

عنوان مقاله:

(Effect of Ramadan Fasting on Alanine Aminotransferase (ALT) in Non-Alcoholic Fatty Liver Disease (NAFLD)

محل انتشار:

فصلنامه تغذیه، روزه داری و سلامت، دوره 5، شماره 3 (سال: 1396)

تعداد صفحات اصل مقاله: 6

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خلاصه مقاله:

Introduction: Effect of Ramadan fasting on non-alcoholic fatty liver disease (NAFLD) is unknown, and limited studies have been conducted in this regard. Nutritional and behavioral changes in fasting individuals during Ramadan may affect NAFLD, including a high-fat and high-calorie diet, alterations of the body weight and sleep patterns, and insufficient physical activity. The present study aimed to evaluate the effects of these changes on alanine aminotransferase (ALT), an important indicator of NAFLD deterioration. Methods: In total, 60 patients with NAFLD were enrolled in this study and received two ALT tests before and after the holy month of Ramadan. Among the participants, 34 were fasting, and 26 cases did not fast. After data collection, subjects were divided into two groups of fasting and non-fasting and compared using the SPSS. Results: Mean ALT changes before and after Ramadan were positively higher in fasting group ($+7.38 \pm 8.47$ IU/L) compared to the non-fasting patients (-0.12 ± 10.15 IU/L) ($P=0.002$), which were mostly observed in the NAFLD patients who fasted for 21-30 days. Conclusion: According to the results, Ramadan fasting may increase the ALT level in individuals. therefore, it is recommended that further investigations with larger sample sizes and various conditions be performed on the NAFLD patients who fast in Ramadan, focusing on the association of weight loss and education level to determine an effective dietary regimen.

کلمات کلیدی:

ALT, Fasting, Ramadan

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