

20th European Cardiology Conference

October 16-18, 2017 | Budapest, Hungary

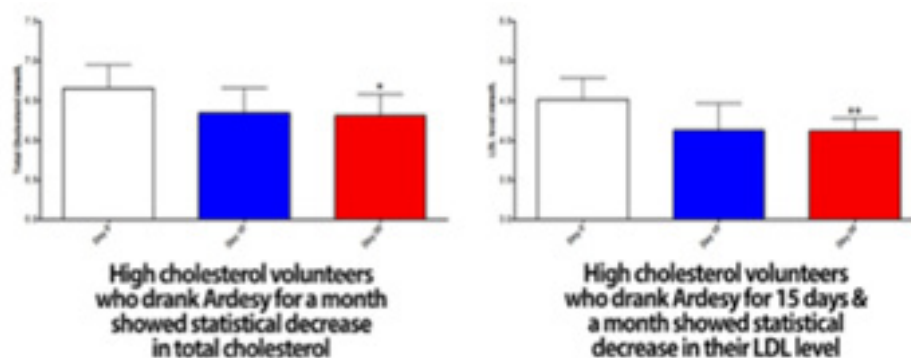
Mineral water rich in bicarbonates reduces serum cholesterol in moderate risk cholesterol males

Lysia Gressida¹ and Natalia Liem²

¹Krida Wacana Christian University Indonesia

²Singapore General Hospital (SGH), Singapore

According to World Health Organization (WHO), the mortality from coronary heart disease in Indonesia reached 138,380 or 10% of total deaths per year in 2014. Dyslipidemias are disorders of lipoproteins, that can be manifested by the elevation of serum total cholesterol, low-density lipoprotein (LDL) cholesterol, and triglyceride concentrations, and a decrease in the high-density lipoprotein (HDL) cholesterol concentration. Hydropinic therapy (drinking of mineral water), in particular water that is rich in natural bicarbonate, has shown to have an effect in reducing cholesterolaemic and lipaemic levels by increasing the lipoprotein metabolism. This study compares the consumption of a mineral water that is rich in natural bicarbonate (ARDESY, France) (MWH), versus a marketed mineral water that is low in bicarbonate (MWL), and their effects in lipoprotein metabolism in high cholesterol males subjects. Twenty-two males with elevated serum total cholesterol and a mean BMI of between 23.9 (± 4.4) kg/m² were randomized into 2 groups. Each group received either (MWH) (n=14) (sponsored by ARDESY, France), or MWL (n=8). Subjects drank 1.25 liter of designated water per day for 28 weeks. Three visits were planned at the clinical center post screening, which included first day before mineral water was consumed (V1), 15th day (V2), and 29th day (V3). Results indicated that there was significant reduction in serum total cholesterol ($p=0.002$) and LDL cholesterol ($p<0.001$) in subjects drinking MWH, but not in the MWL group. There was no significant change in BMI, blood pressure, and urine pH. In conclusion, regular consumption of rich bicarbonated water can significantly lower total cholesterol and LDL-c in moderate risk cholesterol males. Validation in randomized control trials is currently underway.



Biography

Lysia Matius Gressida graduated with Bachelor of Medical Science from the Christian University of Krida Wacana, Indonesia in February 2011, and later earned her General Practitioner degree in November 2012. Dr. Lysia currently works as a General Practitioner in Primary healthcare under the Ministry of Health, Indonesia. Dr. Lysia is a registered member of the Indonesian Medical Association. Her experiences included, internship program in Tondano, North Sulawesi, certified courses in Advanced Cardiology, Trauma, and Neurology Life Support. Her primary interests are in preventive medicine and she has a personal advocacy in promoting awareness of maintaining healthy lifestyles through patients' education.

lysiamgressida@gmail.com

Notes: