

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

LDL-C

HDL-C

(P < / )

نتیجه گیری:

واژگان کلیدی:

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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

## سیاسگزاری

%

[ ]

## مآخذ

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