

## 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±)  
mmHg / ± / mmHg / ± / mg/dl / ± / mg/dl / ± / / ± / / ± /  
LDL-C  
HDL-C  
(P < / )  
نتیجه گیری:

واژگان کلیدی:

\* نشانی:

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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/m <sup>2</sup> )	/ ± /	/ ± /
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

## سیاسگزارى

%

[ ]

## مآخذ

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