

Nº de abstracts = 21

**Modificado** em 23 Fevereiro de 2012

**Determinants of sports, cycling, walking and overall leisure-time physical activity among postmenopausal women in Germany.**

Steindorf K, Chang-Claude J, Flesch-Janys D, Schmidt ME.: Public Health Nutrition, 2010, 13(1):1905-14.

1Unit of Environmental Epidemiology, German Cancer Research Centre, Deutsches Krebsforschungszentrum, Im Neuenheimer Feld 280, 69120 Heidelberg, Germany.

**OBJECTIVE:** Convincing evidence exists for a beneficial effect of physical activity (PA) on health and well-being for elderly women. Nevertheless, many women in Germany are insufficiently physically active. Activity promotion programmes should target women in particular need. Thus, we examined subject-related determinants of PA for postmenopausal women in Germany. **DESIGN:** Associations of sociodemographic, anthropometric, lifestyle and health-related factors with activity since the age of 50 years were assessed with multiple linear and logistic regression models, regarding overall leisure-time PA (LPA) in metabolic equivalent hours per week, engagement in sports (ever v. never), cycling (yes v. no) and walking ( $\geq 3 \cdot 5$  v.  $\leq 45$  years of age, from the Women's Health Study. Women reported physical activity at baseline (1992 to 1995) and at 36, 72, 96, 125, and 149 months' follow-up. During an average follow-up of 11.9 years, 579 women developed incident stroke (473 ischemic, 102 hemorrhagic,

and 4 of unknown type). Proportional hazards models related physical activity, updated over time, to the risk of incident stroke. Results: The multivariable relative risks associated with  $\geq 1500$  kcal/week of leisure-time physical activity were 1.00 (referent), 1.11 (95% CI, 0.87 to 1.41), 0.86 (95% CI, 0.67 to 1.10), and 0.83 (95% CI, 0.63 to 1.08), respectively ( $P$  trend=0.06). Similar results were observed for ischemic stroke, whereas no associations were observed for hemorrhagic stroke. Vigorous physical activity was not related to stroke risk ( $P$  trend=0.50); however, walking time and walking pace were inversely related, either significantly or with borderline significance, to total, ischemic, and hemorrhagic stroke risks ( $P$  trend between 0.002 and 0.07).

Conclusions : This study shows a tendency for leisure-time physical activity to be associated with lower stroke risk in women. In particular, walking was generally associated with lower risks of total, ischemic, and hemorrhagic stroke.

## **Vaginal water pressure injury**

Kosola S, Rouhe H, Molander P.: Duodecim; lääketieteellinen aikakauskirja, 2010 126(2):181-2 HUS, Jorvin sairaala, kirurgian klinikka, PL 800, 00029 HUS.

Vaginal laceration is rare following a water sport accident. Several cases have been reported in water-skiers and personal watercraft passengers. If a patient presents with vaginal bleeding after such an accident, careful examination under general anesthesia is recommended to detect deep trauma. We present a case of vaginal laceration from a water slide in a middle-aged healthy woman.

## **Iron status in female athletes participating in team ball-sports.**

Ahmadi A, Enayatizadeh N, Akbarzadeh M, Asadi S, Tabatabaee SH.: Pakistan Journal of biological Sciences: PJBS

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13(2):93-6.

Department of Nutrition, School of Health and Nutrition, Shiraz University of Medical Sciences, Iran.

Iron deficiency anemia is the most prevalent micronutrient deficiency in the world, affecting 20-50% of the world's population. It is estimated that 10 and 20% of male and female athletes are iron deficient, respectively. Iron deficiency has deleterious effects on the physical performance of athletes. It decreases aerobic capacity, increases heart rate and elongates the recovery time after exercise. In this cross-sectional study, 42 semi-professional female athletes who had been playing in basketball, volleyball and handball super league teams served as subjects. Data on socioeconomic and fertility status as well as the type of sport were obtained through a questionnaire. Nutritional data were gathered with a 3 day dietary recall. Total intake of calorie, iron, zinc, folate, vitamin C and B12 were also analyzed. In addition, ferritin and TIBC were measured and a CBC test was done for each subject. The results showed that the mean total calorie intake of women was 2049.79 +/- 735.12 kcal, where their iron intake was 22.33 +/- 9.24 mg day<sup>-1</sup>. There was a significant difference between the iron intake of basketball and volleyball players ( $p = 0.036$ ). Of our subjects, 33.33% had low ferritin levels (

## **Is swimming during pregnancy a safe exercise?**

Juhl M, Kogevinas M, Andersen PK, Andersen AM, Olsen J.: Epidemiology (Cambridge, Mass.),

201003 21(2):253-8 Language: eng Country: United States National Institute of Public Health,

University of Southern Denmark, DK-1399 Copenhagen K, Denmark.

**Background:** Exercise in pregnancy is recommended in many countries, and swimming is considered by many to be an ideal activity for pregnant women. Disinfection by-products in swimming pool water may, however, be associated with adverse effects on various reproductive outcomes. We examined the association between swimming in pregnancy and preterm and postterm birth, fetal growth measures, small-for-gestational-age, and congenital malformations.

**Methods**

: We used self-reported exercise data (swimming, bicycling, or no exercise) that were prospectively collected twice during pregnancy for 74,486 singleton pregnancies. Recruitment to The Danish National Birth Cohort took place 1996-2002. Using Cox, linear and logistic regression analyses, depending on the outcome, we compared swimmers with physically inactive pregnant women; to separate a possible swimming effect from an effect of exercise, bicyclists were included as an additional comparison group.

**Results**

: Risk estimates were similar for swimmers and bicyclists, including those who swam throughout pregnancy and those who swam more than 1.5 hours per week. Compared with nonexercisers, women who swam in early/mid-pregnancy had a slightly reduced risk of giving birth preterm (hazard ratio = 0.80 [95% confidence interval = 0.72-0.88]) or giving birth to a child with congenital malformations (odds ratio = 0.89 [0.80-0.98]).

**Conclusions**

: These data do not indicate that swimming in pool water is associated with adverse reproductive outcomes.

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**Menstrual function in female high school cross-country athletes.**

Austin TM, Reinking MF, Hayes AM.: International Journal of Adolescent Medicine and Health

2009, 21(4):555-65. Saint Louis University, Doisy College of Health Sciences, Department of Physical Therapy and Athletic Training, 3437 Caroline Street, St Louis, MO 63104, USA.

Menstrual function in adolescent athletes has received limited investigation. Objective: In a sample of female high school cross-country (XC) athletes, the Purposes of the investigation were to (1) describe menstrual function (history and inseason), (2) describe the relationship between menstrual function and variables including body mass index (BMI), high school year, current year of running, total years running, training distance, racing pace, additional organized sport participation other than XC, and participation in XC practices and races, (3) determine the relationship between menstrual function and self-reported interfering exercise related leg pain (ERLP), and (4) determine the relationship between menstrual function history and menstrual function during a XC season. Study Group: 62 female high school XC athletes.

#### Methods

: A prospective cohort design was used. Athletes were asked to complete an initial questionnaire querying several variables including menstrual function and ERLP history. At the end of the XC season, athletes were asked to complete a postseason questionnaire regarding menstrual function and ERLP during the XC season.

#### Results

: Of the athletes, 25.8% (16/62) reported abnormal menstrual function history and 34.9% reported abnormal menstrual function inseason. Abnormal menstrual function history was a risk for previous interfering ERLP (RR = 3.00, CI: 1.09, 8.29), and abnormal menstrual function history was a risk for abnormal menstrual function inseason (RR = 4.11, CI: 1.75, 9.62).

#### Conclusions

: Abnormal menstrual function was present in this sample of athletes and was a risk for previous interfering ERLP and future episodes of abnormal menstrual function.