Subject: neue Studie...Sport <-> DHT...
Posted by Haar-in-der-Suppe on Tue, 05 Feb 2008 19:31:14 GMT
View Forum Message <> Reply to Message

Die Studie is erst seit kurzem raus..Feb 2008...

Effect of Exercise on Serum Sex Hormones in Men: A 12-Month Randomized Clinical Trial.

PURPOSE:: The effect of exercise on androgens in middle-aged to older men is poorly understood, and it could have implications for several aspects of health. This analysis was conducted to examine the effects of long-term aerobic exercise on serum sex hormones in middle-aged to older men. METHODS:: One hundred two sedentary men, ages 40-75 yr, were randomly assigned to a 12-month exercise intervention or a control group (no change in activity). The combined facility- and home-based exercise program consisted of moderate/vigorous-intensity aerobic activity for 60 min.d, 6 d.wk. Serum concentrations of testosterone, free testosterone, dihydrotestosterone (DHT), 3alpha-androstanediol glucuronide (3alpha-Diol-G), estradiol, free estradiol, and sex hormone-binding globulin (SHBG) were measured at baseline, 3, and 12 months. RESULTS:: Exercisers trained a mean of 370 min.wk (102% of goal), with only two dropouts. Cardiopulmonary fitness (V O2max) increased 10.8% in exercisers and decreased by 1.8% in controls ($P < 0.001$). DHT increased 14.5% in exercisers versus 1.7% in controls at 3 months ($P = 0.04$); at 12 months, it remained 8.6% above baseline in exercisers versus a 3.1% decrease in controls ($P = 0.03$). SHBG increased 14.3% in exercisers versus 5.7% in controls at 3 months ($P = 0.04$); at 12 months, it remained 8.9% above baseline in exercisers versus 4.0% in controls ($P = 0.13$). There were significant trends toward increasing DHT and SHBG, with greater increases in V O2max at 3 and 12 months in exercisers. No statistically significant differences were observed for testosterone, free testosterone, 3alpha-Diol-G, estradiol, or free estradiol in exercisers versus controls. CONCLUSIONS:: A yearlong, moderate-intensity aerobic exercise program increased DHT and SHBG, but it had no effect on other androgens in middle-aged to older men.