

Press release

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Basic information

Name: Luise Aamann Email: luliaam@rm.dk Phone: 2097 0412

Department of: Clinical Medicine

Main supervisor: Niels Kristian Muff Aagaard

Title of dissertation: Effects of resistance training on muscle strength and nutritional status in patients with liver cirrhosis

Date for defence: September 7th, 2018 at (time of day): 14.00 Place: Aarhus Universitetshospital, Auditorium J116-113, Indgang J, Plan 1, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N

Press release (Danish)

Effekten af styrketræning på levercirrosepatienters muskelstyrke og ernæringstilstand

Levercirrose (skrumpelever) er en kronisk arvævsdannelse i leveren – et resultat af leverens forsøg på at reparere en skade, for eksempel en længerevarende betændelse der kan være opstået på grund af fedme, virus, medicin, arvelige sygdomme eller overforbrug af alkohol.

Underernæring og tab af muskelstyrke og -størrelse, som er kendetegn ved cirrose, øger risikoen for livstruende komplikationer, blandt andet koma, infektioner, blødning og nyresvigt. Cirrose kan være invaliderende, og muskelsvækkelsen besværliggør helt almindelige daglige gøremål. Forskning har vist, at styrketræning og kosttilskud kan øge muskelstyrken og -massen hos patienter med andre kroniske sygdomme, herunder kronisk obstruktiv lungesygdom (KOL).

Dette ph.d.-projekt har undersøgt styrketrænings effekt på blandt andet muskelstyrke og -størrelse i henholdsvis et klinisk randomiseret studie og et dyremodelsstudie samt de overordnede risici ved træning af mennesker med cirrose i en metaanalyse. Resultaterne er sammenfattet i en ny ph.d.-afhandling fra Aarhus Universitet, Health. Projektet er gennemført af Luise Aamann, der forsvare sin afhandling 7. september 2018.

Forsvaret af ph.d.-afhandlingen er offentligt og finder sted 7. september kl. 14.00 i Auditorium J116-113, Aarhus Universitetshospital, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N. Titlen på projektet er "Effects of resistance training on muscle strength and nutritional status in patients with liver cirrhosis". Yderligere oplysninger: Ph.d.-studerende Luise Aamann, e-mail: luliaam@rm.dk, tlf. 2097 0412.

Bedømmelsesudvalg:

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Press release (English)

Effects of resistance training on muscle strength and nutritional status in patients with liver cirrhosis

Liver cirrhosis is a chronic disease of the liver - a result of the liver's attempt to repair injuries caused by a long-term inflammation induced by for example obesity, viruses, medicine, inherited diseases or alcohol.

Malnutrition and loss of muscle strength and size are characteristics of cirrhosis which increases the risk of life-threatening complications including coma, infections and renal failure. Cirrhosis can be invalidating, and the muscle weakness complicates the ability to perform daily living activities.

Research has shown that resistance training and dietary supplements can increase muscle strength and size in patients with other chronic diseases such as chronic obstructive pulmonary disease, COPD. This PhD project has investigated the effects of resistance training on, for example, muscle strength and size in a clinical randomized study and an animal model study, as well as the overall risk of exercise in people with cirrhosis in a meta-analysis. The results are summarized in a new PhD project from Aarhus University, Health. The project was carried out by Luise Aamann, who is defending her dissertation on September 7th 2018.

The defence is public and takes place on September 7th, 2018 at 2.00 pm in Auditorium J116-113, Entrance J, Aarhus University Hospital, Palle Juul-Jensens Boulevard 99, Aarhus N. The title of the project is "Effects of resistance training on muscle strength and nutritional status in patients with liver cirrhosis". For more information, please contact PhD student Luise Aamann, email: luiaam@rm.dk, Phone +45 2097 0412.

Assessment committee:

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