

THE INFLUENCE OF TRADITIONAL CAUCASIAN NEAL ON BLOOD LIPID PROFILE AND THE NUTRITIONAL PARTICULARS

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Length and quality of life is an important issue for modern medical sciences and a large amount of investigations are moving in this direction in whole world. The main field of investigation would be multifactorial diseases such as atherosclerosis, as the clinical manifestations of atherosclerosis are sometimes fatal, including coronary heart disease(CHD) and cerebral vascular disorders(CVD). The goal is to find a way of preventing and treating atherosclerosis. The aim of the work was to find strategies for prevention and treatment of atherosclerosis with traditional national habits, Neal and some additional factors. At last, these will provide a means to increase life length and quality.

OBJECTIVES: The investigation was released for the patients with clinically manifest dislipidemia and normal lipid profile. There were male and female subjects from several age groups and with different clinical cases, including patients with CHD and CCD (clinically affirmed) and patients without the above-mentioned diseases even if not manifested by clinical investigations.

METHODS: We investigated patients before and after the special diet including some traditional food and drink, especially the different wines, for 1 year. Outcomes included lipid profile (TC, LDL, HDL, TG, VLDL), ultrasound examination of common carotid arteries; M- and B-mode and Color Doppler. Additionally, we studied their whole life Neal, habits and lifestyle.

RESULTS: There were improvements in the full lipid profile: TC, LDL, HDL, TG, VLDL and for vessel disorders investigated by triplexsonography method for the stability of atherosclerotic plaques.

CONCLUSION: The investigation shows that some traditional food ingredients, especially traditional alcoholic drinks are very useful in improving the lipid profile and vessel atherosclerotic changes and intake of these ingredients regularly prevents and even improves the above-mentioned disorders.

Keyword: Nutricion, Tradition, Atherosclerosis