

عنوان مقاله:

Effect of Vitamin E Supplementation on Metabolic Status and Serum Lipoprotein (a) Level in Type ۲ Diabetics

محل انتشار:

مجله علمی پژوهشی دانشگاه علوم پزشکی زنجان، دوره 22، شماره 91 (سال: 1393)

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خلاصه مقاله:

Background and Objective: Type ۲ diabetes represents an independent risk factor for cardiovascular diseases. The aim of the present study was to investigate the effects of vitamin E supplementation on metabolic status and serum lipoprotein (a) level in type ۲ diabetic patients. **Materials and Methods:** In this randomized double-blind, controlled clinical trial ۸۳ type ۲ diabetic patients (men and woman) were assigned into two groups as the intervention and control groups. The intervention group (n=۴۲) took ۴۰۰ IU vitamin E per day and the control group (n=۴۱) received placebo for ۸ weeks. Anthropometric measurements, dietary intake data and fasting blood samples were obtained from each patient before and after the end of study. **Results:** Serum vitamin E and lipid-standardized α -tocopherol significantly increased after vitamin E supplementation in the intervention group ($P=۰.۰۰۰۱$). A significant decrease in fasting blood glucose was observed in the vitamin E group compared with the placebo group at the end of the study ($P=۰.۰۲۷$). Alterations in body mass index, dietary intakes, levels of lipoprotein (a) and other serum lipids were not significant in any of the groups. **Conclusion:** Vitamin E supplementation led to an improvement in the status of serum vitamin E and glycemic control in type ۲ diabetic patients. Vitamin E as pertained to the dose and duration throughout this study did not produce any significant difference in other variables. Further studies are suggested to evaluate the possible outcomes of vitamin E on metabolic control in type ۲ diabetic patients.

کلمات کلیدی:

Keywords: Vitamin E, Metabolic status, Lipoprotein (a), Type ۲ diabetes

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