

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

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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

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[ ] [ ]

(

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
	±	± **

$\% / \pm$  (P= / )  
 $\% / \pm / \text{LDL-C}$  . (P< / ) LDL-C  
 .[ ]  
 Preuss  
 ( /  $\pm$  mg/dl) Esmailzadeh .  
 .  
 .  
 g/day  
 LDL-C (P< / )  
 DASH /HDL LDL/HDL (P< / )  
 .[ ] (P< / )  
 / mmol/L  $\leq$   
 / mmol/L  $\leq$   
 Reshef .[ ]  
 Sweetie :  
 [ ] [ ]  
 I [ ]  
 Duthie .  
 .[ ] cc/day  
 (eNOS) [ ]  
 .  
 .  
 .[ ] NO LDL-  
 C  
 Bell .  
 Preuss .  
 .  
 mg  
 mg/dl

LDL-C

Tsuda  
(C3G)

PCC

[ ]

Cornelian Cherry

## سیاسگزارى

%

[ ]

## مآخذ

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