

عنوان مقاله:

Effect of a functional food (vegetable soup) on blood rheology in patients with polycythemia

محل انتشار:

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خلاصه مقاله:

Objective: Key hemorheological variables are associated with several life-threatening diseases including cardio-cerebro-vascular diseases. A diet can influence the blood rheological variables. To compare the effectiveness of a vegetable soup on blood viscosity (BV), hematocrit (Hct), plasma fibrinogen, lipid profile, fasting blood sugar (FBS), and blood osmolarity in patients with polycythemia in comparison to a control group. Materials and Methods: This randomized controlled trial study was conducted at Isar health clinics in Mashhad, Iran, during a 7-month period. Forty male participants (35 to 60 years old) with polycythemia, but without underlying diseases, were included. They randomly assigned to two groups and either received diet/phlebotomy or phlebotomy alone, for 6 weeks. The data were analyzed by SPSS version 16 using parametric tests. Results: A significant reduction in BV at 30s ($p < 0.001$), BV at 40s ($p < 0.001$), BV at 50s ($p < 0.001$), Hct ($p < 0.001$), plasma fibrinogen ($p < 0.001$), total cholesterol ($p < 0.01$), LDL-cholesterol ($p < 0.01$), VLDL-cholesterol ($p < 0.001$), HDL-cholesterol ($p < 0.01$), osmolarity ($p < 0.001$), and FBS ($p < 0.001$) was observed in diet recipients. Following the intervention, there was a significant decrease in triglyceride (intervention group, $p < 0.05$; control group, $p < 0.05$), in both groups. Conclusion: This trial showed that the plant-based food used in this study could improve blood rheology.

کلمات کلیدی:

Blood rheology, Blood viscosity, Polycythemia, Functional food, Diet

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