

عنوان مقاله:

HN-01650112_Interactive Effect of Probiotics Supplementation and Weight Loss Diet on Metabolic Syndrome Features in Coronary Artery Diseases Patients: A Double-blind Placebo-controlled Randomized Clinical Trial

محل انتشار:

سومین همایش بین المللی تغذیه بالینی ایران (سال: 1398)

تعداد صفحات اصل مقاله: 1

نویسنده:

Jalal Moludi - Department of Nutrition, Faculty of Nutrition Sciences and Food Technology, Kermanshah University of Medical Sciences, Kermanshah, Iran

خلاصه مقاله:

Introduction: Probiotics are considered as non-drug strategies for management of coronary artery disease (CAD) and the contributing risk factors such as Obesity and metabolic disturbances. The aim of present study was to investigate the effects of probiotics-supplementation on selected anthropometric indices and futures of metabolic syndrome (MetS) in patients with CAD. **Methods:** A randomized, double-blind, placebo-controlled clinical trial was performed in 44 overweight and obese CAD patients. The subjects were randomly assigned to intervention and placebo groups and received a probiotic capsule/day (containing 1.6×10^9 CFU freeze-dried *Lactobacillus rhamnosus* GG: LGG) or maltodextrin daily for 12 consecutive weeks, respectively. Anthropometric indices, fasting blood glucose (FBG), and lipid profile were assessed. **Results:** Supplementation with LGG had no impact on anthropometric indices including weight, body mass index, and waist circumference. There was a significant decrease in total cholesterol (TC) (-30.7 ± 49.83 vs. -5.9 ± 65 mmol/L, $P=0.043$), and low density lipoprotein cholesterol (LDL-C) (-25.64 ± 51.7 vs. -5.44 ± 70.1 mg/L, $P=0.049$) in the intervention (probiotic) group compared to the placebo. Other MetS features indices including FBG, triglycerides (TG), high density lipoprotein cholesterol (HDL-C) and blood pressure did not differ significantly within or between groups. **Conclusion:** Probiotics supplementation improved TC, and LDL, but had no effect on other lipid profile parameters and anthropometric indices. The weight loss diet along with probiotics supplementations resulted in more favorable decrease of cardiovascular risk factors compared to a weight loss program alone.

کلمات کلیدی:

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/999497>

