

عنوان مقاله:

Comparison the Effect of Niacin Treatment with and without Atorvastatin on Lipid Profile in Type ۲ Diabetic Patients

محل انتشار:

مجله دیابت و چاقی ایران، دوره 12، شماره 3 (سال: 1399)

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خلاصه مقاله:

Objective: The risk of cardiovascular disease increased in diabetic patients due to lipoprotein metabolism disorder and insulin resistance. There is different type of dyslipidemia in diabetic patient. The nicotinic acid (niacin) is categorized as vitamin B family and decreases low-density lipoproteins (LDL) and triglyceride (TG) level and increases high-density lipoproteins (HDL). The aim of this study was to compare the effect of niacin treatment with and without atorvastatin on lipid profile on diabetic patient. **Materials and Methods:** This study is cross over clinical trial on ۳۰ diabetic patients (۹ men, ۲۱women) referred to diabetes research center of Yazd (IRAN). At initiation of study administered atorvastatin alone (۲۰ mg/day) for ۶ weeks (protocol A), and after ۳ weeks washout period, started atorvastatin (۲۰ mg/day) with niacin (۵۰ mg/day) for ۶ weeks (protocol B). Statistical analysis was accomplished by using SPSS for windows, version ۱۱.۵۰ and kappa and paired T-test. **Results:** Patients on protocol B had statistically significant more increase of HDL-C (P-value= ۰.۰۸) and decrease of TG than profile A (P-value= ۰.۰۲۴). Also, ۲ hours post prandial blood sugar and HbA1c changes in two groups were not significant A (P-value= ۰.۲۲۶), B (P-value= ۰.۹۱۸). Patient in group B had statistically significant decrease in systolic blood pressure and diastolic blood pressure than group A (P-value= ۰.۰۱۰, P-value= ۰.۰۱۵). **Conclusion:** This study showed decrease of TG, LDL-C and total cholesterol and increase of HDL in both groups. There are significant changes in HDL-C and TG in group B that used niacin with atorvastatin than group A.

کلمات کلیدی:

Niacin, Atorvastatin, Type ۲ diabetes mellitus, Lipid profile

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