

Publication

Vaskuläres Altern, Hypertonie und körperliche Aktivität = Vascular aging, arterial hypertension and physical activity

Journalitem (Reviews, Editorials, Rezensionen, Urteilsanmerkungen etc. in einer wissenschaftlichen Zeitschrift)

ID 1197424

Author(s) Weisser, B.

Author(s) at UniBasel [Schmidt-Trucksäss, Arno](#) ;

Year 2011

Title Vaskuläres Altern, Hypertonie und körperliche Aktivität = Vascular aging, arterial hypertension and physical activity

Journal Deutsche medizinische Wochenschrift

Volume 136

Number 46

Pages 2367-71

Keywords ageing, arterial structure, arterial function, physical activity, hypertension

The present review delineates the significance of intima-media-thickness, arterial stiffness and endothelial function for vascular aging. There is profound evidence for an increase in intima-media-thickness and vascular stiffness not only during healthy aging but induced also by cardiovascular risk factors. There is a central role of arterial hypertension for this progression in both structural factors. In addition, both parameters are strongly associated with cardiovascular risk. Endothelial function measured as post-chemic flow-mediated vasodilatation is a functional parameter which is decreased both in healthy aging and by cardiovascular risk factors. Physical activity modifies the influence of aging and risk factors on endothelial function. A positive influence of endurance exercise on vascular stiffness and endothelial function has been demonstrated in numerous studies. In long-term studies, regular physical activity has been shown to reduce the progression of intima-media-thickness. Thus, arterial hypertension accelerates vascular aging, while physical activity has a positive influence on a variety of vascular parameters associated with vascular aging.

Publisher Thieme

ISSN/ISBN 0012-0472

edoc-URL <http://edoc.unibas.ch/dok/A6007579>

Full Text on edoc No;

Digital Object Identifier DOI 10.1055/s-0031-1292053

PubMed ID <http://www.ncbi.nlm.nih.gov/pubmed/22068448>

ISI-Number WOS:000296789500005

Document type (ISI) Journal Article, Review