

Comment on “Hematological detraining-related changes among elderly individuals with high blood pressure”

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Dear Editor,

We read the recent article titled “Hematological detraining-related changes among elderly individuals with high blood pressure” published by Cancela et al.¹ with great interest. The study found that the number of minutes/week of aerobic and resistance exercise training over 18 non-consecutive months was not a significant determinant factor in the development of hypertension during three months of detraining. However, some issues should be raised from our point of view.

First, it is not a reasonable grouping for weekly exercise time. In the study, subjects were divided into two groups, depending on whether the amount of workout in minutes/week was higher ($G > 150$) or lower ($G < 150$) than 150 min/week. Significant differences were noted in weight and body mass index (BMI). In sum, baseline characteristics were not comparable between the two groups.

Second, the comparison of the total cholesterol, glucose, insulin, and weight before and after aerobic and resistance exercise is more reasonable in our opinion. To evaluate the effect of supervised progressive resistance exercise training on total cholesterol, glucose, insulin, weight, and other parameters, all available subjects should be included in the analysis.

AUTHORS' CONTRIBUTIONS

XQ: Data curation, Formal Analysis, Writing – original draft. **QH:** Data curation, Formal Analysis, Writing – original draft. **XQ:** Data curation, Formal Analysis, Writing – original draft. **ZL:** Data curation, Formal Analysis, Writing – original draft. **Conceptualization, Writing – review & editing.**

REFERENCE

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Conflicts of interest: the authors declare there is no conflicts of interest. Funding: none.

Received on August 10, 2021. Accepted on September 09, 2021.

