

اثرات مفید مصرف آب آلبالو بر کاهش برخی عوامل خطر ساز بیماری‌های قلبی عروقی در بیماران مبتلا به دیابت نوع ۲

*

چکیده

مقدمه:

mg/dl ≤ LDL-C mg/dl ≤

روش‌ها:

g/day

یافته‌ها: LDL-C (SD±) mmHg / ± / mmHg / ± / mg/dl / ± / mg/dl / ± / / ± / / ± /

LDL-C

HDL-C

(P< /)

نتیجه گیری:

واژگان کلیدی:

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تاریخ دریافت مقاله: ۸۴/۱۱/۲۹

تاریخ پذیرش مقاله: ۸۵/۵/۵

مقدمه

روش‌ها

[] []

(

mg/dl ≤ LDL-C mg/dl ≤

) mg/dl ≤ LDL-C (

.[] mg/dl > LDL-C .[]

(

(LDL-C

.[]

(.[]

.[]

Seca

.[] BMI .[]

SBM-600F

cc

HDL-C LDL-C .[] ... berries

[]

mean± SD
/ ± / / ± /

g

.()

mg/ g
BMI

(P= /) BMI

(P< /) LDL-C
HDL-C

/ SPSS

بحث

Two-dependent samples

P< /

LDL-C

g

یافته‌ها

جدول ۱- سطح شاخص های آنتروپومتری، فشار خون و چربی های خون در شروع و ۶ هفته پس از مصرف کنسانتره آب آلبالو در ۱۶ بیمار مبتلا به دیابت نوع ۲

متغیر	شروع مطالعه	پایان هفته ۶
وزن (kg)	/ ± /	/ ± /
BMI (kg/m2)	/ ± /	/ ± /
فشار خون سیستولیک (mmHg)	/ ± /	/ ± /
فشار خون دیاستولیک (mmHg)	/ ± /	/ ± /
کلسترول تام (mg/dl)	/ ± /	/ ± /
LDL-C (mg/dl)	/ ± /	/ ± /
HDL-C (mg/dl)	/ ± /	/ ± /
تری گلیسرید (mg/dl)	/ ± /	/ ± /
P		
(P< /)		
±	±	**

% / ±

(P= /)

% / ± / LDL-C

(P< /) LDL-C

[]

Preuss

(/ ± mg/dl)

Esmailzadeh .

g/day

LDL-C (P< /)

DASH

/HDL LDL/HDL

(P< /)

[]

(P< /)

/ mmol/L ≤

/ mmol/L ≤

Reshef

[]

Sweetie :

[]

[]

I

[]

Duthie

[]

cc/day

(eNOS)

[]

[]

NO

LDL-

C

Bell .

Preuss

[]

mg

mg/dl

LDL-C

Tsuda
(C3G)

PCC

[]

Cornelian Cherry

سپاسگزاری

%

[]

مآخذ

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