ABSTRACT

The aim of this study was to find out nitric oxide and masculinity functions response to aerobic exercise in prediabetic visceral obese men. Forty married visceral obese men were diagnosed as having mild and moderate erectile dysfunction on Five- Item Version of International Index of Erectile Function with a 1 to 5-year history prediabetes. Their ages ranged from 29 to 51 years. They were selected from outpatient clinic of andrology (Cairo University Hospitals) with body mass index ranged from 30.75 to 41.23 kg/m², waist circumference > 102 cm and C- reactive protein < 10 mg/L. They were divided into two equal groups, study and control group, twenty patients for each group. The study group received home abdominal exercise and a treadmill walking exercise for 30 minutes three times weekly for eight weeks while the control group received no training. Pre and post study measurement of waist circumference, plasma nitric oxide (measured as the stable end product of nitrite + nitrate), C- reactive protein and Five- Item Version of International Index of Erectile Function were done for each patient of both groups. The results of the study revealed improvement in the previous measurements of study group only. The down regulatory effect of aerobic exercise training on C- reactive protein and waist circumference added to the increased nitric oxide may be the likely cause for significant improvement in Five - Item Version of International Index of Erectile Function in prediabetic visceral obesity men with erectile dysfunction.