

## Neuro-Endocrine-Immuno Metabolic Map of Pregnancy and Exercise: Abbreviations

|         |                                   |                  |  |
|---------|-----------------------------------|------------------|--|
| 1R      | 1-Receptor                        | GR               | Glucocorticoid Receptor                    |
| ACTH    | Adrenocorticotropic hormone       | HD               | Heart Disease                              |
| APC     | Activated Protein C               | HDL              | High Density Lipoproteins                  |
| BDNF    | Brain-Derived Neurotrophic Factor | hGH              | human Growth Hormone                       |
| BP      | Blood pressure                    | HHPA             | Hippocampus-hypothalamus-Pituitary-Adrenal |
| BPs     | Binding proteins                  | HPA              | Hypothalamus-Pituitary-Adrenal             |
| CAT     | Catecholamines                    | hPL              | human Placental Lactinogen                 |
| CHO     | Carbohydrate                      | IFN              | Interferon                                 |
| CK      | Cytokines                         | IFN- $\gamma$ R2 | IFN- $\gamma$ Receptor 2                   |
| CRH     | Corticotrophic Releasing Hormone  | Ig               | Immunoglobulin                             |
| CVD     | Cardiovascular disease            | IGF-I/IGF-1      | Insulin-like growth factor-I               |
| d $\pi$ | circumference                     | IGF-II/IGF-2     | Insulin-like growth factor-II              |
| DM      | Diabetes mellitus                 | IGFBP            | Insulin-like growth factor binding protein |
| E       | Energy                            | IL-              | Interleukin-                               |
| Epi     | Epinephrine                       | IN               | Insulin                                    |
| FFA     | Free Fatty Acids                  | In/G             | Insulin/Glucose ratio                      |
| FGR     | Fetal Growth Restriction          | IUGR             | Intrauterine Growth Restriction            |
| G       | Glucose                           | LA               | Lactic Acid                                |
| GC      | Glucocorticoids                   | LBW              | Low Birth Weight                           |
| GCR     | Glucocorticoid receptor           | LDL              | Low Density Lipoproteins                   |
| GDM     | Gestational Diabetes Mellitus     | LH               | Luteinizing Hormone                        |
| GH      | Growth Hormone                    |                  |  |



|             |  |
|-------------|--|
| LIF         | Leukocyte Inhibiting Factor                                    |
| LPS         | Lipopolysaccharides  |
| N           | Nitrogen   |
| NE          | Norepinephrine   |
| MC          | Mineralcorticoids  |
| MR          | Mineralcorticoid Receptors                                     |
| Na          | Sodium   |
| PAI-1/PAI-2 | Plasminogen Activator<br>Inhibitor-1/-2                        |
| PCOS        | Polycystic Ovarian Syndrome                                    |
| PTD         | Preterm Delivery   |
| RER         | Respiratory Exchange Ratio                                     |
| rhAPC       | recombinant human APC  |
| ROS         | Reactive Oxygen Species  |
| SGA         | Small for Gestational Age                                      |
| SIDS        | Sudden Infant Death<br>Syndrome                                |
| SNS         | Sympathetic Nervous System                                     |
| T2DM        | Type-2 Diabetes Mellitus                                       |
| T3/T2/T1    | 3 <sup>rd</sup> , 2 <sup>nd</sup> , 1 <sup>st</sup> Trimesters |
| Th1/Th2     | T cell helper 1 / 2  |
| TNF         | Tumor Necrosis Factor  |
| V           | Volume   |
| VLBW        | Very Low Birth Weight  |



“moderate” maternal exercise

