EFFECTS OF A RANDOMIZED TRIAL OF EXERCISE ON BODY COMPOSITION OF LIVER TRANSPLANT PATIENTS.

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Purpose: The overall aim of this study was to assess the effect of 4 months of exercise training on body composition and physical performance in liver transplant patients. This is a randomized, controlled clinical trial, with exercise intervention and control groups.

Methods: Eighty-one liver transplant patients were recruited and randomly assigned to 2 groups: an intervention group (n=50) and a control group (n=31). The intervention group participated in a supervised exercise program (3 times per week: cardio, strength, and flexibility training) for 4 months. Body composition was assessed using dual-energy X-ray absorptiometry (DEXA) at baseline and after 4 months of intervention.

Results: The exercise intervention group showed significant improvements in body composition, particularly in body fat percentage, fat mass, and lean mass. The control group did not show significant changes in body composition.

Conclusions: Exercise training is an effective intervention to improve body composition and physical performance in liver transplant patients. Further research is needed to explore the long-term effects of exercise on this population.