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Asia Pacific Journal of Clinical Nutrition

Volume 16, Issue 2, June 2007, Pages 262-268

Association between serum CRP concentrations with dietary intake in healthy and dyslipidaemic patients

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Abstract

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Serum CRP concentrations are elevated in subjects at risk of coronary events and in subjects with metabolic syndrome. Although dietary fat and antioxidants are known for their immune-modulating actions, their reported effects on CRP concentrations have been inconsistent. In the present study we have investigated whether dietary constituents are associated with serum CRP concentrations in healthy subjects and patients with dyslipidaemic. Dyslipidaemic subjects (n=238) were recruited from Hospital Outpatient Clinics in Guildford, UK. Apparently healthy subjects (n=188) were recruited from amongst adjacent University and Hospital employees. A validated food frequency questionnaire was used to estimate dietary intake. Dyslipidaemic patients had higher serum CRP [1.25 (0.42-3.26) mg/L] than control subjects [0.50 (0.17-1.42) mg/L] (p<0.001). In the dyslipidaemic patients, approximately 4% of the variation in serum CRP could be explained by dietary cholesterol intake (p = 0.015, 2.8%), and weakly by dietary vitamin C intake (p = 0.06, 1.2%). No relationship between dietary constituents and serum CRP concentrations was found among the healthy subjects. Hence the present study shows that serum CRP concentrations are increased in patients with classical coronary risk factors, and that they may be modulated by dietary cholesterol.

Author keywords

Atherosclerosis; CRP; Dietary intake; Dyslipidaemia; Inflammation

Indexed Keywords

EMTREE drug terms: ascorbic acid; C reactive protein; vitamin

EMTREE medical terms: article; blood; case control study; cholesterol intake; coronary artery disease; diet; dyslipidemia; exercise; female; human; male; metabolism; multivariate analysis; physiology; questionnaire; risk factor; smoking; United Kingdom

MeSH: Ascorbic Acid; C-Reactive Protein; Case-Control Studies; Cholesterol, Dietary; Coronary Disease; Diet; Dyslipidemias; Exercise; Female; Great Britain; Humans; Male; Multivariate Analysis; Questionnaires; Risk Factors; Smoking; Vitamins

Medline is the source for the MeSH terms of this document.

Chemicals and CAS Registry Numbers: ascorbic acid, 134-03-2, 15421-15-5, 50-81-7; C reactive protein, 9007-41-4; Ascorbic Acid, 50-81-7; C-Reactive Protein, 9007-41-4; Cholesterol, Dietary; Vitamins

ISSN: 09647058 Source Type: Journal Original language: English

PubMed ID: 17468081 Document Type: Article

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