

## عنوان مقاله:

Effects of Probiotics on Nonalcoholic Fatty Liver Disease in Obese Children and Adolescents

## محل انتشار:

پانزدهمین کنگره انجمن علمی تغذیه کودکان ایران (سال: 1398)

تعداد صفحات اصل مقاله: 1

## نویسندگان:

F Famouri - *Pediatrics Department, Child Growth and Development Research Center, Research Institute for Primordial Prevention of Noncommunicable Disease, Isfahan University of Medical Sciences, Isfahan, Iran*

M Keikha - *Clinical Research Development Unit, Bahar Hospital, Shahrood University of Medical Sciences, Shahrood, Iran*

M Hashemipour - *Pediatrics Department, Child Growth and Development Research Center, Research Institute for Primordial Prevention of Noncommunicable Disease, Isfahan University of Medical Sciences, Isfahan, Iran*

R Kelishadi - *Pediatrics Department, Child Growth and Development Research Center, Research Institute for Primordial Prevention of Noncommunicable Disease, Isfahan University of Medical Sciences, Isfahan, Iran*

## خلاصه مقاله:

**Introduction:** This study aims to evaluate the effects of some probiotics on sonographic and biochemical nonalcoholic fatty liver disease (NAFLD). **Methods:** This randomized triple-blind trial was conducted among 64 obese children with sonographic NAFLD. They were randomly allocated to receive probiotic capsule (containing *Lactobacillus acidophilus* ATCC B3208,  $3 \times 10$  colony forming units [CFU]; *Bifidobacterium lactis* DSMZ 32269,  $6 \times 10$  CFU; *Bifidobacterium bifidum* ATCC SD6576,  $2 \times 10$  CFU; *Lactobacillus rhamnosus* DSMZ 21690,  $2 \times 10$  CFU) or placebo for 12 weeks. **Results:** After intervention, in the probiotic group the mean levels of alanine aminotransferase decreased from 32.8 (19.6) to 23.1 (9.9) U/L ( $P = 0.02$ ) and mean aspartate aminotransferase decreased from 32.2 (15.7) to 24.3 (7.7) U/L ( $P = 0.02$ ). Likewise the mean cholesterol, low-density lipoprotein-C, and triglycerides as well as waist circumference decreased in the intervention group, without significant change in weight, body mass index, and body mass index z score. After the trial, normal liver sonography was reported in 17 (53.1%) and 5 (16.5%) of patients in the intervention and placebo groups, respectively. **Conclusion:** The present findings suggest that a course of the abovementioned probiotic compound can be effective in improving pediatric NAFLD.

## کلمات کلیدی:

probiotics, nonalcoholic fatty liver disease, children, adolescents

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/988210>



