

Official title: Impact of exercise on expression of Hsp70 in individuals at risk of peripheral arterial disease.

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CONTROL GROUP					EXPERIMENTAL GROUP				
Data median, SD and mean	Median at the beginning	Median at the end	Difference beginning - end	p	Data median, SD and mean	Median at the beginning	Median at the end	Difference beginning - end	p
Weight (kg)	67.35 ± 11.99 66.45	66.44 ± 11.76 65.9	-0.91 -0.55	0.008*	Weight (kg)	70.00 ± 11.94 67	69.88 ± 12.66 67.9	-0.12 0.9	0.587
BMI (Kg/m ²)	27.73 ± 4.68 27.35	27.73 ± 4.60 28.6	0 -1.75	0.066	BMI (Kg/m ²)	28.85 ± 3.26 27.7	29.21 ± 3.97 28.25	0.36 0.55	0.364
WC (cm)	90.18 ± 9.76 90.6	89.53 ± 10.55 89.5	-0.65 -1.1	0.394	WC (cm)	92.42±11.38 89	90.53 ±13.37 90.5	-1.89 1.5	0.629
WHtR	0.58 ± 0.06 0.59	0.57 ± 0.06 0.59	0 0	0.363	WHtR	0.59 ±0.06 0.59	0.58 ±0.07 0.6	0 0.01	0.756
ABI (mmHg)	0.95 ± 0.02 0.95	0.98 ± 0.11 0.99	0.04 0.04	0.147	ABI (mmHg)	0.95 ±0.02 0.95	1.00 ±0.05 0.99	0.05 0.04	0.001*
Systolic BP (mmHg)	128.12 ± 18.83 130	120 ± 15.00 120	-8.12 -10	0.069	Systolic BP (mmHg)	124 ±19.93 117.5	118.43 ±12.38 118	-5.57 0.5	0.209
Diastolic BP (mmHg)	79.18 ± 14.29 80	73.62 ± 8.02 73.62	-5.56 -6.38	0.059	Diastolic BP (mmHg)	76.37±10.13 74	73.31 ±8.86 73.5	-3.06 -0.5	0.080
RHR (bpm)	78.25 ± 11.61 76.5	73.43 ± 13.19 71.5	-4.82 -5	0.14	RHR (bpm)	78.31 ±13.34 80	62.75 ±8.53 61.5	-15.56 -18.5	0.00*
Sit and reach	10.40 ± 12.09 8.25	11.12 ± 10.51 13.75	0.72 5.5	0.706	Sit and reach	10.25 ±7.75 8	9.71 ± 8.32 9	-0.54 1	0.779
Hsp 70 (pg/mL)	0.04 ±0.0 0.04	0.04 ±0.0 0.04	0 0	0.004*	Hsp 70 (pg/mL)	0.04 ±0.00 0.04	0.03 ±0.00 0.03	-0.01 -0.01	0.005*

*W de Mann (Wilcoxon) test, significant p Value in bold

Body Mass Index: BMI, Waist Circumference: WC, Ankle-Brachial Index: ABI, Blood Pressure: BP, Resting Heart Rate: RHR.