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The effect of ginger powder on blood glycemia, blood lipidemia and body composition on adults at risk for cardiovascular diseases: A controlled, randomized, single blind and parallel-design study

Recently 42% of the population in the United Arab Emirates (UAE) was diagnosed with metabolic syndrome (MetS), while the prevalence of the MetS in the Gulf Cooperation Council Countries (GCC) is 10-15% higher than in the most developed countries, with generally higher prevalence rates for women. Recent studies proved that ginger may have an effect in reducing the metabolic syndrome factors as well as the cardiovascular diseases risk factors. More studies proved the anti-lipidemic, anti-oxidative, anti-inflammatory and antitumor effects of ginger; therefore it could be used for the management and prevention of the MetS problems. Objectives were to measure the effect of ginger powder on fasting blood glucose (FBG), hemoglobin (Hb), hemoglobin A1c (HbA1c), triglycerides (TG), high density lipoprotein (HDL), low density lipoprotein (LDL), blood pressure (BP), waist circumference (WC) and body composition in participants at risk for cardiovascular diseases. The study is a controlled, randomized, single blind and parallel-design study. 60 participants who are at risk for cardiovascular diseases were randomly distributed into 2 treatment groups, the first group was the ginger powder group while the second group was a placebo-control (corn starch) group. 3 grams per day of each treatment was ingested by the participants for 12 weeks. 42 participants continued the study from both groups (22 Ginger, 22 Placebo); there was a significant improvement in Hb levels and WC (P-value<0.05). While it showed an improvement in HbA1c levels and diastolic blood pressure levels for the ginger group compared to the placebo group. Ginger powder has a significant effect on improving Hb and WC and it showed an improvement in HbA1c levels and diastolic blood pressure levels for individuals at risk for CVD.

Biography

Ayesha Salem Al Dhaheri is currently a Chairperson of the Nutrition and Health Department at the United Arab Emirates University. She is the Coordinator for MEFOODS and GULFOODS for FAO-Rome. She has also served as the Head of the World Health Organization (WHO) Collaborating Centre in Nutrition from 2012-2015. She has conducted significant research in nutrition and has experience as a Consultant in major research/projects in her field with national and international agencies such as MOH, HAAD, WHO, FAO and ICCIDD. She has been recognized by the World Health Organization as a Regional Facilitator for the introduction and dissemination of the WHO growth curves since February 2007.

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