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The effects of graded exercise on prostate specific markers activity and reproductive hormonal profiles

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[Biol Sport](#) 2004; 21 (1):

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To determine the effects of physical exercise on serum prostate specific antigen (PSA), prostate acid phosphatase (PAP), and hormone levels, a group of twelve patients with bacterial prostatitis and twelve healthy volunteers were examined before and after a graded physical exercise test. Our results indicate that incremental physical exercise leads to metabolic, hormonal and prostate markers changes; the effects are more pronounced in patients with prostate disease. The serum PSA concentration and PAP activity in both investigated groups during physical exercise test was different and proportional to exercise intensity. In patient group serum PSA concentrations depend on basal levels of circulating testosterone.

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