

The evolution of aerobic activity on the level of IgA immunoglobulin in female teenager students

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Obesity is a major problem in many societies. One of the proposed solutions for the treatment of obesity is exercise. Exercise has complex effects on immune system. One of most important immunoglobulin in mucus is IgA that protect the body against microorganisms. The aim of this study was to evaluate the effect of aerobic exercise on the levels of IgA and total protein in salivary of female teenager students. 20 female healthy volunteer students (age 12-13) without any infection, using drug, cardiovascular disease

Notes: