

## عنوان مقاله:

INCREASED OXIDATIVE STRESS IN OBESITY AND ITS IMPACTS ON DIETARY PATTERNS AND INFLAMMATION

## محل انتشار:

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

تعداد صفحات اصل مقاله: 2

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## خلاصه مقاله:

**Background and Aim:** Obesity is a chronic disease of multifactorial origin and is associated with an increased oxidative stress. Here we report that increased oxidative stress in accumulated body fat is an important pathogenic mechanism of obesity associated with inflammation. Also we investigated relationship between dietary patterns with oxidative stress marker. **Methods:** Individuals were recruited as part of the Mashhad Stroke and Heart Atherosclerotic Disorders cohort, and divided into two groups of non-obese (5566) and obese (2411) subjects. Anthropometric and biochemical parameters were measured in all the subjects. Dietary patterns were derived from a 65-item validated food-frequency questionnaire (FFQ) and the factor analysis method was used to determine dietary patterns. The associations of serum pro-oxidant-antioxidant balance (PAB) with dietary patterns, hs-CRP in obese and non-obese subjects were evaluated. **Results:** We identified the balanced pattern and the western pattern as a two major dietary patterns. There was a significant positive relationship between BMI with western patterns, serum PAB, hs-CRP for the whole group while balanced pattern had negative significant association with BMI, PAB and hs-CRP. **Conclusion:** Collectively, our results suggested a significant correlation between BMI with serum PAB and hs-CRP so fat accumulation correlated with systemic oxidative stress and inflammation. Moreover, higher content antioxidants in .balanced pattern may cause of lower PAB values and prevent inflammation

## کلمات کلیدی:

Obesity; PAB; Oxidative stress; Dietary patterns, hs-CRP

## لینک ثابت مقاله در پایگاه سیویلیکا:

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