



Exercise Biochemistry Review

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Physiology of Aerobic Exercise in Atherosclerosis

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Objective -

Methods -

Results -

Conclusions Clinicians has always been excessively reliant on drugs to treat patients with Atherosclerosis. Resently, it is advocated to do aerobic exercise. Such knowledge should aid in preventing and treating dyslipidemia, oxidative stress, inflammation, vascular endothelial dysfunction while reducing the risks of atherosclerosis.