

С.Д.АСФЕНДИЯРОВ АТЫНДАҒЫ ҚАЗАҚ ҰЛТТЫҚ МЕДИЦИНА УНИВЕРСИТЕТІ

КАФЕДРА: ДЕНСАУЛЫҚ САҚТАУ САЯСАТЫ ЖӘНЕ БАСҚАРУ

**ПРОЕКТ ТАҚЫРЫБЫ: ЭЛЕКТРОНДЫ БАЗАЛАРДАН АРТЫҚ
САЛМАҚ ЖӘНЕ ҚАНТ ДИАБЕТІ АРАСЫНДАҒЫ БАЙЛЫНЫС
ЖАЙЛЫ МӘЛІМЕТТЕРДІ ҒЫЛЫМИ СТАТЯЛАРДАН ТАБЫНЫЗ.**

Орындаған: Еркебаев Азизбек

Тобы: ФА 12 004-02

МӘСЕЛЕ

24 жастағы ер адам 2 күн бұрын ауруханаға жоғары қан қысымымен түсті. Тексеру барысында ол кісіде қант диабеті бар екені анықталды. Ол кісіде артық салмақтың кесірінен қант диабеті пайда болдыма деген сурақ пайда болды? Артық салмақ пен қант диабеті арасындағы байланыс?

Р I C O Б О Й Ы Н Ш А

- **Р – ҚАНТ ДИАБЕТІ АУРУЫМЕН 24 ЖАСТАҒЫ ЕР КІСІ**
- **I -БІЗ ТӨМЕН ГЛИКЕМИЯЛЫҚ ИНДЕКТИ РЕТАРД ГЕЛЬ (LGI) ЖӘНЕ ДИЕТА АРҚЫЛЫ ЕМДЕДІК**
- **C –АРТЫҚ САЛМАҒЫН ЖОҒАЛТУ ҮШІН ЖӘНЕ ҚАНТ ДИАБЕТІ АСҚЫНЫП КЕТПЕУ ҮШІН РЕТАРД ГЕЛЫМЕН БІРГЕ ДИЕТА ТІЗІМІН ТҮЗІП БЕРУ, СПОРТПЕН АЙНАЛЫСУЫ.**
- **O - АРТЫҚ САЛМАҚТАН АРЫЛУЫ. ЖАҒДАЙЫ ЖАҚСАРУЫ. ҚАН ҚЫСЫМЫ ҚАТТЫ КӨТЕРІЛМЕЙ. ҚАНТ НОРМАСЫ ОРТАША ҚАЛЫПТА ТҰРУЫ.**

PUBMED САЙТЫНЫҢ БАСТАПҚЫ БЕТІ

The screenshot shows the PubMed website homepage in a browser window. The browser's address bar displays the URL www.ncbi.nlm.nih.gov/pubmed. The browser's tab bar shows several open tabs, including "принципы", "Переводчи...", "myocardial", "Efficacy and...", "Эффективн...", "инфаркт ми...", "Острый ин...", "ключ - Пои...", "Результат п...", and "Home - Pub...". The browser's search bar contains the text "Язык этой страницы английский Хотите перевести ее? Перевести Нет". The PubMed website header includes the NCBI logo, "Resources", "How To", and "Sign in to NCBI". The main content area features a search bar with "PubMed" entered, a "Search" button, and a "Help" link. Below the search bar, a message indicates "1 Filters activated: published in the last 5 years, Humans, Randomized Controlled Trial Clear all". The main heading "PubMed" is followed by a description: "PubMed comprises more than 22 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites." The page is organized into three columns of links: "Using PubMed" (PubMed Quick Start Guide, Full Text Articles, PubMed FAQs, PubMed Tutorials, New and Noteworthy), "PubMed Tools" (PubMed Mobile, Single Citation Matcher, Batch Citation Matcher, Clinical Queries, Topic-Specific Queries), and "More Resources" (MeSH Database, Journals in NCBI Databases, Clinical Trials, E-Utilities, LinkOut). The footer shows the breadcrumb "You are here: NCBI > Literature > PubMed" and a "Write to the Help Desk" link. The Windows taskbar at the bottom shows the system tray with the date and time "21:58 19.11.2012" and the "FONDAY.RU" watermark.

принципы x Переводчи x myocardial x Efficacy and x Эффективн x инфаркт ми x Острый ин x ключ - Пои x Результат п x Home - Pub x

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- *Кілт сөздер:*
- **Қант диабеті /артық салмақ**

- *Key WordsKey Words:*
- *obesity diabetes mellitus*

Кілт сөз бойынша іздеу

www.ncbi.nlm.nih.gov/pubmed

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PubMed obesity diabetes mellitus Search

Article types: clear Summary 20 per page Sort by Most Recent

Text availability: clear Abstract

Free full text: Full text

PubMed Commons: Reader comments Trending articles

Publication dates: clear 5 years 10 years Custom range...

Species: Humans Other Animals

Clear all Show additional filters

Search results

Items: 1 to 20 of 386

Filters activated: Clinical Trial, Free full text, published in the last 5 years. Clear all to show 39397 items.

1. [Long-Term Effects of a Very Low Carbohydrate Compared With a High Carbohydrate Diet on Renal Function in Individuals With Type 2 Diabetes: A Randomized Trial.](#)
Tay J, Thompson CH, Luster-Me-Marsh NS, Noakes M, Buckley JD, Wittert GA, Brinkworth GD. *Medicine (Baltimore)*. 2015 Nov;94(47):e2181. doi: 10.1097/MD.00000000000002181. PMID: 26632754 Free Article

2. [The STIB score: a simple clinical test to predict clopidogrel resistance.](#)
Legrand D, Barbato E, Chenu P, Magne J, Vrolix M, Wijns W, Legrand V; STIB investigators. *Acta Cardiol*. 2015 Oct;70(5):516-21. doi: 10.2143/AC.70.5.3110511. PMID: 26567810 Free Article

3. [Vitamin D supplementation for the prevention of type 2 diabetes in overweight adults: study protocol for a randomized controlled trial.](#)
de Courten B, Mousa A, Naderpoor N, Teede H, de Courten MP, Scragg R. *Trials*. 2015 Aug 7;16:335. doi: 10.1186/s13063-015-0851-6. PMID: 26246241 Free PMC Article

4. [Mild Caloric Restriction Decreases Insulin Requirements in Patients With Type 2 Diabetes and Severe Insulin Resistance.](#)

Titles with your search terms

The obesity paradox in type 2 diabetes mellitus: relationship of k [Ann Intern Med. 2015]

Metabolic syndrome in childhood: association with birth weight, maternal obe [Pediatrics. 2005]

Role of the Gut Microbiome in Obesity and Diabetes Mellitus. [Nutr Clin Pract. 2015]

Find related data

Database: Select

Find items

Search details

(("obesity"[MeSH Terms] OR "obesity"[All Fields]) AND ("diabetes mellitus"[MeSH Terms] OR ("diabetes"[All Fields] AND "mellitus"[All Fields]) OR "diabetes mellitus"[All

Search See more...

Recent Activity

6:06 16.05.2016

КЕРЕКТІ МАҚАЛАНЫ ІРІКТЕП, ТАҢДАП АЛУ

The screenshot shows a web browser window displaying the PubMed website. The address bar shows the URL www.ncbi.nlm.nih.gov/pubmed. The page content includes a search results list with several entries. A red arrow points to the first entry, and a red oval highlights the title of the fourth entry. The search details on the right show the query: `((("obesity"[MeSH Terms] OR "obesity"[All Fields]) AND ("diabetes mellitus"[MeSH Terms] OR "diabetes mellitus"[All Fields]) AND "mellitus"[All Fields]) OR "diabetes mellitus"[All Fields])`. The search results list includes the following entries:

- Filters activated: Clinical Trial, Free full text, published in the last 5 years. [Clear all](#) to show 39391 items.
- 41. [Effect of obesity on coronary atherosclerosis and outcomes of percutaneous coronary intervention: grayscale and virtual histology intravascular ultrasound substudy of assessment of dual antiplatelet therapy with drug-eluting stents.](#)
Kang SJ, Mintz GS, Witzencbichler B, Metzger DC, Rinaldi MJ, Duffy PL, Weisz G, Stuckey TD, Brodie BR, Shimizu T, Xu K, Kirtane AJ, Stone GW, Maehara A.
Circ Cardiovasc Interv. 2014 Dec 31;8(1). pii: e001392. doi: 10.1161/CIRCINTERVENTIONS.114.001392. Print 2015 Jan.
PMID: 25359544 Free Article
[Similar articles](#)
- 42. [Postlunch resistance exercise improves postprandial risk factors more effectively than predinner resistance exercise in patients with type 2 diabetes.](#)
Heden TL, Winn NC, Mari A, Booth FW, Rector RS, Thyfault JP, Kanaley JA.
J Appl Physiol (1985). 2015 Mar 1;118(5):624-34. doi: 10.1152/jappphysiol.00917.2014. Epub 2014 Dec 24.
PMID: 25539939 Free PMC Article
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- 43. [Plasma calprotectin and its association with cardiovascular disease manifestations, obesity and the metabolic syndrome in type 2 diabetes mellitus patients.](#)
Pedersen L, Hybe M, Poulsen MK, Henriksen JE, Dahl J, Rasmussen LM.
BMC Cardiovasc Disord. 2014 Dec 19;14:196. doi: 10.1186/1471-2261-14-196.
PMID: 25527236 Free PMC Article
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- 44. [Comparison of Virtual Nutri Plus® and Dietpro 5i® software systems for the assessment of nutrient intake before and after Roux-en-Y gastric bypass.](#)
Silva MM, Sala PC, Cardinelli CS, Torrinhas RS, Waitzberg DL.
Clinics (Sao Paulo). 2014 Nov;69(11):714-22. doi: 10.6061/clinics/2014(11)02.
PMID: 25518027 Free PMC Article
[Similar articles](#)
- 45. [Spatial pattern of body mass index among adults in the diabetes study of Northern California \(DISTANCE\).](#)

The search details on the right show the query: `((("obesity"[MeSH Terms] OR "obesity"[All Fields]) AND ("diabetes mellitus"[MeSH Terms] OR "diabetes mellitus"[All Fields]) AND "mellitus"[All Fields]) OR "diabetes mellitus"[All Fields])`. The search results list includes the following entries:

- Recent Activity
- Turn Off Clear
- Policaptil Gel Retard significantly reduces body mass index and hyperinsulinism PubMed
- obesity diabetes mellitus AND (Clinical Trial[ptyp] AND free full... (386) PubMed
- obesity diabetes mellitus AND (Clinical Trial[ptyp] AND free full... (716) PubMed
- obesity diabetes mellitus AND (free full text[sbj] (11678) PubMed
- obesity diabetes mellitus (39391) PubMed
- See more...

ТАПҚАН МАҚАЛАҒА КІРУ

The screenshot shows a web browser window displaying a PubMed article. The browser's address bar shows the URL www.ncbi.nlm.nih.gov/pubmed/25774705. The page header includes the NCBI logo, a search bar, and a 'Sign in to NCBI' button. The article title is 'Policaptil Gel Retard significantly reduces body mass index and hyperinsulinism and may decrease the risk of type 2 diabetes mellitus (T2DM) in obese children and adolescents with family history of obesity and T2DM.' The authors listed are Staqi S, Lapi E, Seminara S, Pelosi P, Del Greco P, Capirchio L, Strano M, Giglio S, Chiarelli F, de Martino M. The abstract text is as follows:

Abstract
BACKGROUND: Treatments for childhood obesity are critically needed because of the risk of developing co-morbidities, although the interventions are frequently time-consuming, frustrating, difficult, and expensive.
PATIENTS AND METHODS: We conducted a longitudinal, randomised, clinical study, based on a per protocol analysis, on 133 obese children and adolescents (n = 69 males and 64 females; median age, 11.3 years) with family history of obesity and type 2 diabetes mellitus (T2DM). The patients were divided into three arms: Arm A (n = 53 patients), Arm B (n = 45 patients), and Arm C (n = 35 patients) patients were treated with a low-glycaemic-index (LGI) diet and Policaptil Gel Retard, only a LGI diet, or only an energy-restricted diet (ERD), respectively. The homeostasis model assessment of insulin resistance (HOMA-IR) and the Matsuda, insulinogenic and disposition indexes were calculated at T0 and after 1 year (T1).
RESULTS: At T1, the BMI-SD scores were significantly reduced from 2.32 to 1.80 (p < 0.0001) in Arm A and from 2.23 to 1.99 (p < 0.05) in Arm B. Acanthosis nigricans was significantly reduced in Arm A (13.2% to 5.6%; p < 0.05), and glycosylated-haemoglobin levels were significantly reduced in Arms A (p < 0.005). The percentage of glucose-metabolism abnormalities was reduced, although not significantly. However, the HOMA-IR index was significantly reduced in Arms A (p < 0.0001) and B (p < 0.05), with Arm A showing a significant reduction in the insulinogenic index (p < 0.05). Finally, the disposition index was significantly improved in Arms A (p < 0.0001) and B (p < 0.05).
CONCLUSIONS: A LGI diet, particularly associated with the use of Policaptil Gel Retard, may reduce weight gain and ameliorate the metabolic syndrome and insulin-resistance parameters in obese children and adolescents with family history of obesity and T2DM.

 The page also includes a 'Full text links' section with a BioMed Central logo and a 'PMC Full text' button, a 'Save items' section with an 'Add to Favorites' button, and a 'Similar articles' section listing related research. The bottom of the page shows a Windows taskbar with various application icons and a system tray displaying the time as 6:22 and the date as 16.05.2016.

МАҚАЛАНЫҢ ТАҚЫРЫБЫ

- ***Policaptil Gel Retard significantly reduces body mass index and hyperinsulinism and may decrease the risk of type 2 diabetes mellitus (T2DM) in obese children and adolescents with family history of obesity and T2DM.***
- ***Policaptil Гель ретард айтарлықтай дене салмағының индексі және гиперинсулинизм азайтады және семіздік пен **T2DM** отбасылық тарихымен семіз балалар мен жасөспірімдерде **2** типті қант диабеті (**T2DM**) қаупін азайтуы мүмкін.***

- **ЗЕРТТЕУДІҢ ӨТКІЗІЛГЕН ЖЕРІ:**
ИТАЛИЯ.
- **АВТОРЛАРЫ:** [Stagi S](#), [Lapi E](#), [Seminara S](#), [Pelosi P](#), [Del Greco P](#), [Capirchio L](#), [Strano M](#), [Giglio S](#), [Chiarelli F](#), [de Martino M](#).
ЖЫЛЫ: [Ital J Pediatr](#). 2015 Feb 15;41:10. doi: 10.1186/s13052-015-0109-7.
- **ЗЕРТТЕУ ӘДІСІ:** [TRANSFER-AMI](#),
[Рандомизацияланған бақылау сынақ \(РБС\).](#)

- Зерттеуге рандомизация әдісімен 3 топ алынды:

Arm A (N = 53 науқас)

Arm B (N = 45 науқас)

Arm C (N = 35 науқас)

- Пациенттер мен әдістері:
- Біз (69 ер және 64 әйел N =; 11,3 жыл орташа жасы) 133 семіз балалар мен жасөспірімдерде Хаттамаға сәйкес талдау негізінде бойлық, рандомизацияланған клиникалық зерттеу жүргізген семіздік отбасы тарихы және 2 типті қант диабеті бар (T2DM). Қол (N = 53 науқас), Arm B (N = 45 науқас) және иық C (N = 35 науқас) төмен гликемиялық индексі (LGI) диета және Policaptil гель қалып ғана LGI емделген науқастардың: пациенттер үш қару бөлінді диета, немесе тиісінше шектеулі ғана энергетикалық диета құны (BOV) бар. Гомеостаз моделі бағалау инсулин кедергісі (Хома-IR) және Мацуда, insulinogenic индекстер және кәдеге жарату T0 және 1 жыл (T1) кейін бағаланды.

PATIENTS AND METHODS:

- We conducted a longitudinal, randomised, clinical study, based on a per protocol analysis, on 133 obese children and adolescents (n = 69 males and 64 females; median age, 11.3 years) with family history of obesity and type 2 diabetes mellitus (T2DM). The patients were divided into three arms: Arm A (n = 53 patients), Arm B (n = 45 patients), and Arm C (n = 35 patients) patients were treated with a low-glycaemic-index (LGI) diet and Policaptil Gel Retard, only a LGI diet, or only an energy-restricted diet (ERD), respectively. The homeostasis model assessment of insulin resistance (HOMA-IR) and the Matsuda, insulinogenic and disposition indexes were calculated at T0 and after 1 year (T1).

- РЕЗУЛЬТАТЫ:

- При T1, баллы ИМТ-SD были значительно снижены с 2,32 до 1,80 ($p < 0,0001$) в группе А и от 2,23 до 1,99 ($p < 0,05$) Arm В. Acanthosis псапз была значительно снижена в группе А (13,2% до 5,6 %; $p < 0,05$), а уровень гликированного гемоглобина были значительно снижены в объятях ($p < 0,005$). Процентное содержание глюкозы метаболизма аномалий была снижена, хотя и не существенно. Тем не менее, индекс НОМА-IR был значительно уменьшен в объятях ($p < 0,0001$) и В ($p < 0,05$), с Arm показ значительное снижение insulinogenic индекса ($p < 0,05$). И, наконец, индекс расположения был значительно улучшен в объятях ($p < 0,0001$) и В ($p < 0,05$).

- RESULTS:

- At T1, the BMI-SD scores were significantly reduced from 2.32 to 1.80 ($p < 0.0001$) in Arm A and from 2.23 to 1.99 ($p < 0.05$) in Arm B. Acanthosis nigricans was significantly reduced in Arm A (13.2% to 5.6%; $p < 0.05$), and glycosylated-haemoglobin levels were significantly reduced in Arms A ($p < 0.005$). The percentage of glucose-metabolism abnormalities was reduced, although not significantly. However, the HOMA-IR index was significantly reduced in Arms A ($p < 0.0001$) and B ($p < 0.05$), with Arm A showing a significant reduction in the insulinogenic index ($p < 0.05$). Finally, the disposition index was significantly improved in Arms A ($p < 0.0001$) and B ($p < 0.05$).

- **ВЫВОДЫ:**
- LGI диеты, в частности, связанные с использованием Policaptil геля ретард, может уменьшить увеличение веса и улучшение метаболических параметров синдрома и резистентности к инсулину у тучных детей и подростков с семейной историей ожирения и СД2.
- **CONCLUSIONS:**
- A LGI diet, particularly associated with the use of Policaptil Gel Retard, may reduce weight gain and ameliorate the metabolic syndrome and insulin-resistance parameters in obese children and adolescents with family history of obesity and T2DM.



Интернет желісіндегі ссылкалар

- <http://www.ncbi.nlm.nih.gov/pubmed>
- <http://www.ncbi.nlm.nih.gov/pubmed/25774705>



СПАСИБО ЗА
ВНИМАНИЕ =)

