

عنوان مقاله:

EFFECT OF MODEST WEIGHT LOSS ON CARDIOVASCULAR INFLAMMATORY MARKERS IN OBESE WOMEN

محل انتشار:

مجله آریا آترواسکلروز، دوره 2، شماره 4 (سال: 1386)

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خلاصه مقاله:

Abstract INTRODUCTION: Obesity is associated with an increased risk of coronary heart disease. It is believed that adipose tissue inflammatory substances contribute to the pathogenesis of cardiovascular disease. To find out the metabolic benefits of weight loss in reducing cardiovascular risk, we assessed the effect of modest weight loss on plasma inflammatory markers in obese women. **methods:** In a clinical trial, ۴۲ obese women underwent a ۱۰ week restricted diet program. Body weight, fasting glucose, insulin, total cholesterol, triglyceride, high-density lipoprotein cholesterol (HDL-c), low-density lipoprotein cholesterol (LDL-c) and plasma inflammatory cytokines were measured at baseline and after ۱۰ weeks. **results:** Weight, BMI, fasting blood glucose, insulin, cholesterol and triglyceride had significant reductions. No significant changes were observed in HDL-c and LDL-c concentrations. All plasma inflammatory proteins improved significantly except CRP level. **CONCLUSIONS:** Modest weight loss ($\approx 5\%$) is associated with favorable changes in plasma inflammatory markers. **Keywords:** Obesity, weight loss, inflammatory markers, cardiovascular disease

کلمات کلیدی:

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