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The Effects of Prolonged Exercise on L. D. H., C. P. K. and Those Isoenzymes in Plasma

By *Masayuki Matsuda**

This study aimed to investigate the effects of prolonged exercise on myocardial muscle, skeletal muscle, lung and liver which are known to contain L.D.H., C.P.K. or both.

11 subjects are male runner, aged 18 to 21, with normal ECG of the varsity team of Keio University.

L.D.H., C.P.K. and those isoenzymes were determined after 20 km run and at rest.

In conclusion:

- 1) The total L.D.H. in plasma showed significant rise after prolonged exercise (20 km run).
- 2) In L.D.H. isoenzyme determination there were significant rise in L.D.H. 3, 4, and 5.
- 3) The total C.P.K. did not change after exercise.
- 4) In C.P.K. isoenzyme determination C.P.K.-MB increased after prolonged exercise with significance.
- 5) The high values for total C.P.K. and L.D.H. sustained even after three days, rest in all subjects. This remained to be answered in the future.

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