

عنوان مقاله:

THE EFFECT OF FOLATE SUPPLEMENTATION ON SONOGRAPHIC EVIDENCE, LEVELS OF SERUM LIVER ENZYMES, HOMOCYSTEINE, AND LIPID PATTERN AMONG STAFF MEMBERS OF ILAM PETROCHEMICAL (COMPANY WITH NON-ALCOHOLIC FATTY LIVER DISEASE (NAFLD

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

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خلاصه مقاله:

Background and Aim: The current study aimed at investigating the effect of folate supplementation on sonographic evidence, levels of serum liver enzymes, homocysteine, and lipid pattern among staff members of Ilam Petrochemical Company with NAFLD. **Methods:** The study adopted a controlled random clinical trial design. Data were collected from 40 patients, who referred to the health clinic of Ilam Petrochemical Company in 2016. 20 patients in the intervention group received a 1 mg folate supplement pill each day, whereas the rest (i.e. 20 patients of the control group) were given a 1 mg placebo each day. The entire treatment lasted for 8 weeks. The data analyzed with SPSS18 and through one-way ANOVA as well as paired-samples and independent samples t-test. **Results:** The blood folate level of the intervention group increased from 7.08 to 8.40 as a result of the treatment ($p = 0.000$). The intervention subjects' HDL also went up from 33.80 to 35.50 ($p = 0.034$). After the intervention, a significant decline was observed in groups' total cholesterol, triglyceride, and ALT. In the intervention group, AST mean score significantly dropped from 30.80 to 28.55 ($p = 0.046$) and homocysteine average measurably decreased from 10.97 to 10.01 ($p = 0.003$). **Conclusion:** Folic acid treatment precludes the increase of homocysteine and liver enzymes among patients who suffer from NAFLD. Intervention subjects' total cholesterol and triglyceride levels reduced less than those of control patients. Therefore, it is recommended that patients with NAFLD use folate supplement

کلمات کلیدی:

folate, non-alcoholic fatty liver disease (NAFLD), homocysteine

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