EGZERSİZ VE İRİSİN

Yazar

Dr. Öğr. Üyesi Fırat AKCAN

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TEŞEKKÜR

Tez çalışmama beni yönlendiren ve çalışmanın her aşamasında yardımlarını esirgemeyen tez danışmanım Sayın Dr. Öğr. Üyesi Davut Sinan KAPLAN ve yardımcı tez danışmanım Sayın Doç. Dr. Mustafa ÖZDAL'a, Fizyoloji Anabilimdalının değerli öğretim elemanlarına, başında bulunduğu birimin tüm imakanlarını seferber ederek teze çok büyük katkı sağlayan Beden Eğitimi ve Spor Anabilimdalı başkanı ve değerli büyüğüm Sayın Doç. Dr. Mürsel BİÇER'e, aynı şekilde biyokimya labaratuvarlarını bize açarak tezin bu hale gelmesine çok büyük katkı sağlayan Biyokimya Anabilim Dalı Başkanı Sayın Prof. Dr. Mehmet TARAKÇIOĞLU'na, Doç. Dr. Hülya ÇİÇEK hocama ve katkısı çok olan hemşerim ve değerli arkadaşım Ar. Gör. Hasan ULUSAL'a, lisansüstü öğrenimim boyunca büyük fedakârlık ve sabır gösteren sevgili eşim Ceylan AKCAN'a, tezin yazım aşamasında sabır ve desteğini her an yanımda hissettiğim kıymetli meslektaşım ve değerli arkadaşım Dr. Öğr. Üyesi Fikret ALINCAK'a, hayatım boyunca yanımda olan ve zor anlarımda desteklerini hiç bir zaman eksik etmeyen annem ve babama, teşekkürlerimi borç bilirim. Tez çalışmam sırasında sahip oldukları sonsuz sevgi ve enerjiyle motivasyon kaynağım olan çocuklarım; Dicle, Barış ve Murat iyi ki varsınız. Tezime gönüllü olarak katılım gösteren arkadaşlara, kan örneklerinin toplanmasında ve egzersizlerin uygulanmasında emeği geçen, Arş. Gör. Sayın Zarife PANCAR'a, Arş. Gör. Mehmet VURAL'a, öğrencilerim; Esma Kevser

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KISALTMALAR ve SİMGELER LİSTESİ

ATP	: Adenozin Trifosfat
BAD	: Beyaz Adipoz Doku
BKİ	: Beden Kitle İndeksi
DM	: Diyabetes Mellitus
DSÖ	: Dünya Sağlık Örgütü
ELISA	: Enzyme-Linked ImmunoSorbent Assay
ENHO	: Energy homeostasis associated gene (Enerji homeostazı ilişkili gen)
eNOS	: Endotelyal Nitrik Oksit Sentaz
FGF21	: Fibroblast büyüme faktörü 21
FNDC5	: Fibronektin tip III domaini içeren protein 5
Hb	: Hemoglobin
HDL	: Yüksek Dansiteli Lipoprotein
KAD	: Kahverengi Adipoz Doku
MI	: Miyokard Infarktüsü
HOMA	:Homeostasis model assessment
HRP	:Horseradish peroksidaz
IGF II	: Insulin-like growth factor 2
IL-6	: İnterlökin-6
SBKK	: Sağlıklı Beslenelim Kalbimizi Koruyalım
PGC 1-α	: Peroxisome proliferator-activated receptor gamma coactivator 1-alpha
PPAR α	: Peroxisome proliferator-activated receptors alpha
TK	: Total Kolesterol
TEKHARF	: Türk Erişkinlerinde Kalp Hastalıkları ve Risk Faktörleri
TG	: Trigliserid
TOAD	: Türkiye Obezite Araştırma Derneği
TURDEP	: Türkiye Diyabet Epidemiyoloji Çalışması
TOHTA	: Türkiye Obezite ve Hipertansiyon Araştırması
UCP 1	: Uncoupling protein 1

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