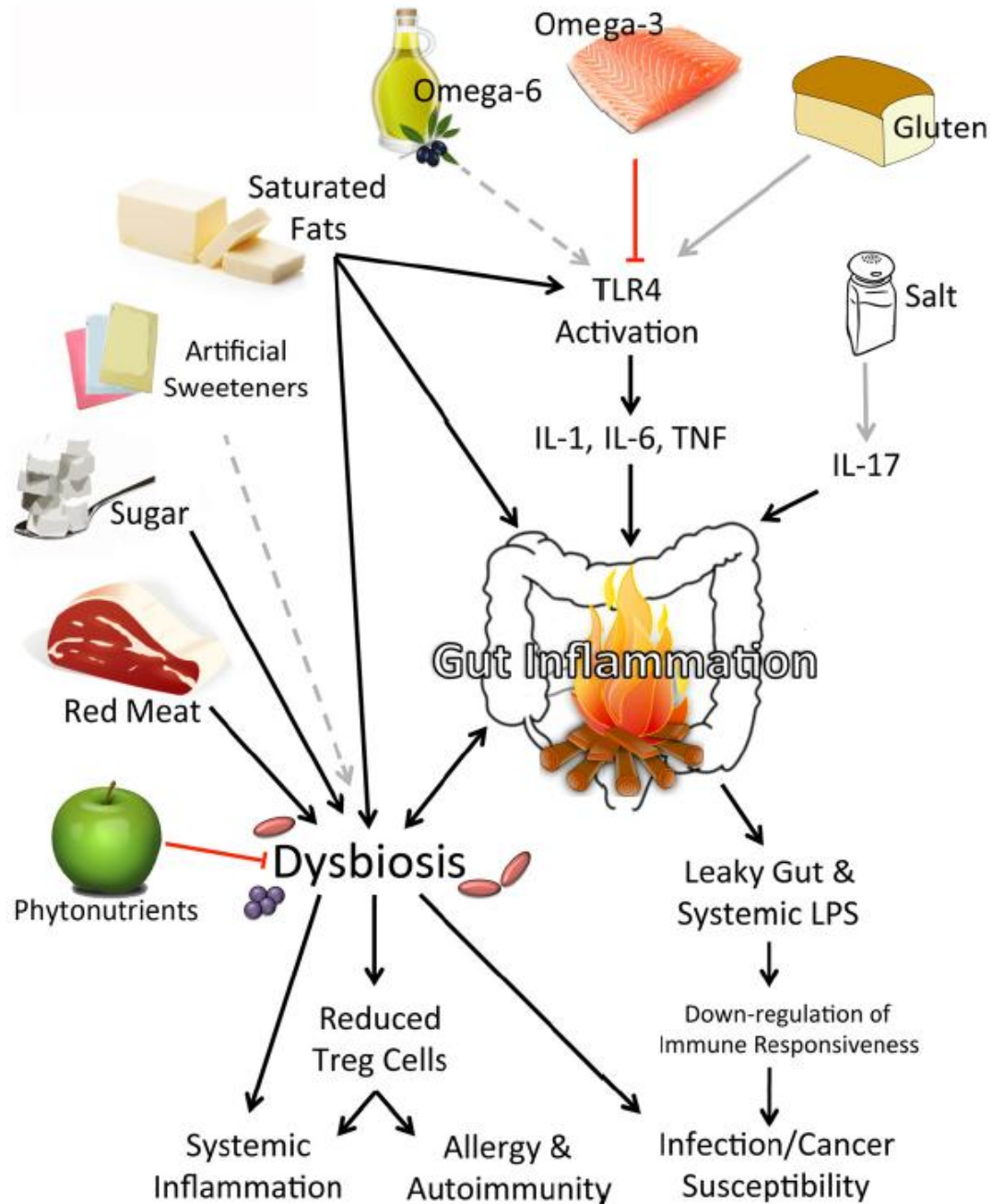
Was kann Sport / Gefäßsport leisten?

Andrew Remppis
Herz- und Gefäßzentrum
Bad Bevensen

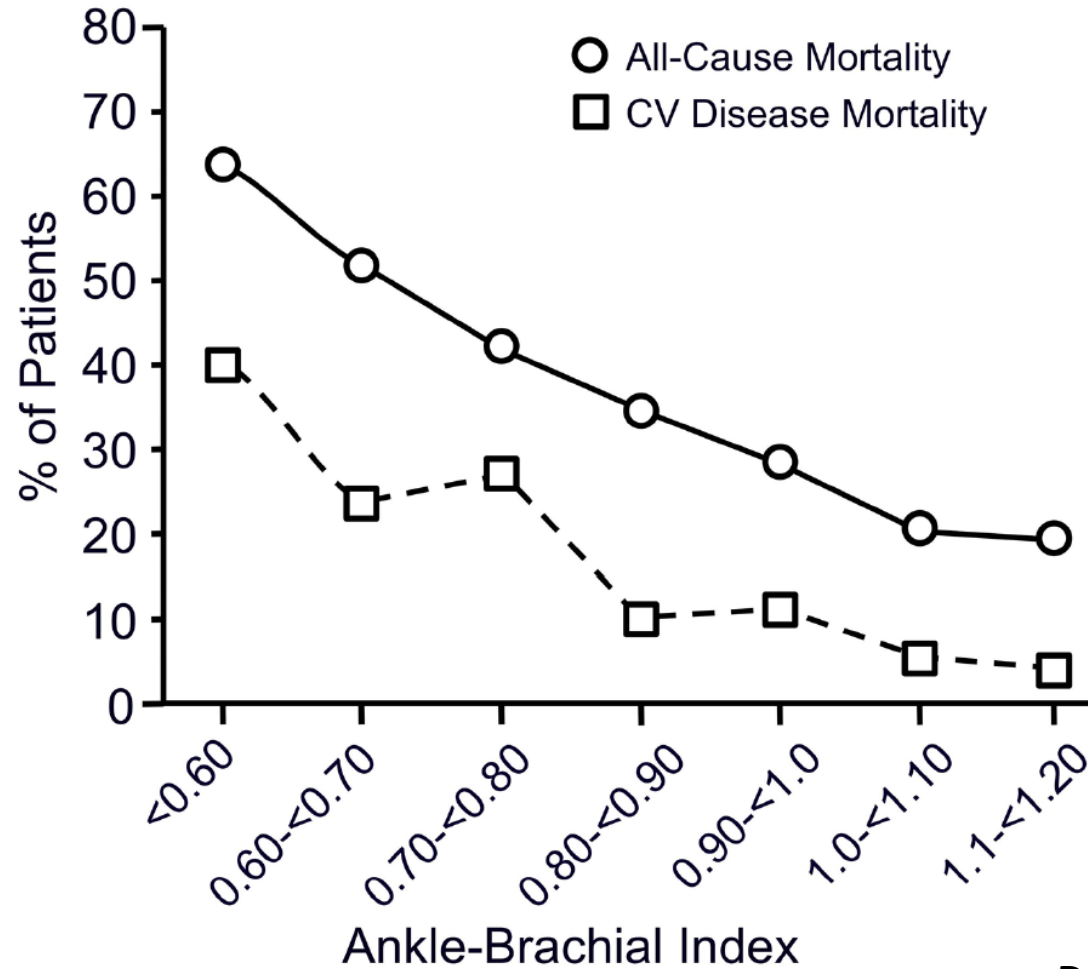
Pathophysiology “3000”



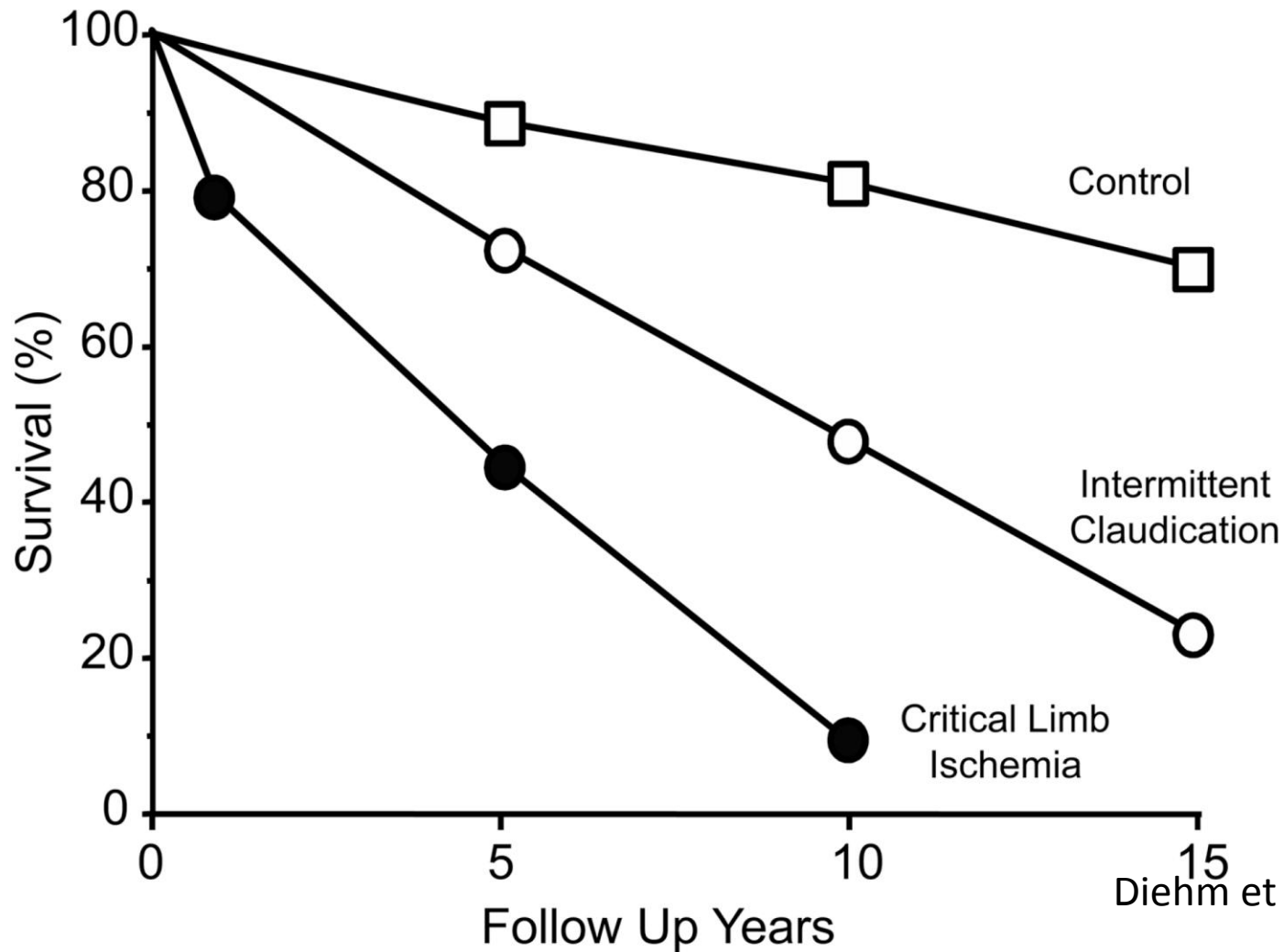
Fast Food Fever



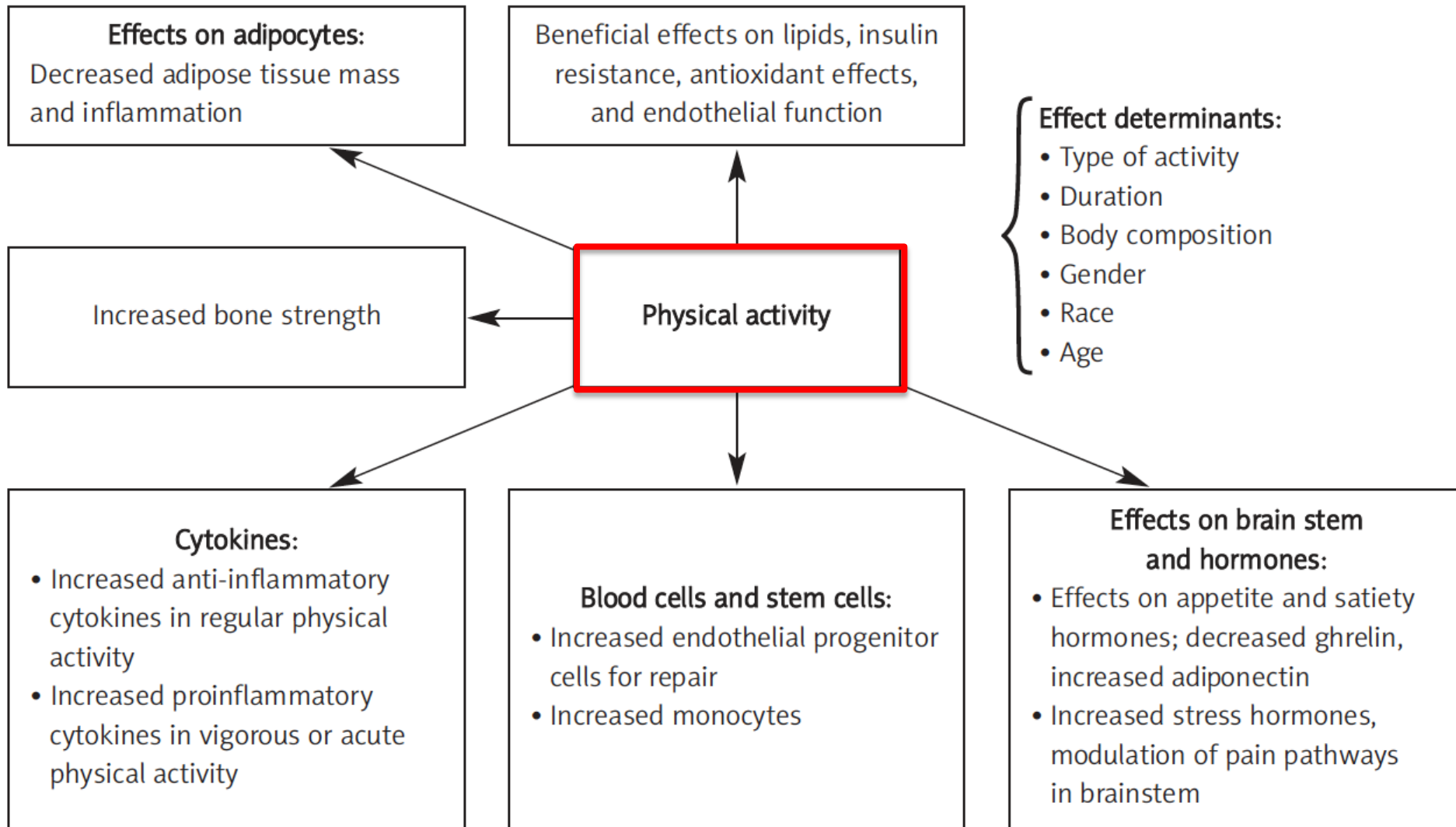
Mortalität bei pAVK



Mortalität bei pAVK

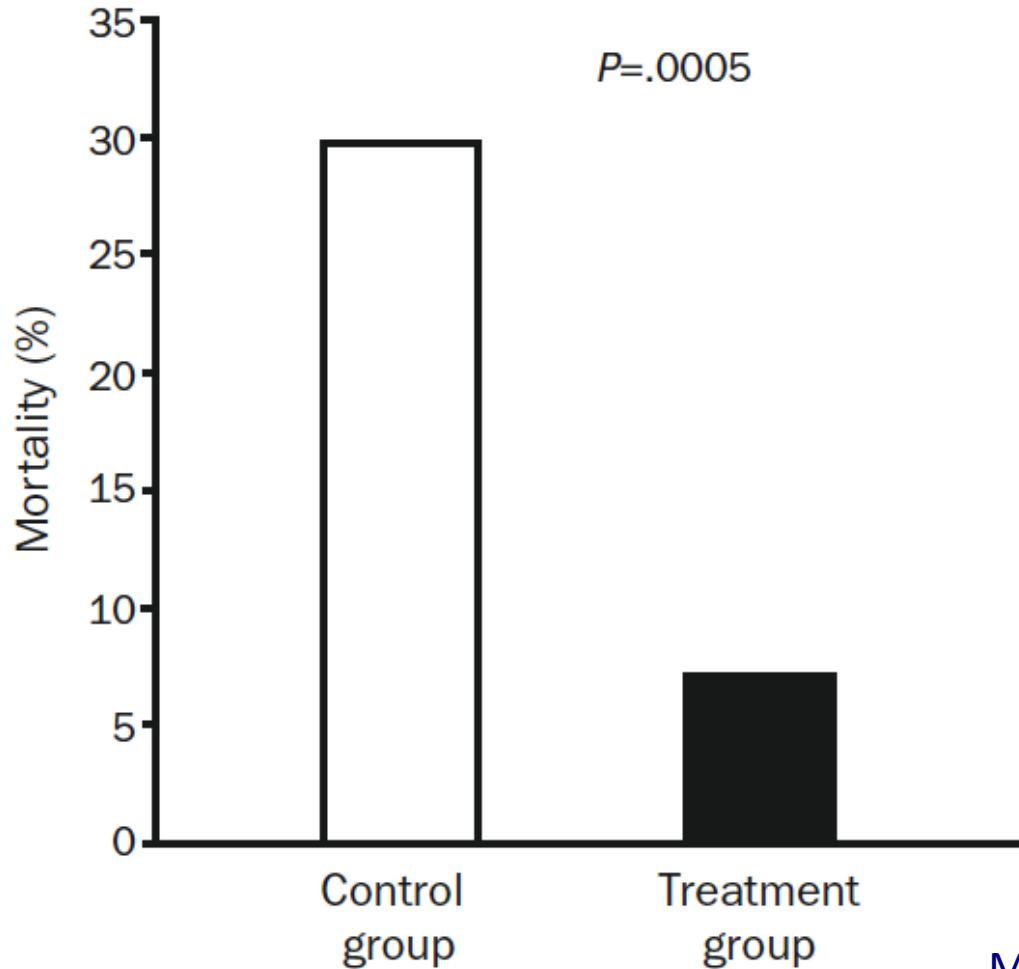


Impact of Physical Activity on Inflammation



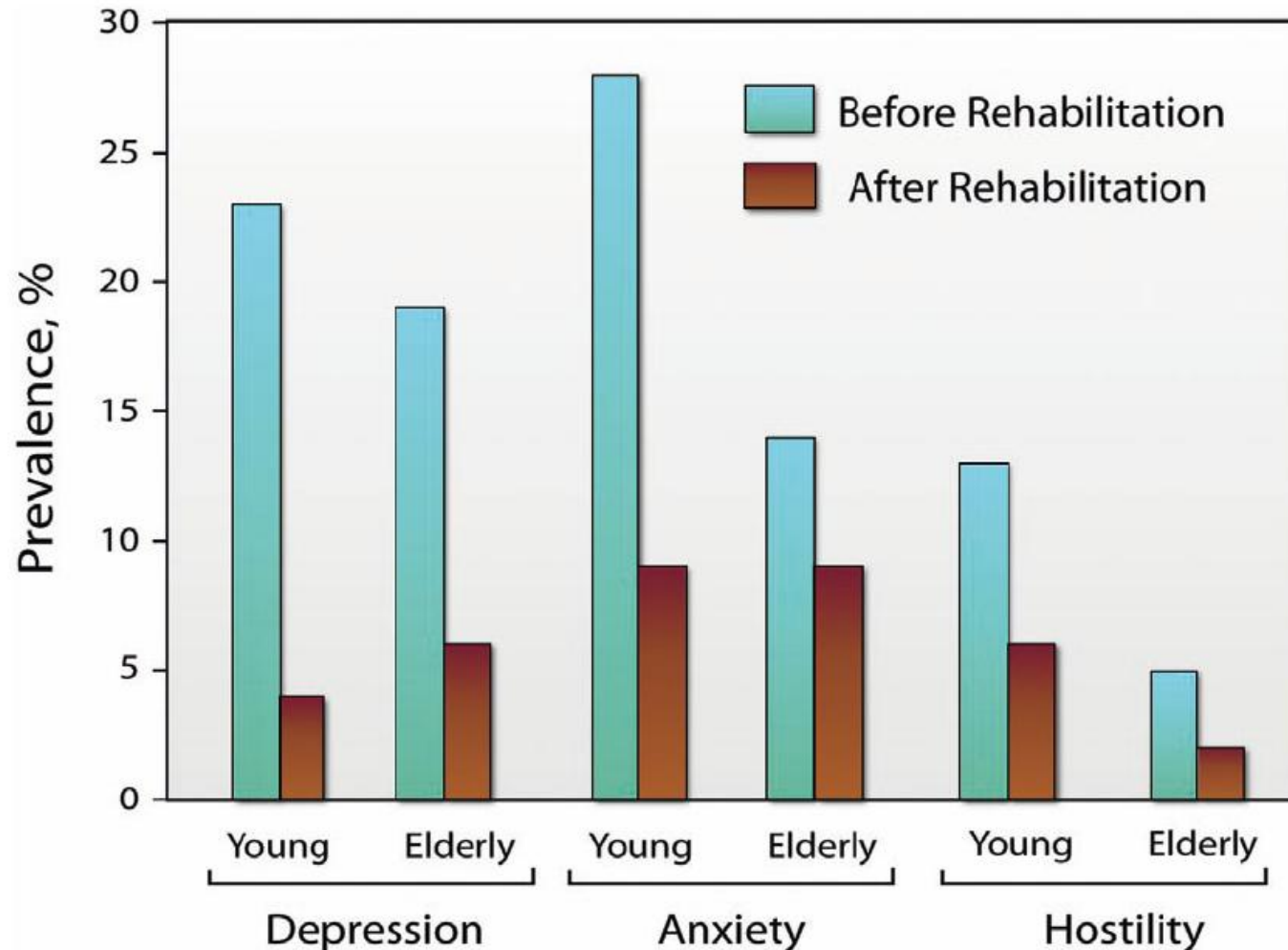
KHK und Depression

Mortalitätssenkung durch Rehabilitation und Sport



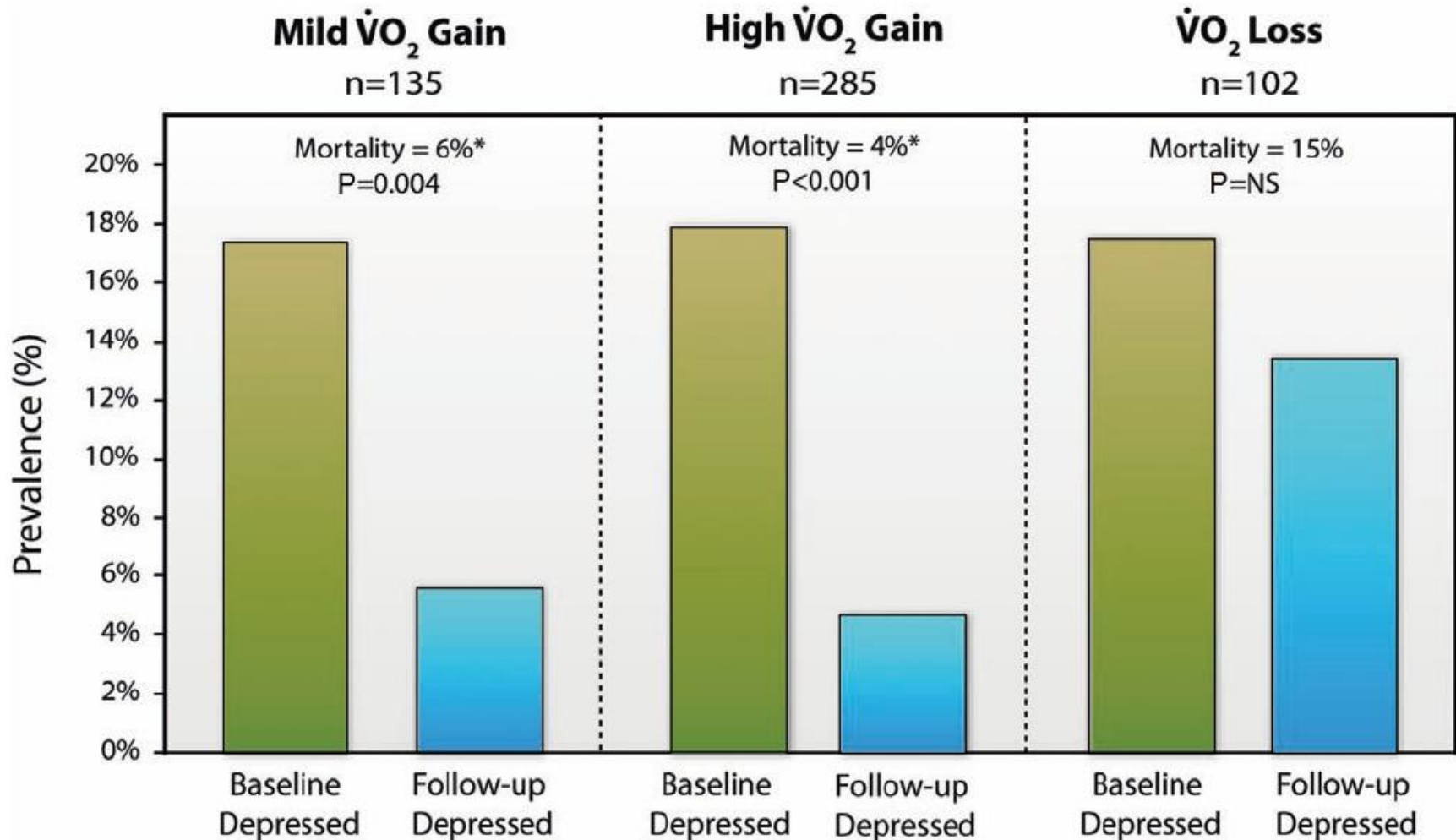
Senkung psychologischer Stressparameter

Milani and Lavie 2007

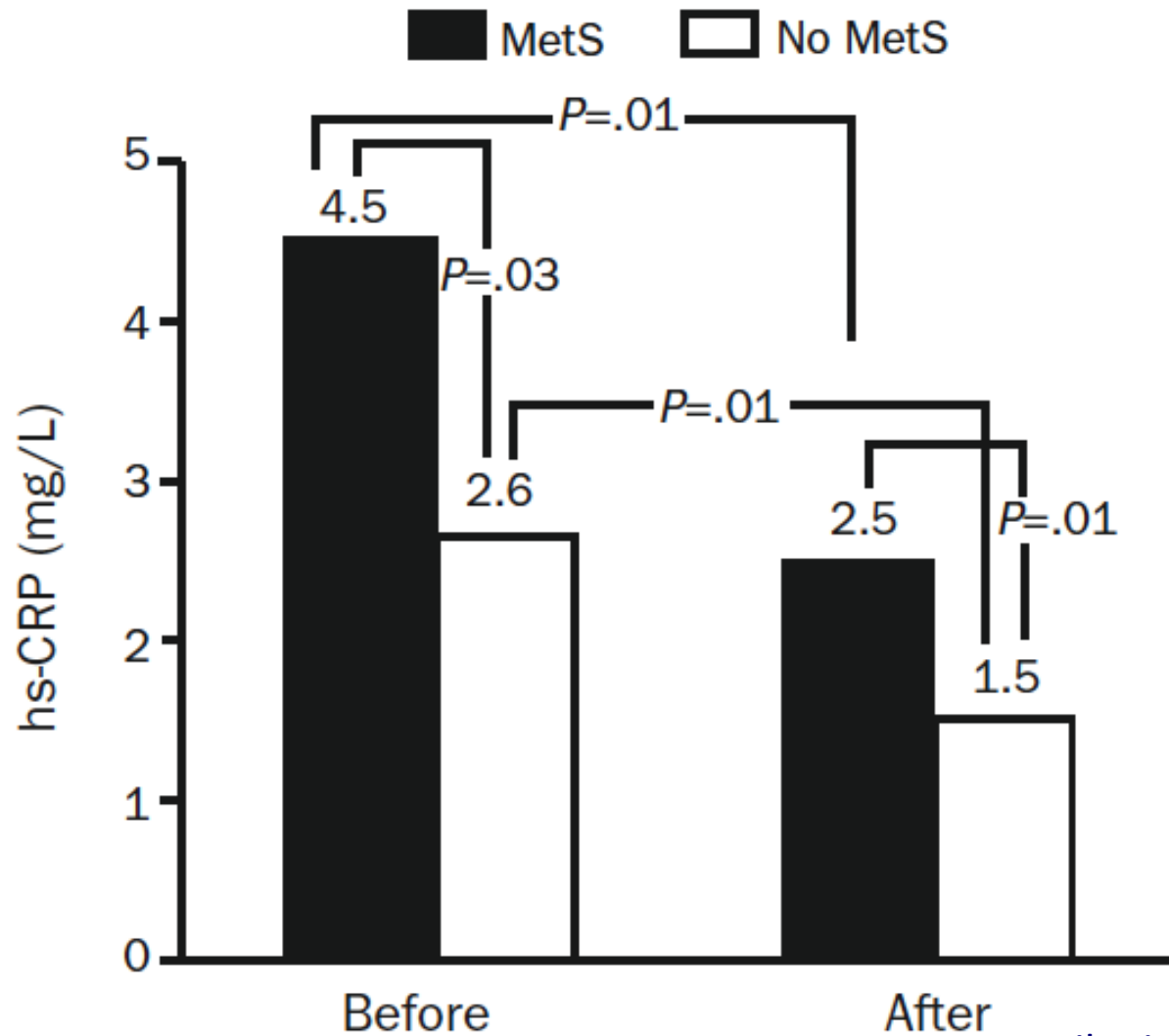


VO₂max vs Mortalität/Depressivität

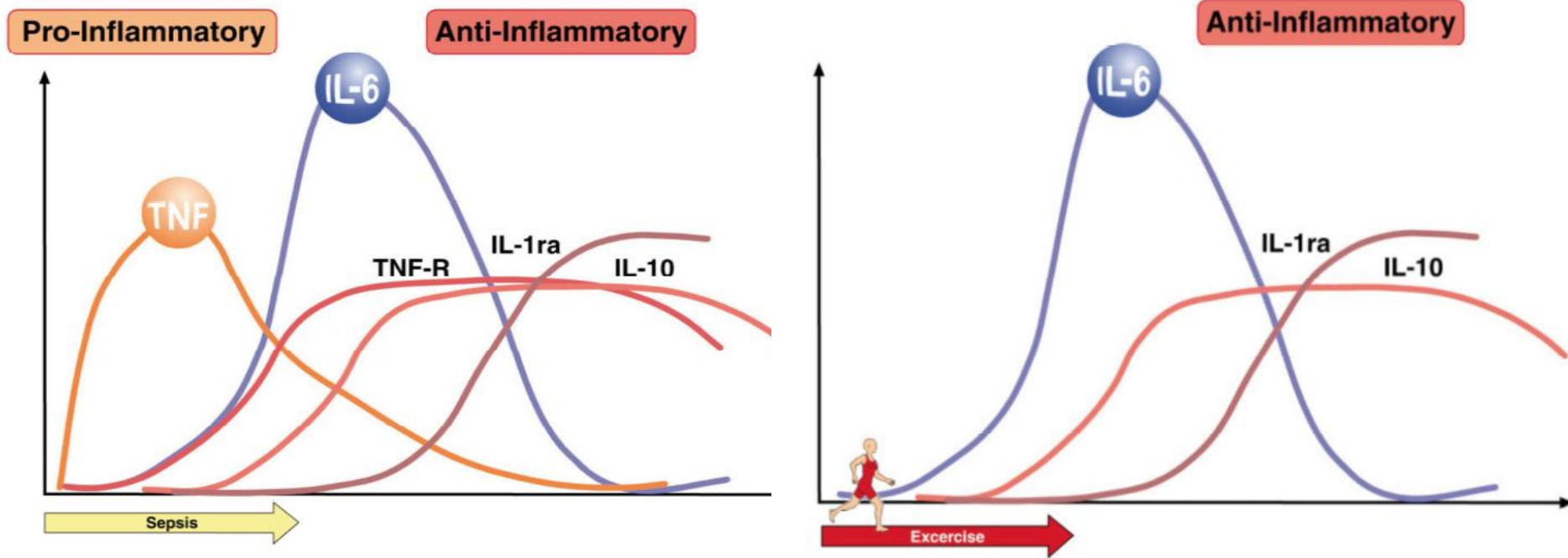
Milani and Lavie 2007



Training und hs-CRP ±MetSyn

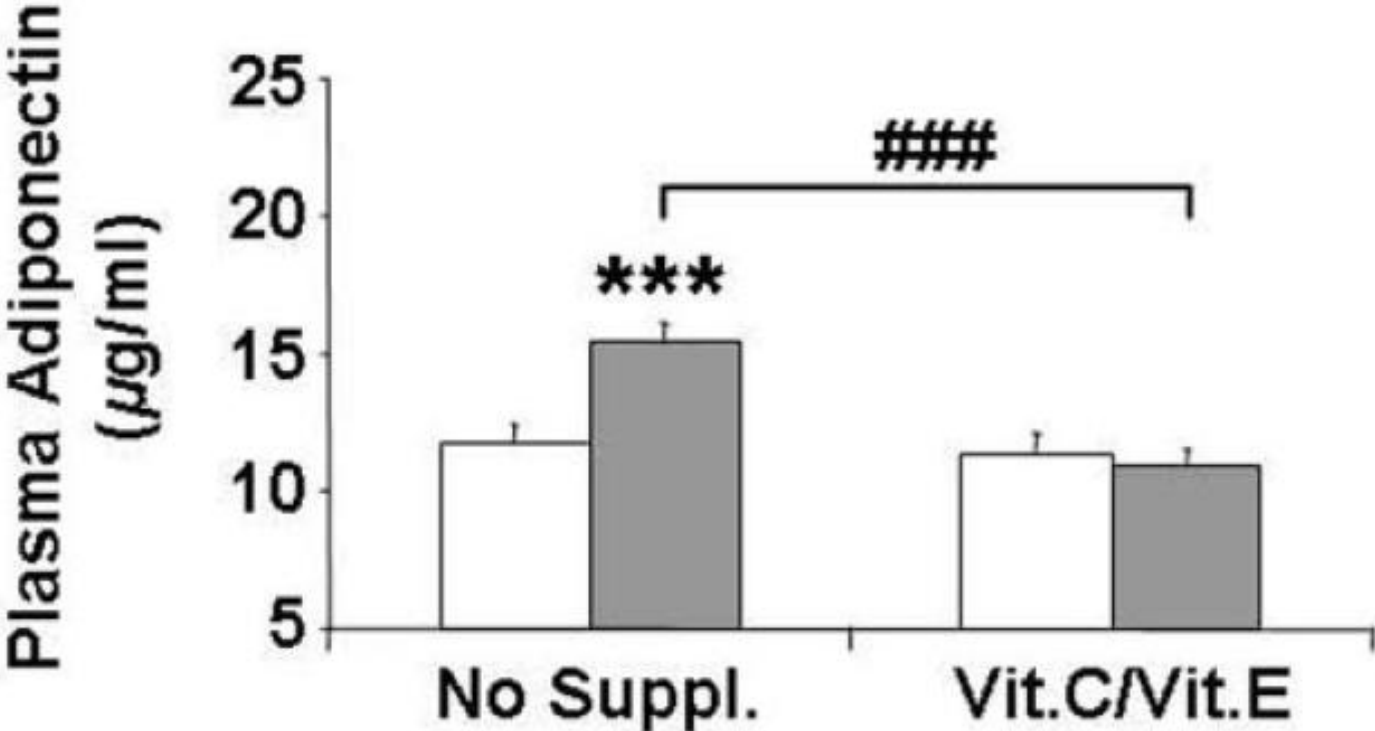


Immunität und Training



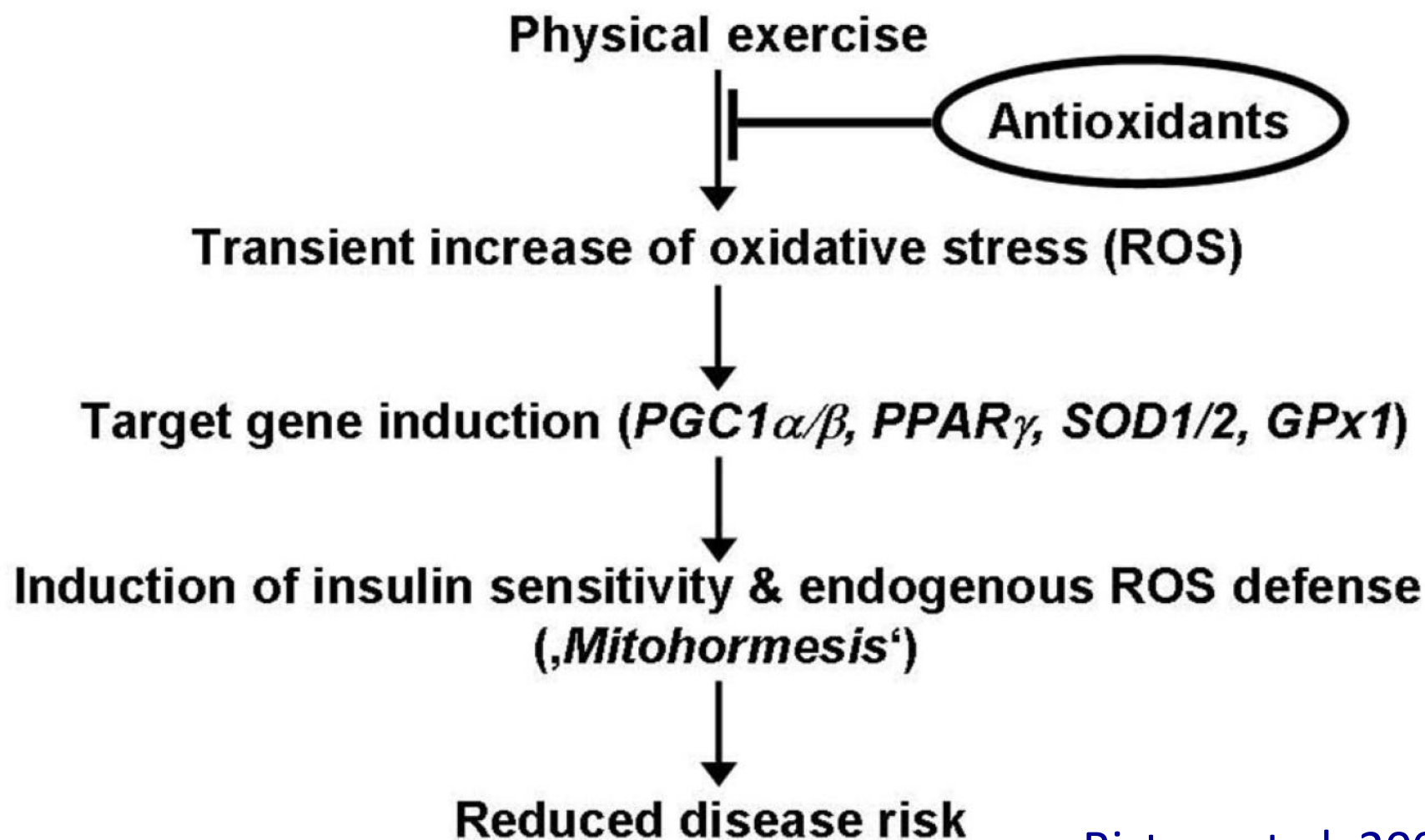
Walsh et al 2011

Antioxidants prevent health-promoting effects of physical exercise in humans

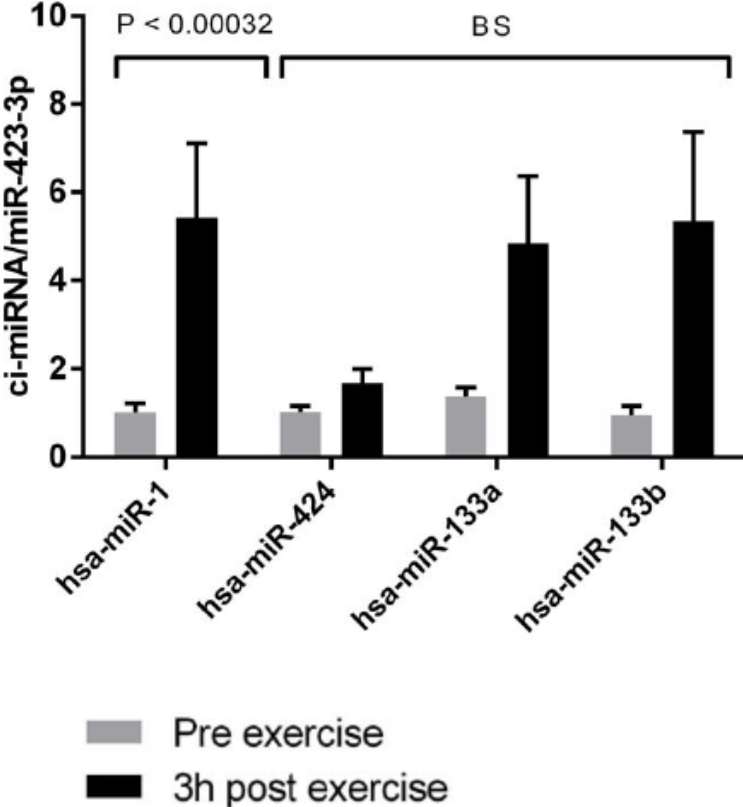


control
exercise

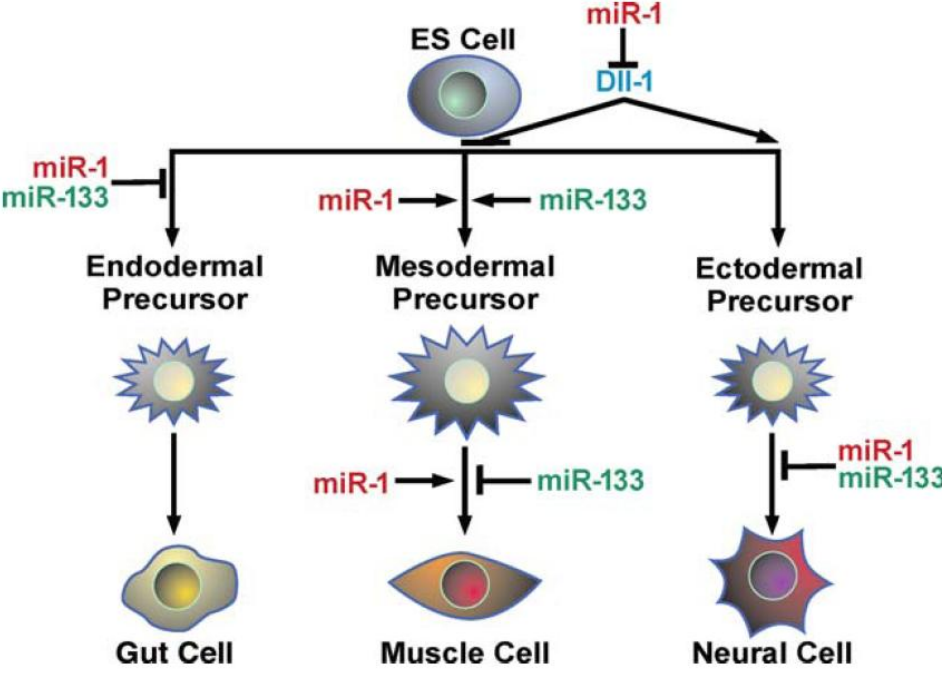
Antioxidants prevent health-promoting effects of physical exercise in humans



The miRNA Plasma Signature in Response to Acute Aerobic Exercise and Endurance Training

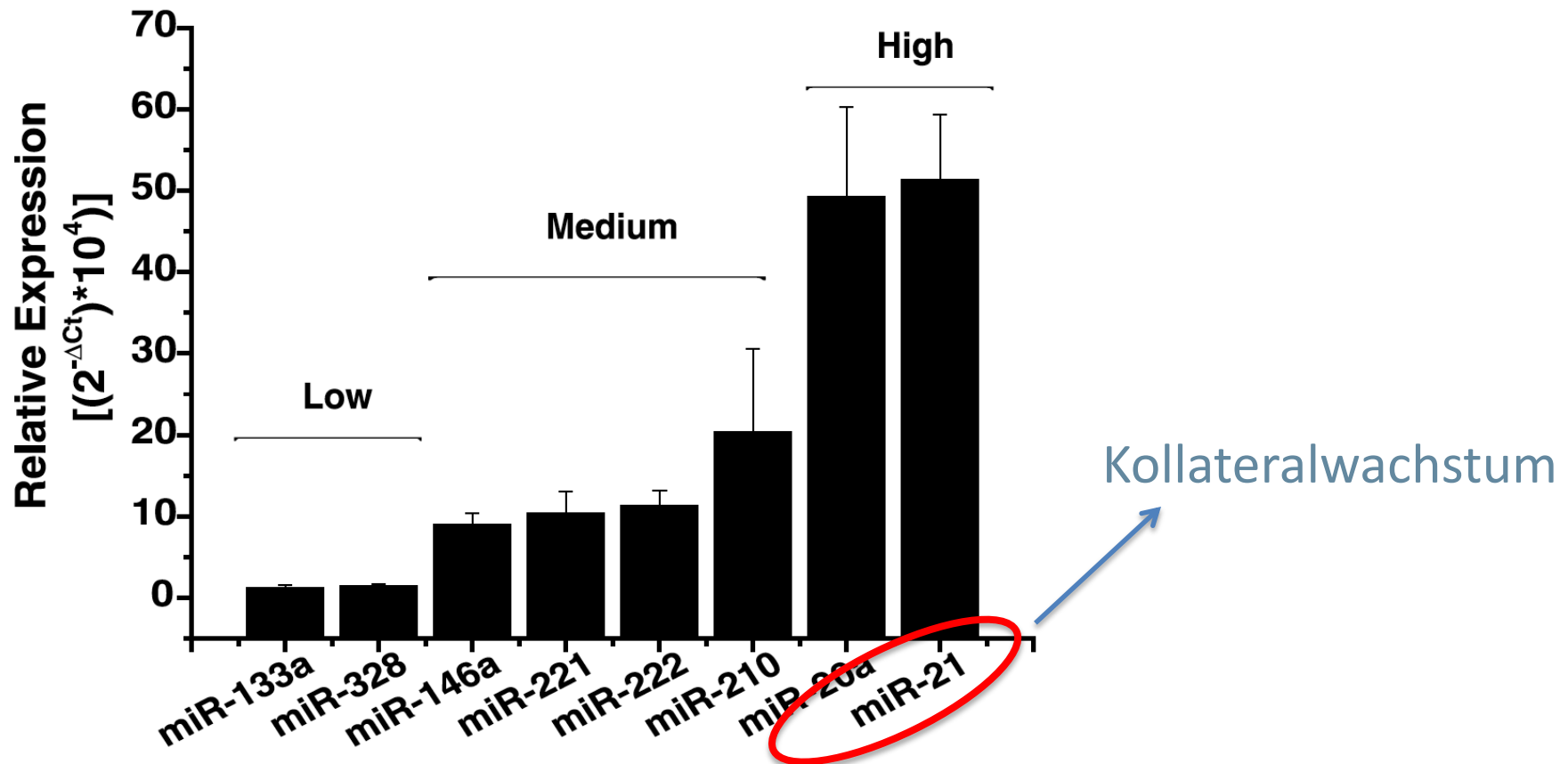


Nielsen et al, 2014

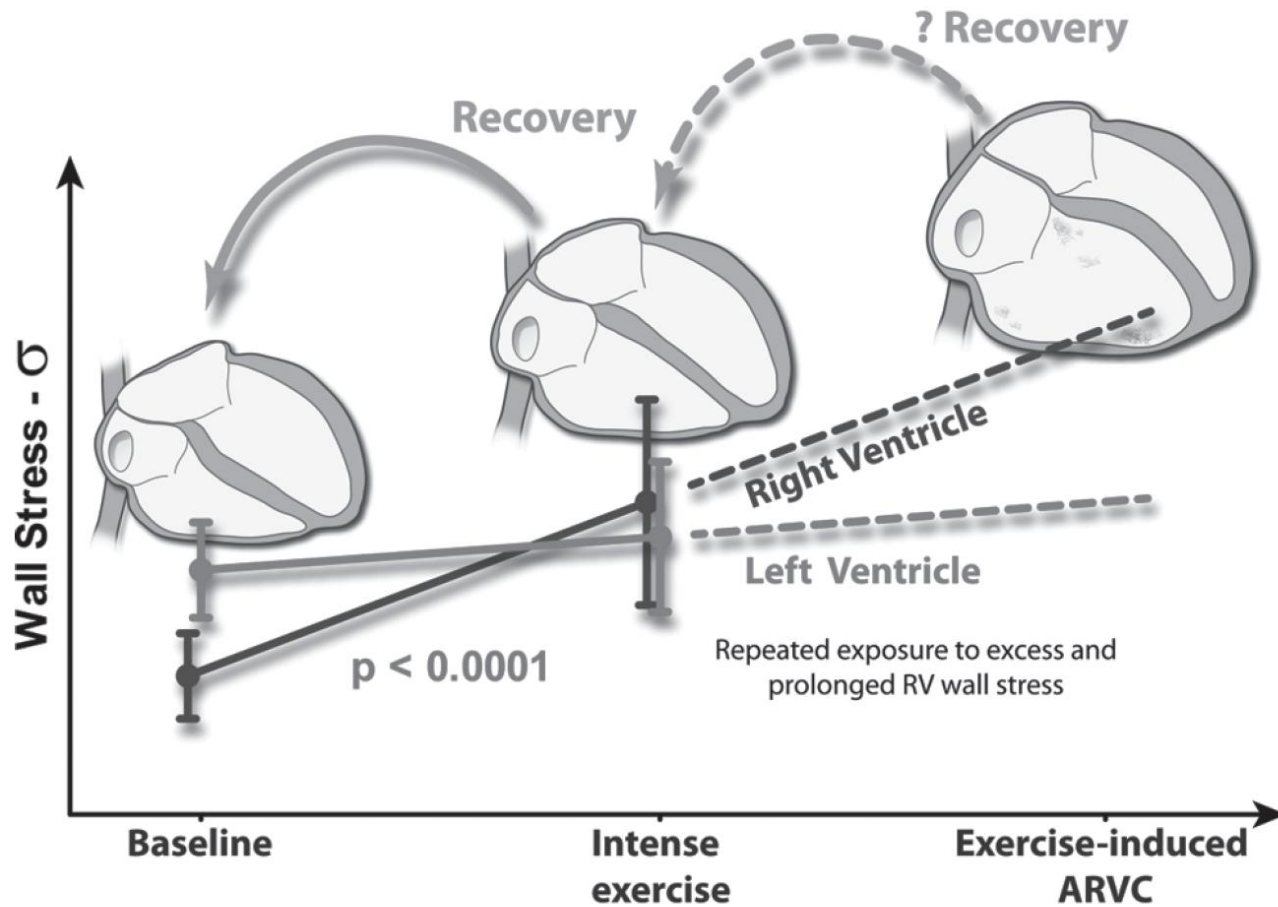


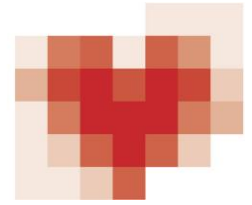
Kimberly et al, 2010

Dynamic regulation of circulating microRNA during acute exhaustive exercise and sustained aerobic exercise training



Rechtsventrikuläre Reaktion auf Ausdauertraining





*Those who think they have no time
for bodily exercise will sooner or later have to
find time for illness*

Earl of Derby, *The Conduct of Life* 1873