For obese women, exercise plus phototherapy beneficial

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Photo: U.S. Centers for Disease Control and Prevention

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(HealthDay)—Exercise training combined with phototherapy is associated with improvements in the metabolic profiles of obese women, according to a study published online July 29 in *Lasers in Surgery and Medicine*.

Marcela Sene-Fiorese, Ph.D., from the University of São Paulo in Brazil, and colleagues examined the effects of exercise training (aerobic plus resistance exercises) plus phototherapy on metabolic profile and adiponectin in a cohort of 64 obese women. Participants were randomized in a 1:1 ratio to receive exercise training plus phototherapy (ET-PHOTO) or exercise training plus sham (ET-SHAM). Treatment consisted of a physical exercise intervention followed by individual application of phototherapy at the end of the training session; the device simulating the phototherapy application was turned off in the ET-SHAM group.

Comparing the magnitude of the effects for ET-PHOTO versus ET-SHAM, the researchers found that physical training plus phototherapy was more effective for reducing the delta of percentage of fat mass (P mass (P

"Our results demonstrated for the first time that phototherapy enhances the physical exercise effects in obese women undergoing weight loss treatment," the authors write.

More information: Abstract
Full Text (subscription or payment may be required)