

42ヶ月間の運動継続による中高年者の 唾液分泌型免疫グロブリン A の変化

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キーワード: 分泌型免疫グロブリン A、唾液、口腔内免疫、高齢者、運動

抄 録

Purpose: This study examined the effect of long term exercise training on salivary secretory IgA(SIgA) in elderly subjects. Subjects and Methods: Eighteen subjects (10 men, 8women; age 66.9 ± 5.1 years) had twice training sessions a week for 42 months. Saliva samples were collected before training and at 4, 12, 19, 24, 31, 36, and 42 months during the training period. Saliva flow rates and SIgA concentrations were determined and SIgA secretion rates were calculated. Results: Saliva flow rates showed no significant change during training. SIgA concentrations at 19, 31, and 36 months were significantly higher than before training. SIgA secretion rates at 31 and 36 months were significantly greater than before training. Conclusion: Moderate exercise training increases salivary SIgA secretion in elderly persons. And this effect may continue over 3 years.

スポーツ科学研究, 2, 122-127, 2005 年, 受付日:2005 年 10 月 26 日, 受理日:2005 年 12 月 13 日

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