

**DOES REGULAR PHYSICAL EXERCISE  
BENEFIT THE PATIENT WITH HCV CHRONIC  
ACTIVE HEPATITIS**

Thesis  
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Master Degree in Internal Medicine

By  
**Mohammed El-Sayed El-Nemr**  
M.B., B.Ch

Supervised by

**Prof. Dr. Mohsen Mostafa Maher**  
*Professor of Internal Medicine  
Faculty of Medicine  
Ain Shams University*

**Prof. Dr. Mohammed Gamal Zaki**  
*Professor of Physical Medicine  
Faculty of Medicine  
Ain Shams University*

**Prof. Dr. Mohammed A.M. Makhoul**  
*Professor of Internal Medicine  
Faculty of Medicine  
Ain Shams University*

Faculty of medicine  
Ain Shams University  
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



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# INTRODUCTION AND AIM OF THE WORK



## ***INTRODUCTION AND AIM OF THE WORK***

In our modern society, having a healthy life style is not at all a bad asset towards one's health.

Healthy life style includes a well balanced diet, enough sleep and regular physical exercise.

Regular physical exercise was found to increase the populations of T-Lymphocytes (La Perriere et al., 1994).

A moderate training program can enhance the resting natural killer cell function of healthy people, potentially increasing resistance to both viral infections and preventing the formation of malignant cells (Venjatraman et al., 1997).

Infection with hepatitis C virus (HCV) often becomes chronic and proceeds to a state of chronic active hepatitis, a condition which is not easy to treat and almost always end up in liver cirrhosis as well as a high risk of hepatocellular carcinoma (HCC) (Bennet, 1996).

Along with the conventional therapy available such as interferon and/or ribavirin; clearance of the virus may in many cases depends on the state of body defense.

The aim of this work was to test this theory by studying the effect of regular physical exercise (over a period of time) on some of the parameters used to measure the "Activity" of HCV chronic active hepatitis.





# REVIEW OF LITERATURE

