



## Study of the Iron Chelating Effect of Green Tea in Smear Positive TB Patients using Sputum Smear, Serum Malondialdehyde and Blood Iron Indices

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### Abstract:

Green tea with possessing iron chelating properties can be useful in TB treatment and management. We studied the effect of green tea consumption on iron status and improving process of pulmonary tuberculosis treatment (accelerating the negative sputum smear, reducing the level of oxidative stress). Following the approval by Ethics Committee for Human Studies of Golestan and Tehran Universities of Medical Sciences and also obtaining the written consent of patients, this double-blinded randomized clinical trial study, was conducted on patients with TB, who were assigned randomly to the intervention group (41 patients) receiving 500 mg catechin of green tea extract and the control group (39 subjects) receiving placebo for two months, since the beginning of concomitant anti-TB treatment. Sputum evaluation was carried out on three slides using the Ziehl Nelson method. At first, the demographic and dietary intake data were obtained. After obtaining 10 ml of venous blood, Hemoglobin (Hb), Transferrin, Ferritin, Total iron binding capacity (TIBC), Iron and Serum malondialdehyde (MDA) were measured at the beginning and end of the study. Sputum samples were collected from the third week (every 10 days) and the reduction of microbial load was also tested until sputum smear became negative. Data were processed using independent and paired *t*-test, McNemar, Wilcoxon, Kaplan-Meier, Log-rank test and Cox regression model. P-value was taken significant as  $<0.05$ . Average daily energy intake of patients was  $1518 \pm 431$  kcal, distribution of which was as follow: carbohydrates (58%), protein (17%) and fat (22%). Vitamin D and Zinc intake of patients were less and iron intake was higher than the DRI. Weight changes in both groups of placebo and green tea had tendency of increase with a significant difference at two and six month follow ups ( $p < 0.0001$ ). However, there were no significant changes due to intervention compared to placebo.

### Biography:

Shahryar Eghtesadi received Bachelor degree in Nutrition Science and Food Chemistry 1975, from Shahid Beheshti University of Medical Sciences, Tehran; MSPH degree in Nutrition, 1977, from Tehran University of Medical Sciences, Tehran and PhD from University of California at Davis (UCD), USA, in Nutrition (1985). He served as Visiting Scientist in USDA Human Nutrition Research Center on Aging (HNRCA), at Tufts University, Boston, USA (1994-1995); Full professor of Tabriz,



Iran and Tehran Universities of Medical Sciences and currently serves as Professor of Azad University, Science & Research Branch. He was the chairs of Departments of Nutrition and Biochemistry, Biochemistry & Clinical Nutrition, Public Health Nutrition and Nutrition in aforementioned Universities. Also Served as Associate Dean and Dean of School of Public Health & Nutrition and School of Public Health of Tabriz and Iran Universities of Medical Sciences respectively. He was selected as distinguished professor and Scientist in preceding universities. For long and extended period of time, experienced teaching various courses in nutrition in undergraduate, graduate and postgraduate and international Bureau programs and directed many projects and dissertations of MS and PhD programs and Published numerous peer reviewed articles in journals and also edited several books and finally served as Principal Investigator of World Bank Project for Capacity Building in Nutrition in Iran.

### Recent Publications:

1. Effect of turmeric on glycemic status, lipid profile, hsCRP, and total antioxidant capacity in hyperlipidemic type 2 diabetes mellitus patients, Volume 33, Issue 4 April 2019 Pages 1173-1181.
2. The effect of hesperidin supplementation on indices of glucose and lipid, insulin levels and insulin resistance in patients with type 2 diabetes: a randomized double-blind clinical trial, Volume 23, Issue 143 (5-2016)
3. The Relationship between Obesity, Overweight, Emotional Intelligence, and Intelligence Quotient (IQ) of 9-12 Years Old Students of Districts 1 and 19 in Tehran City, Volume 14, Issue 1 (Spring 2019)

Webinar on Infectious Disease and Health care 2020 | May 25, 2020 | Paris, France

Citation: Shahryar Eghtesadi; Study of the Iron Chelating Effect of Green Tea in Smear Positive TB Patients using Sputum Smear, Serum Malondialdehyde and Blood Iron Indices, Infectious Disease 2020, Paris, France