



Twelve weeks consumption of fortified dairy product improves insulin like growth factor levels in older adults with sarcopenia: A double-blind randomized controlled trial.

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Abstract:

Aging process is associated with altered anabolic hormones secretion (e.g., growth hormone, and insulin-like growth factor (IGF-1)) and increased pro-inflammatory cytokines which might lead to progressive decline in muscle mass and strength. Nutritional intervention might influence on sarcopenia progression through the anabolic stimuli of specific nutrients. Thus, this study evaluated the hypothesis that fortified yogurt might result in improvements in anabolic and inflammatory biomarkers. A total 66 sarcopenic older adults received either fortified yogurt contained 3 g HMB and 1000 IU vitamin D3) in the intervention group or plain yogurt in control group for 12 weeks. At baseline and after 12 weeks, serum concentrations of 25-hydroxy vitamin D, insulin like growth factor-1(IGF-1), C-reactive protein (hs-CRP), malondialdehyde (MDA) and insulin were measured. Homeostatic model assessment of insulin resistance (HOMA-IR) was also derived. After 12 weeks of intervention, significant increases in 25-(OH) vitamin D.

Biography:

Zahra Sohrabi has completed her PhD from Shiraz University of Medical Sciences (SUMS- School of Nutrition and Food Sciences) and she is currently working in the community nutrition department of SUMS as an assistant professor.



Recent Publications:

1. The Association Between TP53 rs1625895 Polymorphism and the Risk of Sarcopenic Obesity in Iranian Older Adults: A Case-Control Study, Nima Montazeri-Najababady, Mohammad Hossein Dabbaghmanesh, Nasrin Nasimi, Nazanin Chatrabnous
2. Serum cytokeratin 18 level is associated with dietary intake and serum triglycerides level in hemodialysis patients, Neda Haghghat, Morteza Zare, NaderMoein Vaziri, Maryam Shafei
3. Renal Data from the Arab World Serum Cytokeratin 18 Level is Associated with Dietary Intake and Serum Triglycerides Level in Hemodialysis Patients, Neda Haghghat, Morteza Zare, Zahra Sohrabi

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