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Die Untersuchungen in der vorliegenden Studie des EEF der letzten drei Jahrzehnte, in der die Auswirkungen von Stress auf die Gesundheit untersucht wurden, haben gezeigt, dass Stress ein wichtiger Faktor für die Entstehung von Krankheiten ist. Stress kann die Immunabwehr schwächen und das Risiko für Infektionen erhöhen. Zudem kann Stress zu Bluthochdruck, Herz-Kreislauferkrankungen und Diabetes beitragen. Die Untersuchung der Auswirkungen von Stress auf die Gesundheit ist daher ein wichtiges Thema in der Medizin und der Psychologie.

Se propunem să demonstrăm că, de exemplu, funcția de valoare este strict concavă în tehnologia de producție. Pentru a se demonstra că se obține concavitatea, se pune problema de a demonstra că, pentru orice două combinații de intrări diferite, funcția de valoare este strict concavă în tehnologia de producție.

El primer objetivo de este estudio fue explorar cómo las variables sociodemográficas de los adolescentes afectaron su consumo de alcohol y tabaco. En consecuencia, se generó una hipótesis de que los adolescentes de menor edad, de menor sexo masculino, de menor nivel socioeconómico y de menor escolaridad tendrían un mayor consumo de alcohol y tabaco. Los adolescentes de menor edad tendrían un mayor consumo de alcohol y tabaco debido a que los adolescentes de menor edad tienen menos acceso a la información y a los recursos necesarios para tomar decisiones saludables. Los adolescentes de menor sexo masculino tendrían un mayor consumo de alcohol y tabaco debido a que los adolescentes de menor sexo masculino tienen menos acceso a la información y a los recursos necesarios para tomar decisiones saludables. Los adolescentes de menor nivel socioeconómico tendrían un mayor consumo de alcohol y tabaco debido a que los adolescentes de menor nivel socioeconómico tienen menos acceso a la información y a los recursos necesarios para tomar decisiones saludables. Los adolescentes de menor escolaridad tendrían un mayor consumo de alcohol y tabaco debido a que los adolescentes de menor escolaridad tienen menos acceso a la información y a los recursos necesarios para tomar decisiones saludables.

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- The first important step was to identify appropriate the two different types of cell as well as identify their specific targets, *phagocytosis* is a process where an immune cell will engulf a foreign particle
- The second major step was to identify the mechanism by which the cell can engulf the particle and subsequently *dephosphorylation* was a key regulatory step
- A third important step was to identify the role of the *phagosome* in the cell. It was shown that *phagosome* is the central space in the phagocytic cell, it is surrounded by a double membrane and the *phagosome* is a key regulatory step in the phagocytic process

Source: *U.S. Census Bureau, Current Population Reports, 1990*.

O presente trabalho é baseado no trabalho de Figueiredo e Silva (2006), que analisou a percepção dos professores sobre a importância da leitura para o desenvolvimento da aprendizagem dos alunos. O trabalho foi realizado em uma escola pública do município de São Paulo, com a participação de 20 professores e 100 alunos. Os dados foram coletados por meio de questionários e entrevistas semiestruturadas. Os resultados indicam que a leitura é considerada uma atividade essencial para o desenvolvimento da aprendizagem, sendo que os professores acreditam que a leitura pode melhorar o desempenho dos alunos em todas as disciplinas. Além disso, os professores também acreditam que a leitura pode ajudar os alunos a desenvolver habilidades de pensamento crítico e de resolução de problemas.

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Abstract—The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life of sedentary, middle-aged men. The study was a randomized, controlled trial. The subjects were 40 men, aged 40–50 years, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to either a 12-week training program or a control group. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The control group did not participate in any exercise program. The primary outcome measure was the change in the physical fitness score, which was calculated as the sum of the scores for the 12-item Physical Activity Scale and the 12-item Health-Related Quality of Life Scale. The secondary outcome measures were the change in the scores for the 12-item Physical Activity Scale and the 12-item Health-Related Quality of Life Scale. The results showed that the training program significantly improved the physical fitness score and the health-related quality of life score of the subjects. The improvement in the physical fitness score was significantly greater in the training group than in the control group. The improvement in the health-related quality of life score was also significantly greater in the training group than in the control group. The results of this study suggest that a 12-week training program can improve the physical fitness and health-related quality of life of sedentary, middle-aged men.

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