

The influence of Mediterranean diet and Standard Hypolipemic Diet on weight reduction in obese patients- our experience

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INTRODUCTION

High adherence to the traditional Mediterranean dietary pattern is associated with a lower prevalence of obesity in Mediterranean population (1, 2). There are some differences in Mediterranean dietary patterns among different Mediterranean countries. However, we have no evidence of Croatian (Dalmatian) Mediterranean diet (MD) influence on weight reduction in obese patients. Our aim was to explore the effect of MD on weight reduction in obese patients.

METHODOLOGY

Patients at the outpatient Clinic of Department of endocrinology, diabetes and metabolism disorders at the Dubrava University Hospital were randomly assigned to either MD or Standard hypolipemic diet (SHD). Both groups received counselling and education from two dietitians, two clinical pharmacists and two endocrinologist during the initial week at the Daily hospital. Weight, height and waist circumference were obtained at the baseline (day 1), after 7 days, 1, 3 and 6 months of the dietary program. Data were entered into SPSS version 14.0 (SPSS Inc, Chicago, III) and analyzed.

RESULTS AND DISCUSSION

After 6 months of diet intervention, both groups had a significant decrease in body weight, body mass index (BMI) and waist circumference. Mean decrease in body weight, BMI and waist circumference for the MD group was: 14,1 kg ($p < 0.001$), 12,9 kg/m³ ($p < 0.001$) and 10,8 cm ($p < 0.001$), respectively, while for SHD group these values were: 10,4 kg ($p < 0.001$), 7,9 kg/m³ ($p < 0.001$) and 7,8 cm ($p < 0.001$), respectively. Out of those who completed the 6-month program, 51 participants accomplished a target decrease of 5-10% of the initial body weight. Weight gain, withdrawals and inconsiderable weight loss was observed in 26 patients pertaining to MD group and 24 patients pertaining to SHD group. On the other hand, within the first week in the Daily hospital, in controlled conditions, all participants with an exception of one lost between 1-7 kg.

CONCLUSIONS

Both diets showed beneficial effect on weight reduction with no significant difference between them. Higher beneficial effect in the first week emphasizes the importance of controlled conditions and the impact of group support.

References:

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