Impact of supervised physical exercise on the determinants of physical condition in the population with a post Covid 19 diagnosis

[Impacto del ejercicio físico supervisado sobre los determinantes de la condición física en población con diagnóstico post Covid 19]

Retos • Article • *Open Access* • 2024 • DOI: 10.47197/retos.v56.100722

Rojas, Isabel Adriana Sánchez ; Bejarano, Linda Omaira ; Romero, Karol Dayana ; Pachón, Harol Alexander ; Patiño, Carlos Iván ; +2 authors

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Abstract

The viral infection derived from the SARS-Cov2 coronavirus leads to multisystem and highly propagated alterations that potentially compromise the quality of life of human beings. The objective of this research was focused on identifying changes in physical condition in a group of subjects diagnosed with post Covid19 after the application of a supervised physical exercise program. Quasi-experimental longitudinal cohort study with the participation of 20 subjects (12 men and 8 women), who were operated through a bioadaptation macrocycle for 3 months with 3 weekly work sessions. Aspects related to physical condition, anthropometric and basic hemodynamics were evaluated. Significant differences were obtained from baseline to the final phase for VO_{2max}, maximum strength and endurance strength test, as well as flexibility with values of ($p \leq 0.005$). Physical exercise in this population showed

positive changes in the cardiorespiratory fitness of the participants, having an important impact on the reduction of the sequelae generated by this pathology, and directly impacting on the quality of life and functionality.

Author keywords

COVID-19; physical exercise; physical fitness

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[Impacto del ejercicio físico supervisado sobre
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Rojas, Isabel Adriana Sánchez ✉ ; Bejarano, Linda
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Abstract

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Personal Exposure to TSP, Chromium, and Lead in a Road in Bogotá, Colombia

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López, Erika Alejandra Noguera ; Guerrero, Diana Julieth Salguero ; Berrio, Johan Alexander Álvarez ; Becerra, Luis Camilo Blanco

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Abstract

Exposure to air pollutants from mobile sources is a daily situation in Latin American countries. Diesel, roads in bad condition and poor planning of the road network, generates that informal workers, pedestrians and people who use the bicycle paths, are exposed to air pollutants that affect their health. In order to quantify the concentrations of total suspended particulate (TSP), lead, and chromium, a monitoring of these pollutants was carried out at a fixed point adjacent to a three-lane high-flow vehicular road in Bogotá, Colombia, using personal exposure pumps for 14 h a day, for a period of 20 days. The concentrations for TSP and chromium exceed the daily (120 μg/m^3) and annual (0.25 ng/m^3) values suggested by the World Health Organization (WHO). For lead, the concentrations comply with the suggested annual value of WHO (0.5 μg/m^3). It is concluded that informal workers are exposed to harmful concentrations of air pollutants, in acute and chronic periods of exposure, while for pedestrians and cyclists there is an unquantifiable risk, due to the exposure periods, which is why establishing the values of exposure in this population is of vital importance based on the findings of the present study.

Author keywords

Informal workers; Lead Chromium; Mobile sources; TSP

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Personal Exposure to TSP, in Bogotá, Colombia

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López, Erika Alejandra Noguera ; Guerrero, Diana
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Abstract

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Relatioship of dermatolyphic patterns for the proper diagnosis of cancer: Systematic review

[Relación de patrones dermatoglíficos para el diagnóstico adecuado del cáncer: Revisión sistemática]

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Rodríguez-Moreno, Nicolás [a] ; González-Burbano, María [a] ; Muñetones-Rodríguez, Carlos [a] ; Castro-Jiménez, Laura [a] ; Argüello-Gutiérrez, Yenny [a] ; +2 authors

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Abstract

Introduction: Currently the study of dermatoglyphic patterns or fingerprints, has allowed to recognize early the predisposition of the subjects to suffer and develop some types of cancer with important results. Objective: To identify the fingerprint patterns that allow to adequately diagnose the predisposition to develop cancer, from the realization of an integrative systematic review of the literature. Method: A search was carried out in databases such as: PubMed/MEDLINE, Scielo, Cochrane, ScienceDirect, Scopus and Google Scholar, using the parameters established in the PRISMA guide, which allowed the collection of information related to those studies that allowed identifying the differences in fingerprint patterns between healthy subjects and subjects with cancer, for which 19 investigations that met the established inclusion criteria were selected; They linked those studies published from 1975 to 2021, given the little evidence worked on around this diagnostic tool. Results: Statistically significant differences in count and anatomical conformation were identified for finger patterns such as: whorls, loops and ATD angle in subjects with cancer compared to control groups. Conclusions: Dermatoglyphia is a non-invasive, effective, and low-cost anatomical marker that allows early prediction of the possible development of cancer.

Author keywords

cáncer; dermatoglyphics; diagnosis; fingerprinting

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Abstract

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Relatioship of dermatolyp
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Salud Uninorte • Article • *Open Access* • 2024

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Upper-Body Muscular Endurance and Its Association with Aerobic Capacity in University Students of Physical Culture, Sport, and Recreation

[Resistência Muscular do Corpo Superior e sua Associação com Capacidade Aeróbica em Estudantes Universitários de Cultura Física, Esporte e Recreação]

[Fuerza resistencia de miembros superiores y su asociación con la capacidad aeróbica en universitarios de cultura física, deporte y recreación]

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Rangel Caballero, Luis Gabriel [a] ; García Mantilla, Ezequiel David [b] ; Murillo López, Alba Liliana [a] ; Pérez Bernal, Manuel Alejandro [a] ; Iribarren Llorente, Lourdes Luz [c]

[a] Universidad Santo Tomás, Facultad de Cultura Física, Deporte y Recreación, Bucaramanga, Colombia

Abstract

Introduction: Upper-body muscular endurance (UBME) and aerobic capacity (AC) are essential components of physical fitness. Low levels of these components are related to cardiovascular disease. Purpose: To assess the association between UBME and AC levels in college students of physical culture. Methodology: Analytical cross-sectional study carried out in 192 students (169 men, 23 women; median age 20 years). Every participant of the study signed written consent. UMBE was the dependent variable assessed by the push-up test, and AC was the main independent variable assessed using the 20 m shuttle run test. To analyze differences by sex, and academic semester, Fischer exact, Student's T, and U Mann-Whitney tests were applied. Descriptive, as well as bivariate and multivariate analysis, were realized using logistic regression models. Results: 82.29 % of participants had healthy levels of UBME. Respecting the academic semester, students had a higher probability of having healthy levels of

UBME as semesters increased (OR: 1.23, 95 % CI: 1.06 to 1.44, p = 0.007). Concerning AC, 58.33 % of participants registered healthy levels. After adjusting by sex, age, socioeconomic level, and academic semester, maximum oxygen consumption (VO_2max), was associated with healthy levels of UBME (OR: 1.157, CI 95 %: 1.071 – 1.249, p=<0.001). Conclusions: Students had a higher probability of presenting healthy levels of UBME as semesters of study increased, and those with a higheVO$_2$max were more likely to have healthy levels of UBME.

Author keywords

Exercise test; physical endurance; physical fitness; student health

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