

Basic Exercise Physiology



Figure 15.23 Heavy exercise increases systolic blood pressure, whereas diastolic blood pressure remains constant with dynamic resistance exercise. Right of the vertical axis, pressure.

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Basic Angiotensin Mechanism

- Reduced renal blood flow causes release of renin enzyme
- Renin stimulates formation of angiotensin I that converts rapidly to angiotensin II
- Angiotensin II constricts arterial blood vessels and stimulates adrenal cortex to release aldosterone, which causes sodium and water retention by the kidney

Pharmacologic Treatment for Hypertension

Beta blockers (atenolol) inhibit the flow back into and reduce myocardial contractility.

Alpha blockers (doxazosin) inhibit the release of norepinephrine from the adrenal medulla.

Calcium channel blockers reduce the force of arterial blood vessels.

Diuretics cause renal excretion of electrolytes and water to reduce plasma volume.

ACE inhibitors reduce the force of arterial blood vessels by inhibiting renin's production of the vasoconstricting hormone angiotensin II. This hormone also causes the kidney to retain sodium and water, which expands blood volume.

Angiotensin II receptor blockers block action of angiotensin II to relax arterial blood vessels.

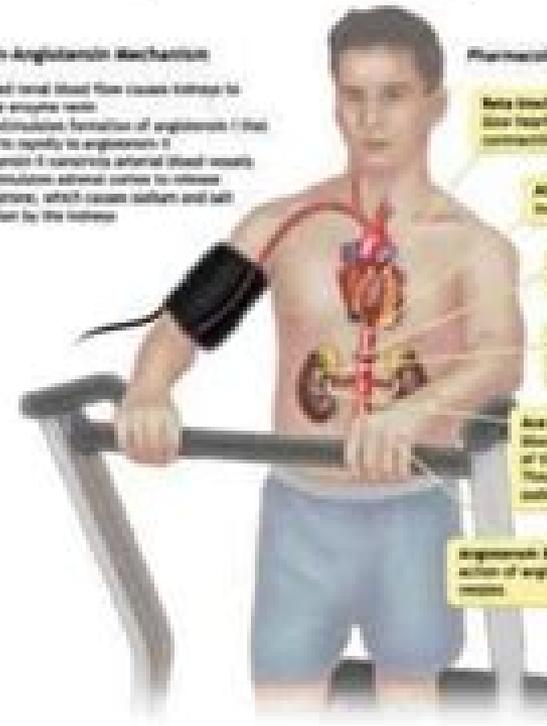


Figure 15.24 Antihypertensive pharmacologic therapies for the treatment of hypertension following an initial 4 to 12 weeks of treatment with diet, weight loss, reduced alcohol intake, and regular exercise. Note that most of the most efficacious medications that when clinically appropriate cause some form of fluid blood pressure.

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Physiology Of Exercise

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