working environment, understand the problems of women employed by the management, coordination of family, distance workplace to home, telework, the actual conditions of financial independence

**Conclusion:** Due to the positive and negative effects of women in employment at the same time on the health of management systems should set their plans to reduce negative impacts and enhance positive effects and also try to implement their plans according to women's consent.

**Keyword:** Women's Health - perspective - Employment

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**Title:** Effect of jogging exercise on Glycemic control of Female with Diabetes Type II

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**Background:** Diabetes are now seen as a global epidemic. Diabetes is a chronic condition brought about by the body's inability to produce enough insulin or to use the insulin that it produces. Physical activity are cornerstones of type 2 diabetes management. Therefore, the goal of diabetes cure is to control glucose through diet, and physical activity. The purpose of this study was to survey the effect of a jogging exercise on glycemic control of female type 2 diabetics.

**Materials and methods:** 20 female with diabetes type II were participated randomly in 2 groups Jogging exercise (n=10, mean age 52.6 ±5.33 )and control group(n=10, mean age 51.3 ±6.63) in a field, semi-experimental study. Jogging exercise composed of walking and jogging for 25-50 min with 45-75% of maximum heart rate in 8 week period. During the pre and post study of this research (3 days a week during 24 sessions), blood examinations like FBS and HbA1c measurements were done, then the achieved results of two groups were studied and compared with each other. In this case, statistical tests of in depended t-test were utilized.

**Results:** The results showed that after 8 week exercising, FBS did not change significantly (p=0/054). In addition, Before and after jogging exercise, no significant difference in HbA1c(p=0.2).

**Conclusion:** The final results of the research indicated that generally, jogging exercise no significant effective were found in glycemic control of female with diabetes type II.

**Keywords:** Jogging exercise, Diabetes type II, Glycemic control

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**Title:** Discover the cause of unexplained infertility

**Authors:** Hasan Namdar, Elham Emarat Kar, Maryam Shoushtari yeganeh, Zahra Adaby nia, Zahra Karimi, Hoorich Afshary

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**Background:** Infertility is a problem with the physical and psychological symptoms in 25% of cases the cause is unknown. Iranian Traditional Medicine (ITM) can be helpful to explore the unknown causes of some diseases.

In this study, the causes of infertility in Iranian Traditional Medicine uses the works of famous physicians like Avicenna has been investigated. From the viewpoint of Iranian Traditional Medicine, hot, cold, wet and dry, are quality called temperament for each organs establishes that the disorder of them can disrupt organ function. Dyscrasia of uterus can cause dysfunction and even infertility. Dyscrasia is one of the causes of infertility can be identified with existing facilities in laboratories. According to Iranian sources traditionally reason of infertility is diagnosed and treated.

**Key words:** Infertility, Dyscrasia, Iranian Traditional Medicine, Avicenna and Temperament