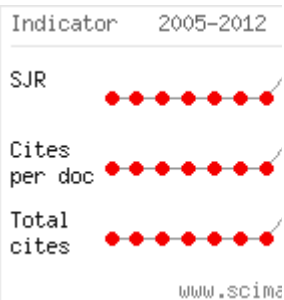


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Lipocalin-2: Response to a short-term treadmill protocol in obese and normal-weight men

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Abstract

Background: Lipocalin-2 (Lcn2) a newer adipocyte-secreted acute phase protein was recently reported to be correlated with potential effects in obesity and inflammation. The reactions of this protein in progressive exercise have not yet been evaluated.

Purpose: This study was designed to compare of plasma Lcn2 and high-sensitivity C-reactive protein (hs-CRP) levels after participating in a short-term treadmill protocol (STP) in obese and normal-weight men. *Materials and methodology:* In a STP,

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9 obese (aged: 43.13 ± 4.6 yrs and BMI: 31.36 ± 1.6 kg/m²) and 9 normal-weight (aged: 42.88 ± 4.4 yrs and BMI: 23.03 ± 1.7 kg/m²; mean \pm SD) sedentary men that have been selected randomly through volunteers, performed a stepwise maximal aerobic endurance with a treadmill Bruce protocol.

Results: In prior to STP, Lcn2 level was higher in obese than normal-weight individuals. A significant increasing in Lcn2, hs-CRP, and white blood cells (WBC) levels were observed after STP in both of obese and normal-weight groups. Also, levels of Lcn2, hs-CRP and WBC were elevated in obese than normal-weight subjects after STP.

Conclusion: It seems Lcn2 and other plasma inflammatory signs were elevated in obese and normal-weight men after participating in one exhaustive short-term exercise. These changes were considerable in obese men.

Key words: lipocalin 2; vigorous exercise; inflammation; adiposity

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