Regular exercise as a measure aimed at preventing renal failure results in a positive influence on blood pressure, a reduction in weight, reduction in peripheral insulin resistance, and a reduction in vessel rigidity. The same applies to patients who already have renal failure. With regard to weight reduction, however, it must be remembered that in the terminal stage of the disease, an elevated BMI is associated with a higher life expectancy, since with the need for dialysis a catabolic process with muscular atrophy and a loss of stored fat begins. In this situation, the aim of physical activity is to help reduce mortality in dialysis patients by improving cardiorespiratory function and muscular strength, as well as their quality of life.
ventive und rehabilitative Sportmedizin

Occurences:
- Einrichtungen > Fakultäten > Fakultät für Medizin > Kliniken und Institute > Poliklinik für Präventive und Rehabilitative Sportmedizin > 2006

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