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The Effect of Prolonged Muscular Exercise on Free Fatty Acids in Plasma

By *Kishio Nakamura**

It has been well known that elevated free fatty acids in plasma could be attributed to the development of serious arrhythmia with subsequent death during acute period of myocardial infarction (5). It has been indicated that sudden death during prolonged exercise could be due to cardiac death.

Our colleagues have demonstrated that prolonged muscular exercise gave strenuous stress to cardiac muscle enough to elicit the increase in cardiac enzymes (1, 2).

Twenty five subjects of the varsity track and swimming team were allocated to see the effect of prolonged muscular exercise on free fatty acids in plasma. Free fatty acids increased in proportion to the duration they performed.

- 1) Patients with ischemic heart disease or arrhythmia should not be accepted to apply for prolonged muscular exercise.
- 2) Those who have hyperlipidemia should control their abnormalities before they participated in prolonged exercise.
- 3) Muscle glycogen should be increased prior to prolonged exercise.
- 4) Glucose supplement given during prolonged exercise may delay the increase in free fatty acids in plasma.

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