

## عنوان مقاله:

The effects of omega-3 on blood pressure and the relationship between serum visfatin level and blood pressure in patients with type II diabetes

## محل انتشار:

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## خلاصه مقاله:

**BACKGROUND:** Hypertension is a condition normally detected in people with type II diabetes. It eventually leads to cardiovascular diseases in the patient. Visfatin is an adipocytokine which is secreted from adipose tissue and can affect the inflammatory reaction and also serum lipid levels. Additionally, omega-3 inhibits the accumulation of fat and formation of insulin resistance. The current study tried to investigate the effects of omega-3 on blood pressure compared to placebo and the relationship between serum visfatin levels and blood pressure. **METHODS:** A total number of 71 women with type II diabetes were randomly assigned to 2 groups to receive either omega-3 capsules or placebo capsules. In the first step, a questionnaire consisting age, height, weight, waist and hip circumferences, and systolic and diastolic blood pressure was filled out for each subject. Blood samples were then collected for laboratory tests. The next step was to conduct 8 weeks of intervention. All variables, except age, were measured again after the intervention. Hip circumference was considered as the maximum circumference of the buttocks. Waist circumference was measured by placing a tape horizontally across the abdomen at the end of a normal exhalation. Laboratory tests included the assessment of visfatin, glucose, and glycated hemoglobin (HbA1c) concentrations. Lipid profile, i.e. low density lipoprotein (LDL), high density lipoprotein (HDL), triglyceride (TG), and cholesterol, was also assessed. Using SPSS18, data obtained from the study was analyzed by a variety of appropriate statistical tests. **RESULTS:** There was a significant change in mean differences of systolic and diastolic blood pressure. Blood pressure showed a significant reduction in the omega-3 group compared to the placebo group. However, no significant changes were observed in systolic and diastolic blood pressure before and after the intervention ( $P > 0.05$ ). **CONCLUSION:** Based on the results of this study, a daily consumption of omega-3 is suggested for patients with type II diabetes. **Keywords:** Omega 3, Visfatin, Hypertension, Type 2 Diabetes Mellitus

## کلمات کلیدی:

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