NUTRIENT CORRECTION OF CARDIOVASCULAR RISK FACTORS IN PATIENTS WITH 2 TYPE DIABETES MELLITUS AND NON-ALCOHOLIC FATTY LIVER DISEASE

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Objective: to determine the changes in the oxidative stress (OS) activity in terms of lipid peroxidation (LP) in compliance with the proposed dietary patterns using the average daily rate of number of advanced glycation end products (AGE).

We examined 23 patients with type 2 diabetes mellitus (DM) and non-alcoholic fatty liver disease (NAFLD) at the age of 54.7±2.2 with disease duration of 8.09±1.54 years. BMI was 35.9±3.26 kg/m2. Patients were in a state of carbohydrate metabolism decompensation. The level of glycosylated hemoglobin was 7.5±0.3%.

Significant decrease of OS manifestations according to LP products including diene, triene, oxydiene, tetraene conjugates was revealed. It indicates the high specificity of the limited use of AGE in food for patients with DM type 2 and NAFLD. Dietary recommendations are therapeutic measures in view of reducing the oxidative stress.

We receive data concerning prescriptive reduction of triglyceride levels on the background of dietary observation, even without additional use of lipid stabilizers and hepatoprotectors. It indicates the effectiveness of the proposed dietary regimens.

The importance of limited AGE consumption, especially in patients with DM type 2 and NAFLD, was proved, since in this category of patients a greater number of endogenous AGE is formed than in patients without diabetes.

Thus, it is proposed a food scheme for the content of AGE in products that may be consumed in limited, moderate amounts or not recommended for consumption. The expediency of conduction of native correction in patients with type 2 diabetes with NAFLD has been proved.