

عنوان مقاله:

Dose olive oil and flaxseed oil effect on post-burn glycemic control and lipid profile in burn patients A randomized clinical trial

محل انتشار:

نهمین کنگره کشوری سوختگی (سال: 1398)

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خلاصه مقاله:

Background and Aim : Serum glucose increase after burn injury and remain significantly increased through the acute hospital stay, Olive oil and flaxseed oil are two of the most effective medicinal oils, that improves patients glycaemia. We investigated if Olive oil and flaxseed oil affects serum glucose and lipid profile in of burn patients. **Methods :** Seventy-thirty patients were assessed for eligibility in this randomized controlled trial. Of these, One hundred and twelve eligible patients (total burn surface area 20–50%) were randomly assigned to 4 groups, labeled as control, olive oil(OO), flaxseed oil(FO), mixture of olive oil and flaxseed oil(OF), to receive these nutrients for 3 weeks from 2th to 22th day of admission. We used intention to treat analysis to overcome bias. Data were collected using a questionnaire on personal information and disease. A 24-hour dietary recall questionnaire was also used to evaluate and control the patients' nutrition. Fasting blood glucose (FBS) were measured in four stages and also Cholesterol, triglyceride, high-density lipoprotein (HDL), and low-density lipoprotein (LDL) as lipid profile, Hb and Hct as indicators of anemia were measured. **Results :** At the end of the first and third weeks of intervention, as compared to the control group, no significant relationship was found between other groups in FBS levels ($P > 0.05$). At the end of the second week, FBS levels changes significantly reduced in OO group (-34.0357 ± 69.65) ($P < 0.05$). Cholesterol level ($+26.14 \pm 79.08$ g/dl) significantly increased in FO groups compared to the control ($P < 0.05$) and decreased in OO (-6.32 ± 124.59 g/dl). Furthermore, triglyceride and HDL and LDL levels and also Hct levels changed significantly

between the four groups($P<0.05$). Hb levels did not significantly change between the two groups ($P=0.207$).
Conclusion : Olive oil is more effective in controlling lipid profile than flaxseed oil, and in fact, flaxseed oil consumption .also increases cholesterol. None of these oils showed a significant improvement in patients blood glucose

کلمات کلیدی:

Burns, burn-induced hyperglycemia, Flaxseed oil, Olive oil

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