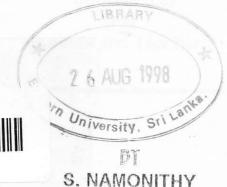
A STUDY ON THE STATUS

OF

ANTIOXIDANTS IN

CARDIOVASCULAR DISEASES



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A Research Report submitted for M.Sc Degree Part II In Food and Nutrition

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ABSTRACT

The oxidative modification of LDL-cholesterol in human serum or plasma is considered to be important in the pathogenesis of cardiovascular diseases and antioxidants are known to protect LDL-cholesterol from oxidation. Hence, a study was undertaken to assess the antioxidant status in subjects with cardiovascular diseases (diagnosed).

Concentration of plasma or serum and blood antioxidants, such as ascorbic acid(vitamin C), α -tocopherol (vitamin E), β -carotene, glutathione, caeruloplasmin; total cholesterol, HDL-cholesterol, triglyceride and total-cholesterol to HDL-cholesterol ratio of **76** study subjects were compared with 46 control subjects matched for age and sex.

Significant differences were observed in systolic blood pressure(SBP) (142.38 + 15.80 mm Hg in CVD subjects and 122.70 + 13.01 mm Hg in controls, p=0.0001), diastolic blood pressure (DBP) (92.40 ± 12.40 mm Hg in CVD subjects and 81.60 ± 6.90 mm Hg in controls, p=0.0001) and total cholesterol (231.50 + 34.0 mg/dL in CVD subjects and $219.30 \pm 31.60 \text{ mg/dL}$ in controls, p=0.05), HDL-cholesterol (44.30 + 12.40 mg/dL in CVD subjects and 52.60 + 14.10 mg/dL in controls, p=0.0009), triglyceride (149.10 + 84.90 mg/dL in CVD subjects and 97.20 + 37.80mg/dL in controls, p=0.0001) and total cholesterol to HDLcholesterol ratio (5.60 + 1.72 in CVD subjects and 4.4 + 1.0 in controls, p=0.0001). The HDL-cholesterol was significantly higher in controls than that subjects; the other parameters being significantly higher in CVD subjects with the exception of LDL-cholesterol.

Among all the antioxidants vitamin E concentration was significantly (p=0.023) lower in CVD subjects (4.90 \pm 3.5 mg/L) compared to the controls (7.30 \pm 4.0 mg/L). Others, caeruloplasmin and glutathione concentrations were higher in CVD subjects than controls, but the differences were statistically not significant. Vitamin C and β -carotene concentrations were higher in controls than that of CVD sibjects and the differences were statistically not significant.

Comparison of hypertensive, ischaemic heart disease and control subjects revealed that the vitamin C concentration was significantly lower in ischaemic heart disease subjects than control subjects (Fisher PLSD test, p<0.05) and vitamin E concentration was significantly lower in hypertensives than control subjects (Fisher PLSD test, p<0.05).

Simple regression analysis indicated an inverse association between systolic blood pressure and all antioxidates studied, such as vitamin C, vitamin E, glutathione and caeruloplasmin and, between diastolic blood pressure and antioxidants, such as vitamin E and glutathione in control subjects.

In CVD subjects an **inv**erse association was observed between LDL-cholesterol concentration and vitamin C and glutathione.

Regression analysis between triglyceride and all antioxidants in CVD subjects and, between triglyceride and vitamin C, β -carotene and caeruloplasmin in control subjects revealed inverse association.

Thus, the concentration of cardiovascular disease risk factors, such as total cholesterol, LDL-cholesterol and triglyceride were higher in CVD subjects in whom the concentrations of antioxidants, such as vitamin E, vitamin C and β -carotene were found to be lower.

CONTENTS

	*			Page	
Title				i	
Declaratio	n .			ii	
Dedication	1			iii	
Affirmation	1		Petrile and palvaging	iv	
Approval			RA, T. Europe Surpense."	V	
Abstract				vi	
Acknowledgement					
Contents				ix	
Chapter 1					
1.0 General Introduction					
1.1	Introd	uction		02	
	1.1.1	Oxidativ	e Stress	07	
	1.1.2	Antioxid	ant defense	07	
		1.1.2.1	Vitamin E	08	
		1.1.2.2	Vitamin C	11	
		1.1.2.3	Carotenoids	13	
		1.1.2.4	Glutathione	16	
		1.1.2.5	Caeruloplasmin	17	
1.2	Revie	Review of Literature			
	1.2.1	Serum li	pids and healthy volunteers	19	
	1.2.2	Serum li	pids and hypertension	20	
	1.2.3	Serum li	pids and Ischaemic	21	
		heart dis	ease		
	1.2.4	Serum li	pids and Myocardial infarction	22	

				Page	
		1.2.5	Blood pressure and antioxidants	23	
		1.2.6	Myocardial infarction and vitamin	E	
	*		in LDL fraction; vitamin E and C.	25	
		1.2.7	Coronary heart disease and		
			antioxidant vitamins E, C		
			and carotene	27	
		1.2.8	Angina pectoris and antioxidant	29	
			vitamins A, C, E and carotene.	V	
		1.2.9	Ischaemic heart disease and		
			vtiamins E and A.	30	
	*				
Chapter 2					
2.0 Material and Methods				33	
	2.1	Hypot	hesis	33	
		2.1.1	Objectives of the Project	33	
	2.2	Experi	mental Deisgn and Sampling	33	
		2.2.1	Analysis	34	
	1	2.2.2	Analysis of Data	44	
Chapt	Chapter 3				
3.0 Results					
Chapter 4					
4.0 Discussion					
Conclusion					
References					
Apper	ndix				
	Resea	irch Pro	tocol		
Questionnaire					