

عنوان مقاله:

The Effect of Consuming Mineral Water and Piped Water on Blood Pressure and Lipid Profiles of Hypertensive Men

محل انتشار:

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خلاصه مقاله:

Background: Hypertension is the third risk factor for the cardiovascular diseases. This study investigated the effects of mineral water from Damavand spring on the blood pressure and serum lipid profiles in men with hypertension. **Methods:** In this study 41 hypertensive men were randomly assigned to Damavand mineral water (DM) and Tehran water groups (TW). The DM and TW received 1.5-liter bottle of mineral water of Damavand spring and Tehran piped water bottled, respectively. The participants' blood pressure, serum triglyceride (TG), total cholesterol (TC), low-density lipoprotein cholesterol (LDLc), and high-density lipoprotein cholesterol (HDLc) were measured at the beginning and end of the study. Total hardness of water was measured by titration with EDTA. **Results:** The results showed that the mean systolic and diastolic blood pressures decreased in both groups at the end of the study compared to the baseline ($P < 0.05$), but the difference was not significant. Serum TC and LDLc significantly in the case group at the end of week 8 compared to the baseline ($P < 0.05$) and this reduction was significant ($P < 0.05$). Moreover, no significant differences were observed between the two groups with regard to the mean changes of TG and HDLc ($P > 0.05$). **Conclusions:** The findings showed that the daily consumption of 1.5 liters of premium mineral water of Damavand springs decreased the systolic and diastolic blood pressure, total cholesterol, and LDLc levels

کلمات کلیدی:

Hypertension, Serum lipid profiles, Mineral water

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