

図のタイトル一覧

第1章 序論

Fig. 1. Windkessel function of the aorta (Belz 1995) .

第2章 文献研究

Fig. 2. APWVI and age in healthy male and female subjects (Arai et al. 1991) .

第3章 本研究の課題，仮説，方法，限界

Fig. 3. Method of registration and calculation of APWV of the aorta.

Fig. 4. Reproducibility in APWVI measurement at 4 weeks interval.

第4章 運動習慣および大動脈伸展性が収縮期血圧に及ぼす影響

Fig. 5. A model of path diagram for SBP.

Fig. 6. Path diagram for SBP.

第5章 継続的運動が大動脈伸展性に及ぼす影響

Fig. 7. APWVI and age in the runner, active, and sedentary groups.

Fig. 8. A. Scatter plot of the APWVI as a function of age.
B. Scatter plot of the APWVI as a function of the total PAI.

Fig. 9. Bar graph of APWVI after adjustment for age compared among runner, active, and sedentary groups by analysis of variance.

第6章 身体活動の著しい低下が大動脈伸展性に及ぼす影響

—視覚障害者における検討—

Fig. 10. The APWVI of the runner, sedentary, and blind groups.

第7章 中高年期以降の運動が大動脈伸展性に及ぼす影響

7.1 運動の開始時期および継続期間が大動脈伸展性に及ぼす影響

Fig. 11. Age-depending APWVI grouped by the habit of physical exercise.

Fig. 12. Correlation between age and APWVI grouped by the present habit of physical exercise.

Fig. 13. Comparison of age-adjusted APWVI grouped by the habit of physical exercise.

7.2 短期間・低強度の運動トレーニングが大動脈伸展性に及ぼす影響

Fig. 14. Changes in the $\dot{V}O_2\text{max}$ by mild exercise training for 6 months.

Fig. 15. Changes in the APWVI by mild exercise training for 6 months in all subjects.

Fig. 16. Changes in the APWVI by mild exercise training for 6 months.

Fig. 17. The correlation between the initial APWVI level and changes in the APWVI at the end of a 6-month training program.