

補充白藜蘆醇對肥胖者、思覺失調症患者、 非酒精性脂肪肝患者的心血管疾病的影響

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大綱

一、前言

二、補充白藜蘆醇對肥胖者或輕度肥胖者的代謝疾病和心血管疾病的影響

三、補充白藜蘆醇對思覺失調症患者 (SZ) 的血清葡萄糖和心血管疾病的影響

四、補充白藜蘆醇對非酒精性脂肪肝疾病 (NAFLD) 患者的心血管疾病的影響

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摘要

白藜蘆醇 (Resveratrol, 3,4',5-trihydroxystilbene) 是一種多酚類物質，在多種植物中被發現如葡萄、桑樹、花生。白藜蘆醇具有抗氧化、抗發炎、抗癌、延緩阿茲海默症等特性，實驗數據表明補充白藜蘆醇在預防心血管疾病具有潛在益處。本文來探討補充白藜蘆醇針對肥胖者、思覺失調症患者 (Schizophrenia, SZ)、非酒精性脂肪肝患者 (non-alcoholic fatty liver disease, NAFLD) 的心血管疾病的影響，來說明補充白藜蘆醇的劑量和對心血管疾病的影響。結果顯示，肥胖或輕度肥胖者，補充 150 mg/per day 反式白藜蘆醇 (trans-resveratrol) 4 週，舒張壓、心率、三酸甘油酯明顯上升，但脂蛋白濃度、胰島素濃度、HOMA_{IR}、收縮壓和平均動脈壓及發炎指標和內皮細胞功能皆無顯著改變。思覺失調症男性患者，補充 200 mg/day 反式白藜蘆醇 4 週，三酸甘油酯降低 7.64%，但體重、腰圍、血糖、總膽固醇、低密度脂蛋白、體脂率皆無顯著的差異。非酒精性脂肪肝疾病患者，補充 500 mg/day 反式白藜蘆醇 12 週，可顯著減少 ALT (Alanine Aminotransferase) 和脂肪肝變性 (hepatic steatosis)，但對 BMI、腰圍、AST (Aspartate aminotransferase)、膽紅素、脂蛋白分布、血糖和血壓沒有顯著的效果。以上結果顯示，補充白藜蘆醇針對肥胖者、思覺失調症患者、非酒精性脂肪肝患者的心血管疾病 (代謝風險標記) 並不顯著，但可以針對其他族群或功能性再進一步探討研究。

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