

## REGULATION OF THE LIPID STATUS

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**Background:** Untreated high lipid-status is a disease of high morbidity rate and early mortality, because it is commonly the cause of cardiovascular and cerebrovascular disease. This is the global problem for the societies of many countries and also for Serbia.

All over the world there are small number of people who follow exercising regularly and mediterranean food. Mediterranean food consists of a healthier balance between omega-3 and omega-6 fatty acids, and many studies have shown that people who follow this food are less likely to develop heart disease. It also contains another fatty acid, omega-9 fatty acids, which have been reported to help lower risks associated with cancer and heart disease. The mediterranean food does not include much meat (which is high in omega-6 fatty acids) and emphasizes foods rich in omega-3 fatty acids, including whole grains, fresh fruits and vegetables, fish, olive oil, garlic, as well as moderate wine consumption.

All other people have to take nutritional supplements, because the global problem is bad lifestyle, which cause chronic condition of high body mass index (obesity) and high lipid-status of people of both gender. Symptoms of omega-3 fatty acid deficiency include heart problems, poor memory, mood swings or depression, poor circulation and some other problems.

To prevent cardiovascular and cerebrovascular disease it is necessary for most people to apply exercising regularly and to take regularly various »NOW« supplements for a healthy heart, circulation and good lipid-status. Multivitamins, omega-3/fish oils and vitamin C are the best prevention.

**Aims:** The regulation of the lipid-status by Omega 3 1000mg-»NOW« nutritional supplements and statin therapy for no-smoking patients with the high lipid-status of both gender.

**Method:** Our study was research 90 (100%) patients: 50 (55,5%) men and 40 (44,5%) women, with high lipid-status aged 40-69 years:

	40-49-aged	50-59-aged	60-69-aged
men	18	15	17
women	16	13	11

Combine drug therapy for all groups were nutritional supplement Omega 3 1000mg X 3 »NOW» and statin 10-40 mg daily during six-month.

**Results:** At the **first**-examination, average **cholesterol** value that men had was 6,3m mol/l ; women had 6,9 m mol/l. At the **last**-examination, after the six-month pills intervention (Omega 3 1000mg X 3 »NOW» and statin 10-40 mg), holesterol values were:5,4 m mol/l for men and 5,68 m mol/l for women.

**LDL**-values, at the **first**-examination for men were 4,31 m mol/l; for women: 4,1 m mol/l. At the **last**-examination average LDL-values for men were 2,68 m mol/l, for women 2,75 m mol/l.

Average **HDL**-values at **first**-examination for men were 1,78 m mol/l, and for women 2,45 m mol/l. At the **last**-examination average HDL-values for men were 1,57 m mol/l, and for women 2,08 m mol/l.

Average **triglyceride** values for men at **first**-examination were 2,35 mmol/l and for women 2,20 mmol/l. At the **last**-examination, average triglyceride values for men were 1,60 m mol/l, and for women 1,52 m mol/l.

Average value						
	<b>Cholesterol</b> mmol/l men/ women	<b>LDL</b> mmol/l men/ women	<b>HDL</b> mmol/l men/ women	<b>Triglyceride</b> mmol/l men/ women	<b>Statin</b> mg men+women	<b>Omega 3</b> <b>1000mg</b> <b>»NOW»</b> men+women
<b>first-</b> examination 10.07.08.	6,3 6,9	4,31 4,1	1,78 2,45	2,35 2,20	20-40	3
<b>last-</b> examination 20.01.09.	5,4 5,68	2,68 2,75	1,57 2,08	1,60 1,52	10	3

**Conclusions:** The six-month therapy by omega-3 fatty acids-Omega 3 1000mg-»NOW» and statin gave positive results in regulation of the high lipid-status for patients of both gender in all age groups and the risk for cardiovascular-disease and the future unwanted events were reduced.

Prevention is **most important**. Because of that, our study have **to continue** with people with litle higher lipid-status to regulate lipid-status and prevent cardiovascular and cerebrovascular disease by daily continuity of application »NOW» nutritional supplements and exercising regularly. Multivitamins and other dietary supplements can improve or optimize people nutrient intake, those meaning is to empowe people to lead healthier lives.

**Keywords:** Lipid-status, therapy by Omega 3 1000mg-»NOW» and statin.