Abstract


Serum antioxidant vitamin levels in patients with coronary heart disease.

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OBJECTIVE: The aim of this study was to investigate anthropometric measurements, body composition, and serum antioxidant vitamin levels in men with coronary heart disease (CHD).

METHODS: Thirty-five men with CHD and 31 men without CHD, aged 40 - 65 years, were included in this study. Dietary records and anthropometric measurements of each participant were recorded by researchers and serum antioxidant vitamin levels and lipid profiles were analyzed.

RESULTS: Fat mass (FM) and the percentage of fat mass (FM%) in men with CHD was higher than in men without CHD (p < 0.05). Lipid profiles were found to be similar in both groups, with the exception of high-density lipoprotein cholesterol (HDL-C). Men with CHD had lower HDL-C levels than men without CHD (p < 0.05). When the antioxidant vitamin intake of participants was investigated, vitamin E intake in men without CHD was found to be less than in men with CHD (p < 0.05). However, serum vitamin A, vitamin E, and vitamin C levels in men with CHD were found to be lower than in men without CHD (p < 0.05).

CONCLUSIONS: Based on the results of this study, we propose that high FM, low HDL-C, and low serum antioxidant vitamin levels could be important risk factors for CHD.

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