

INTEGMED.PL

NOWOŚCI MEDYCZNO- NUTRACEUTY CZNE

7 czerwca 2022

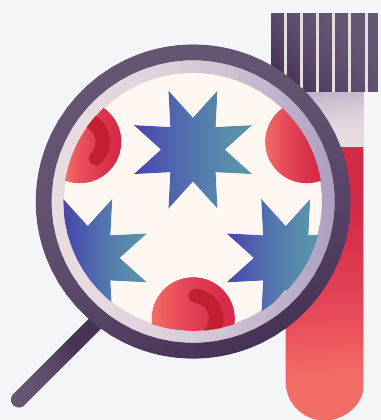


1. Niniejszy materiał ma wyłącznie charakter informacyjno-edukacyjny i nie zastępuje porady lekarskiej

2. Źródła: PMID, np. Arabia Saudyjska | 35442954

VITAL

ω -3, D ~ ✕ ↓ D
n=25000, ~ 67 l.



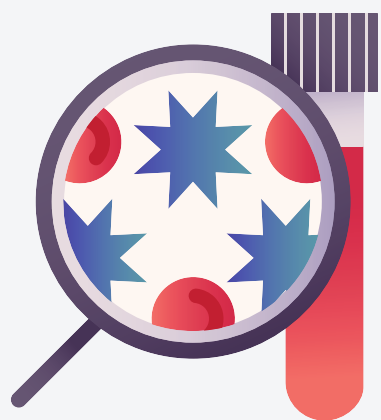
5 l., c=280
 ω -3 NS ↓
D: ↓ 30% ⇔ ω -3



HARVARD MEDICAL SCHOOL |
35082139

VITAL

ω -3, D ~ ✕ ↓ D
n=25000, ~ 67 l.



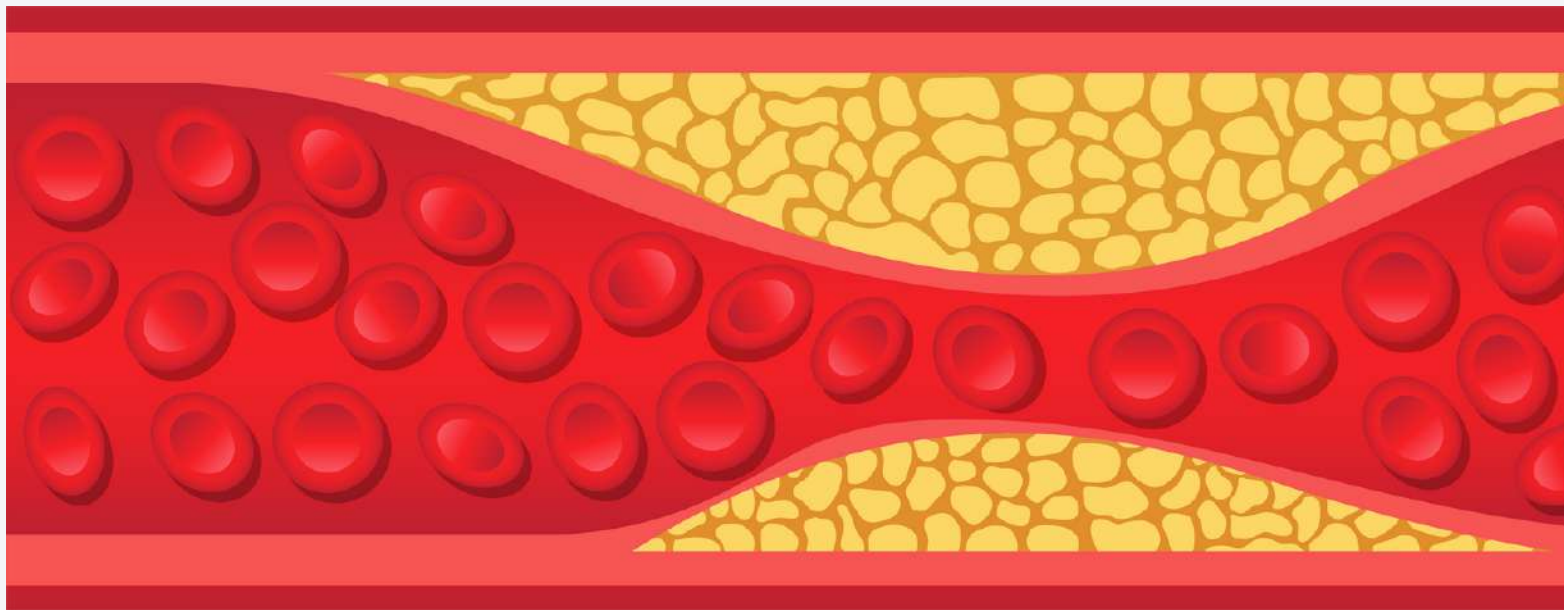
5 l., n=280
 ω -3 NS ↓
D: ↓ 30% ⇔ ω -3

prof. Karen Costenbader: 2000U + 1g



HARVARD MEDICAL SCHOOL |
35082139





n=210

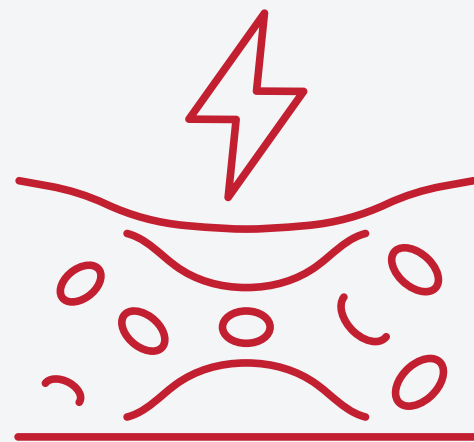
Ω -3 + ST



20% (-) EPA

15%: ↑ EPA

5%: ↑ ↑ EPA

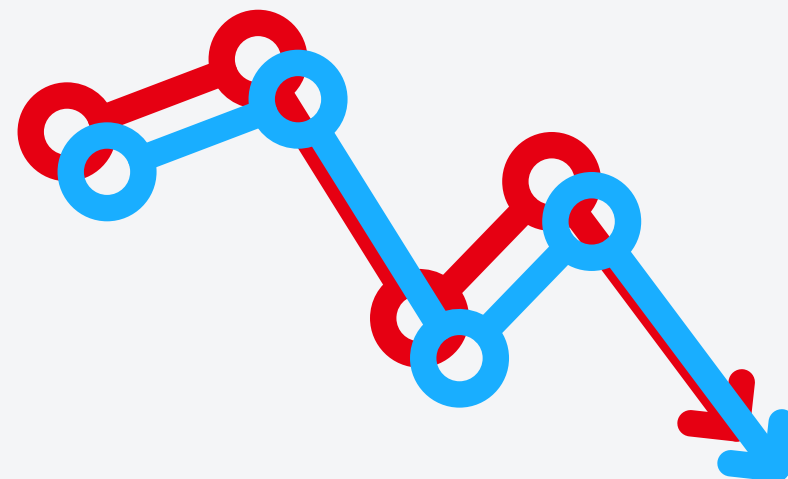


JAPONIA | 34776470

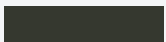
PMS



RCT, N=129



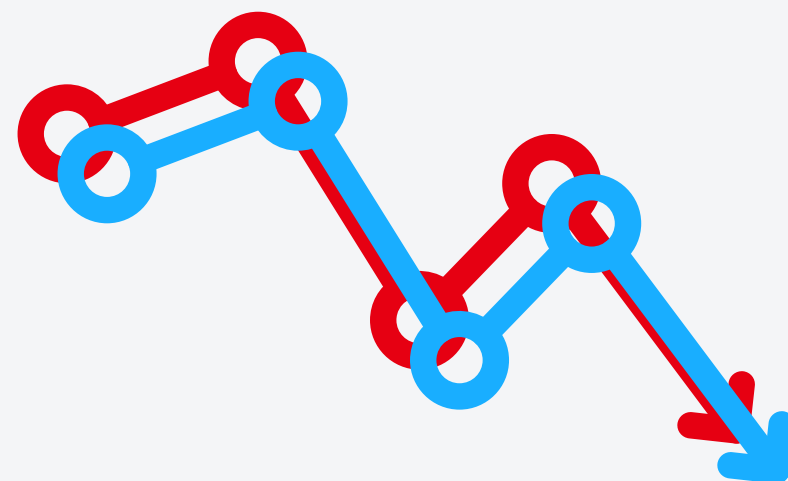
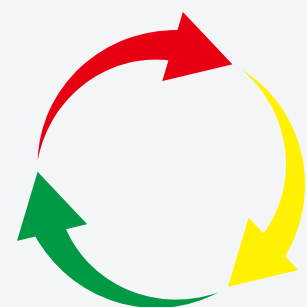
Iran | 34760020



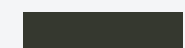
PMS

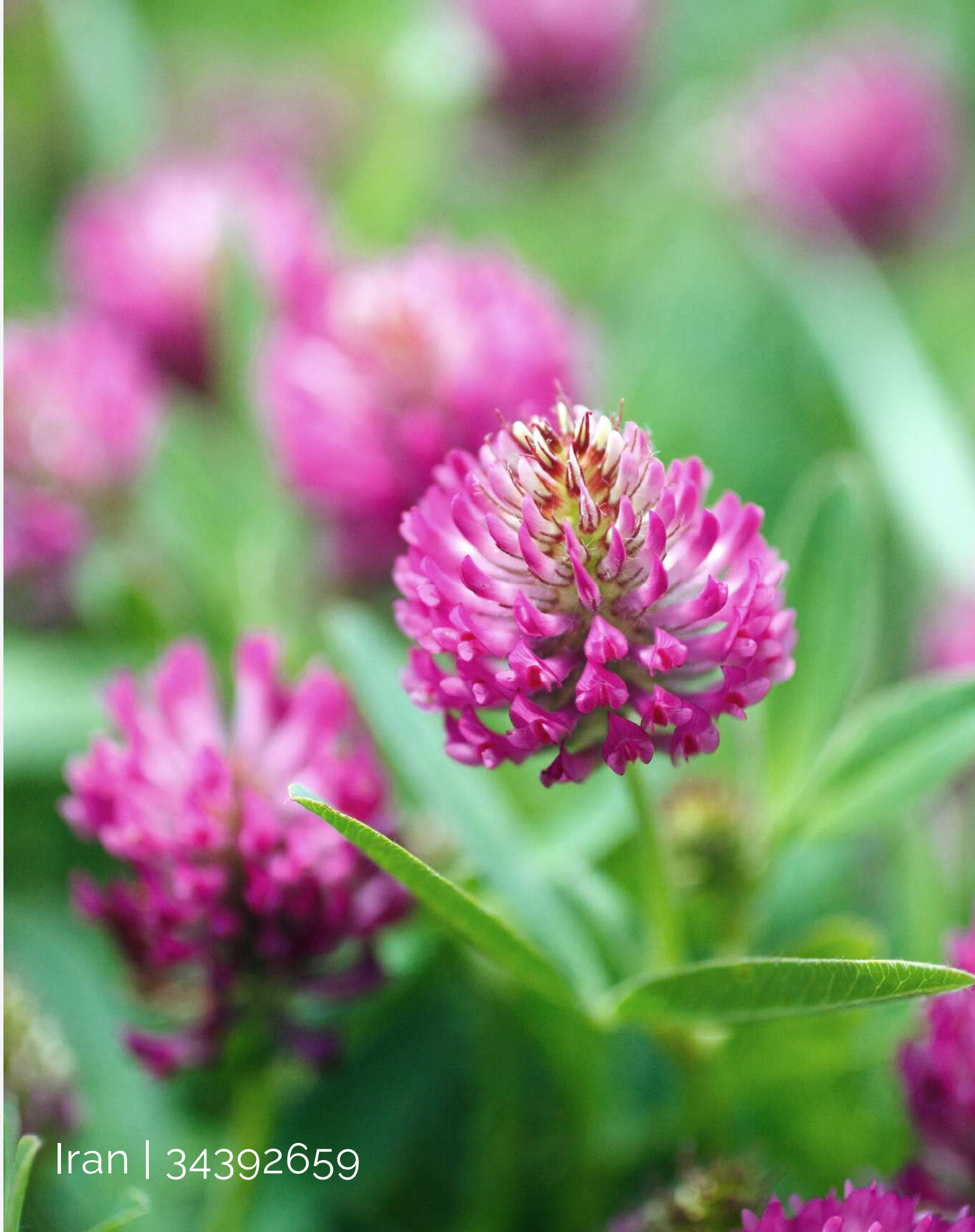


RCT, N=129



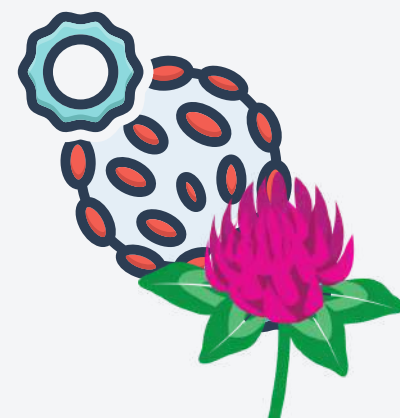
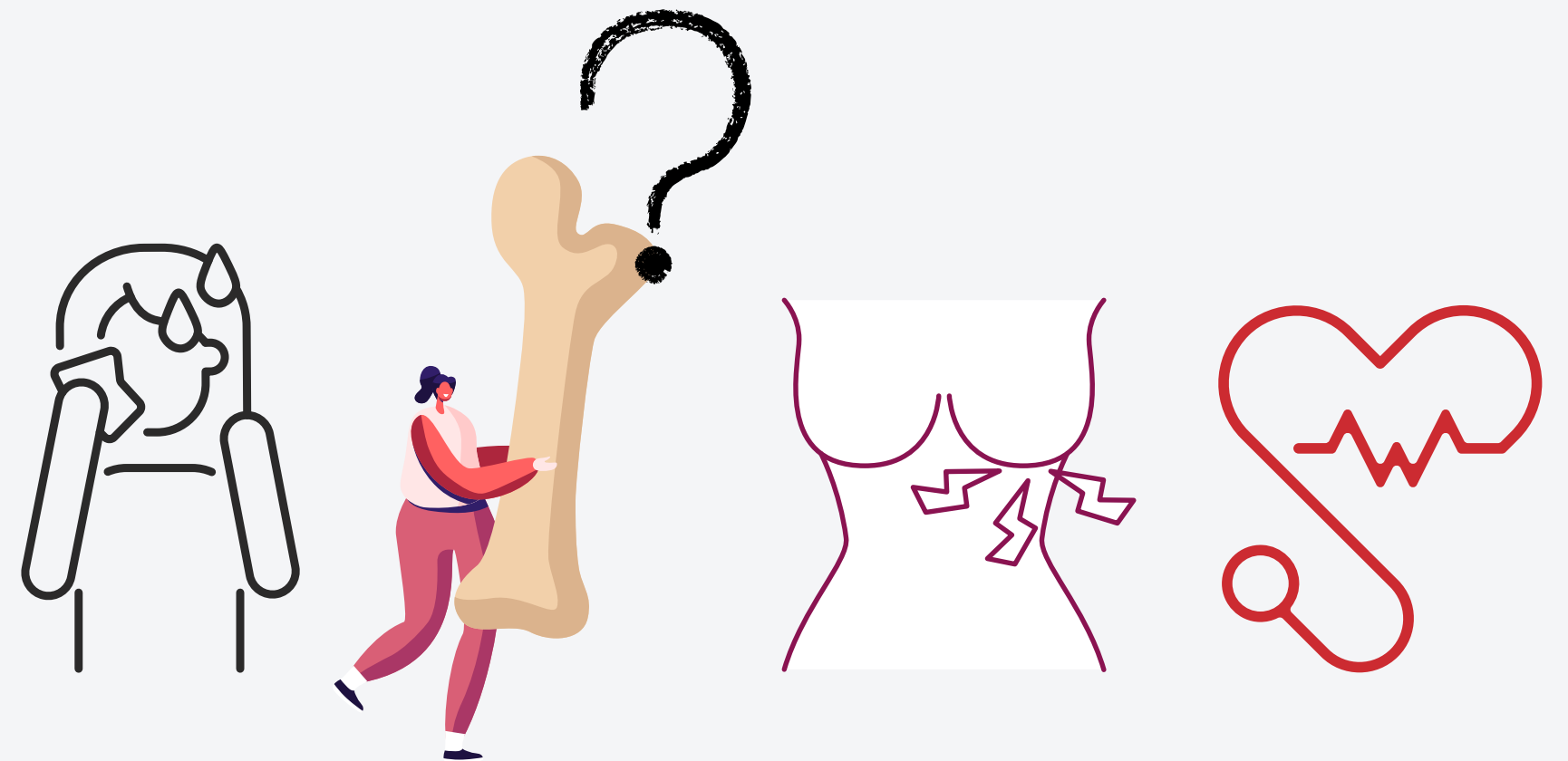
Iran | 34760020

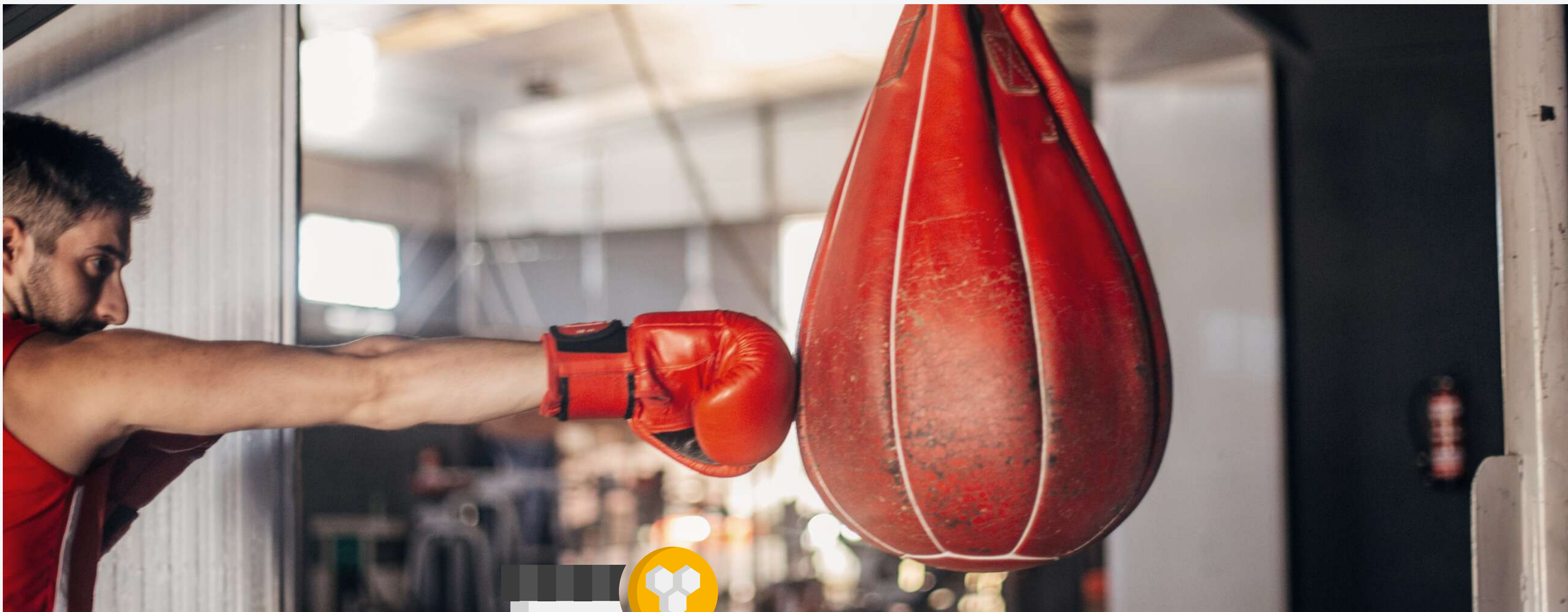




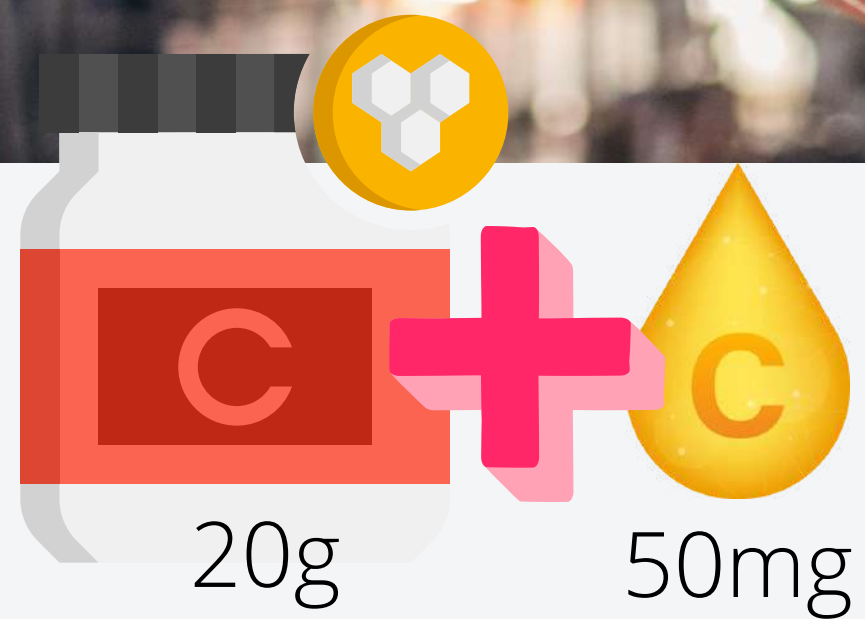
Iran | 34392659

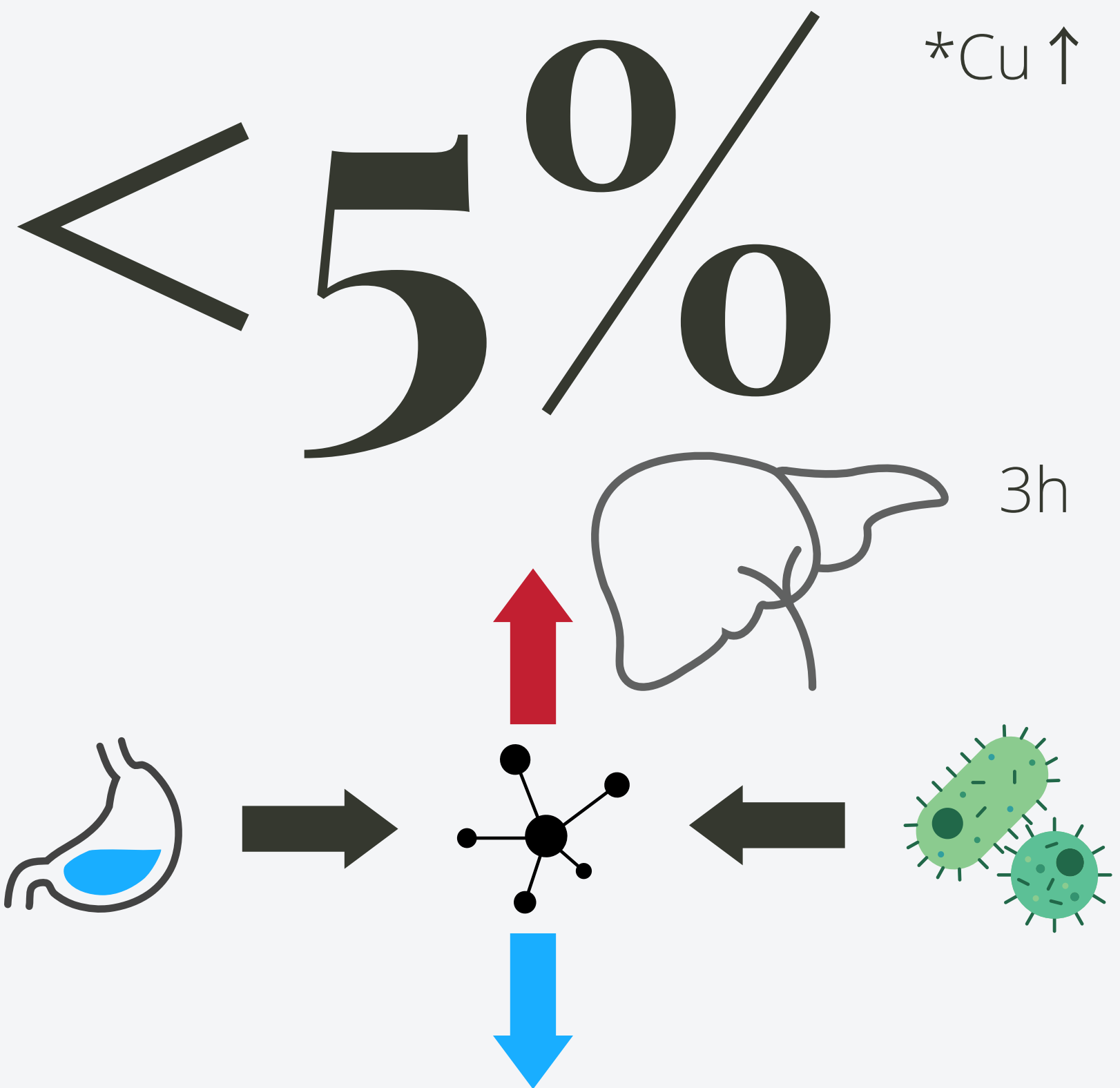
SR ~ 80 RCT

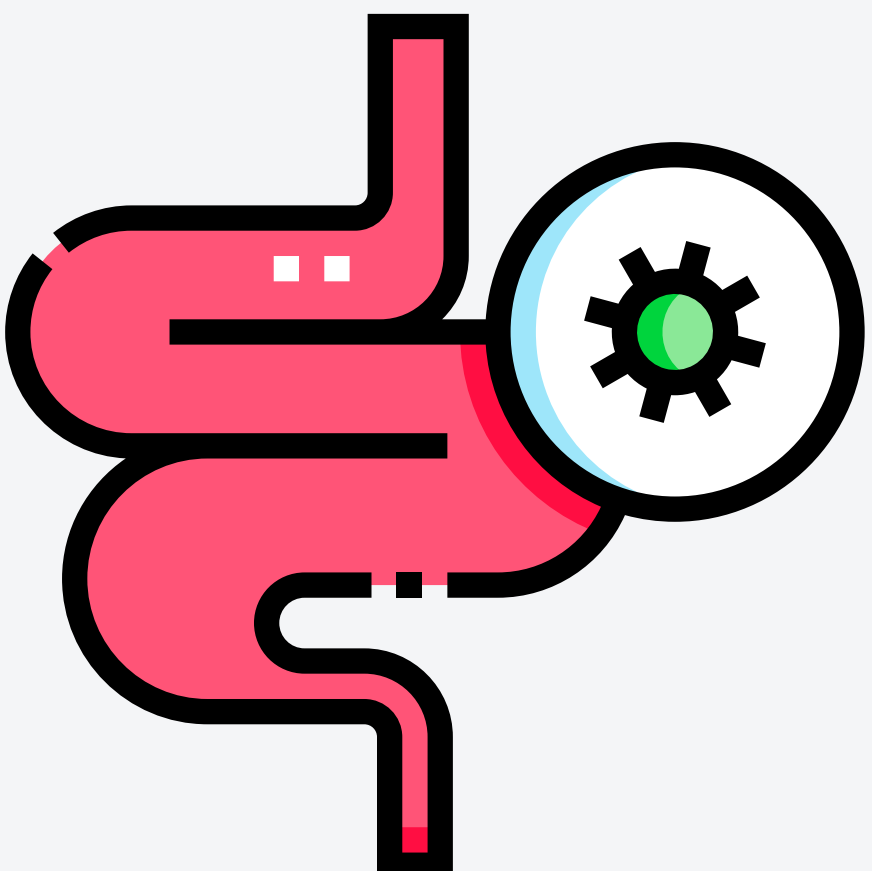
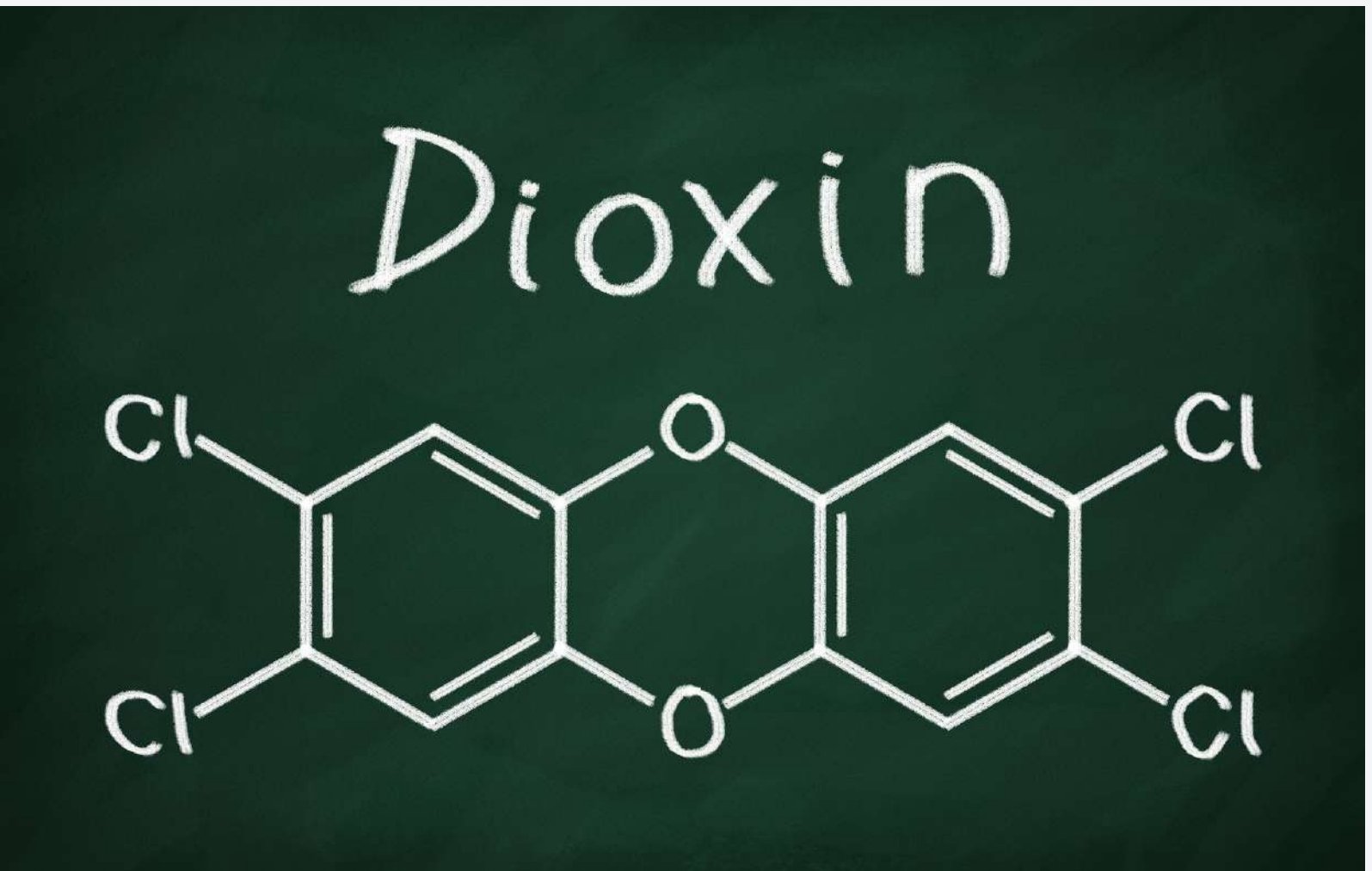


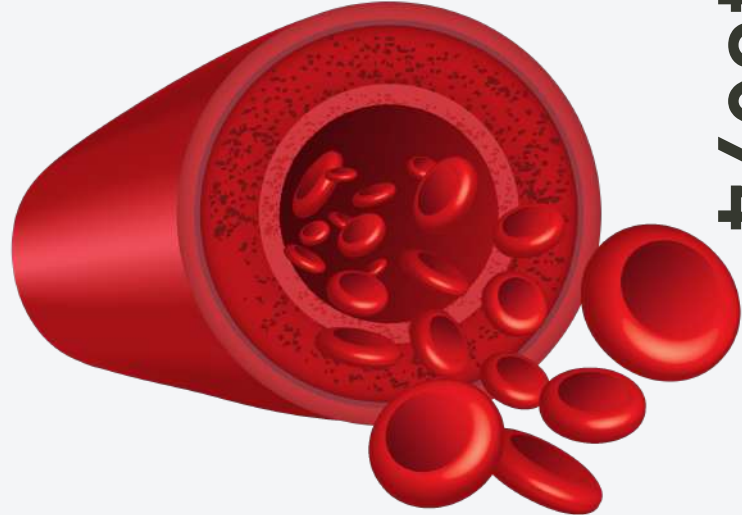


USA, Kanada | 34808597
RCT, n=50 M

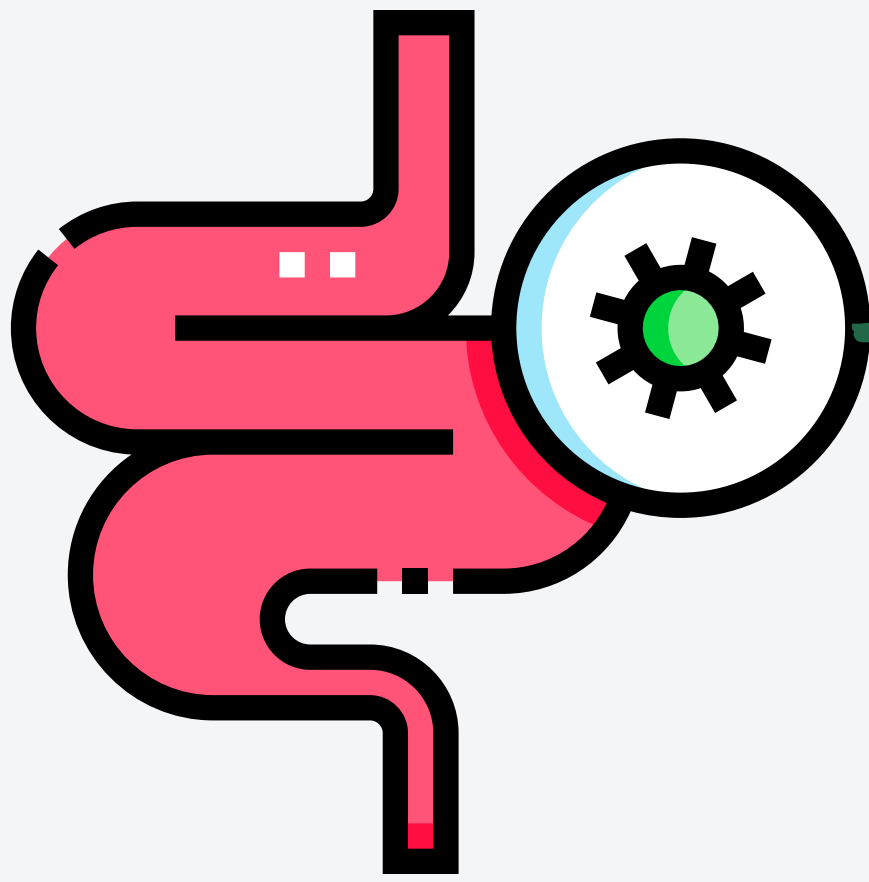




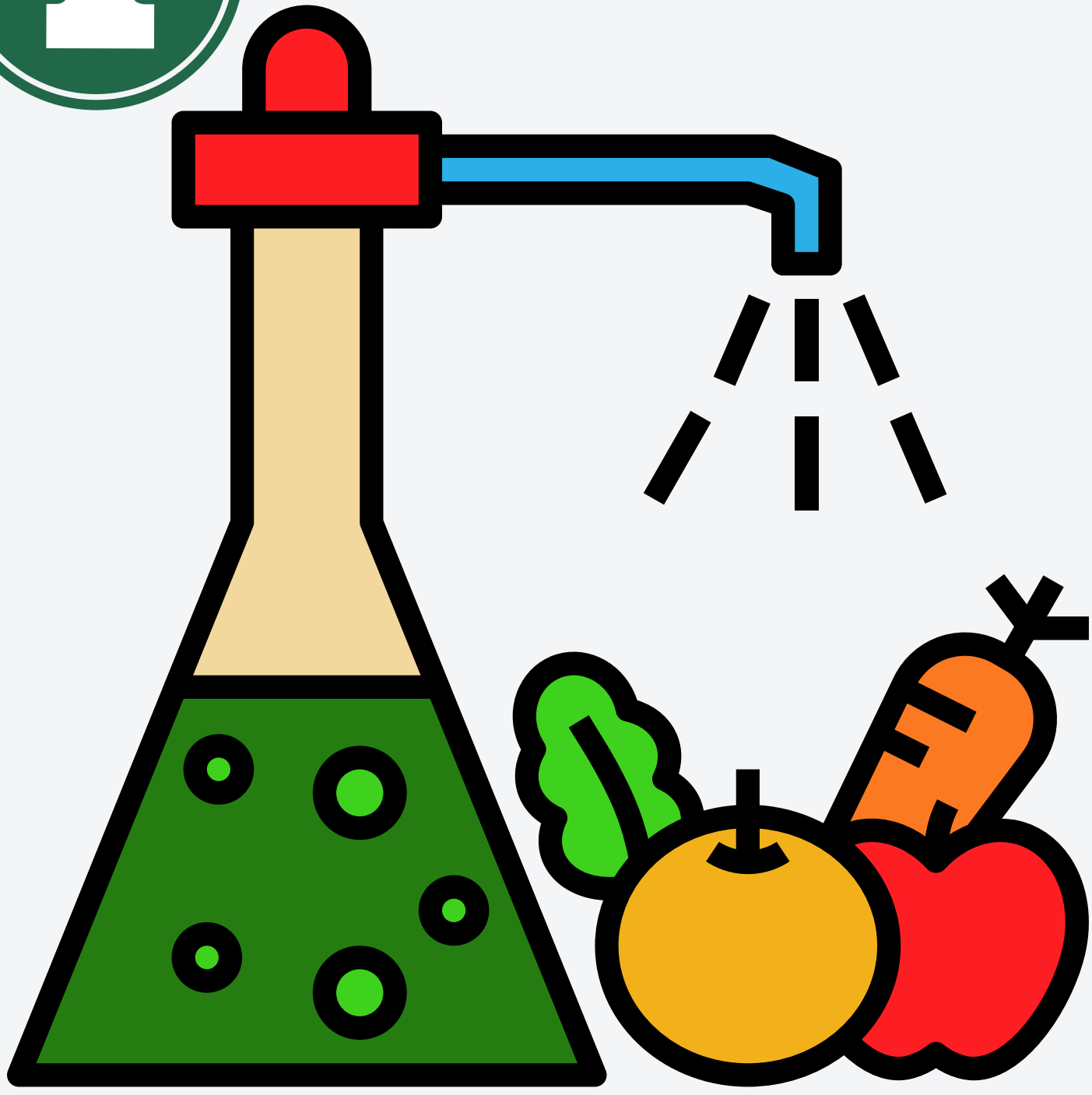




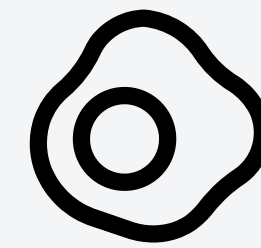
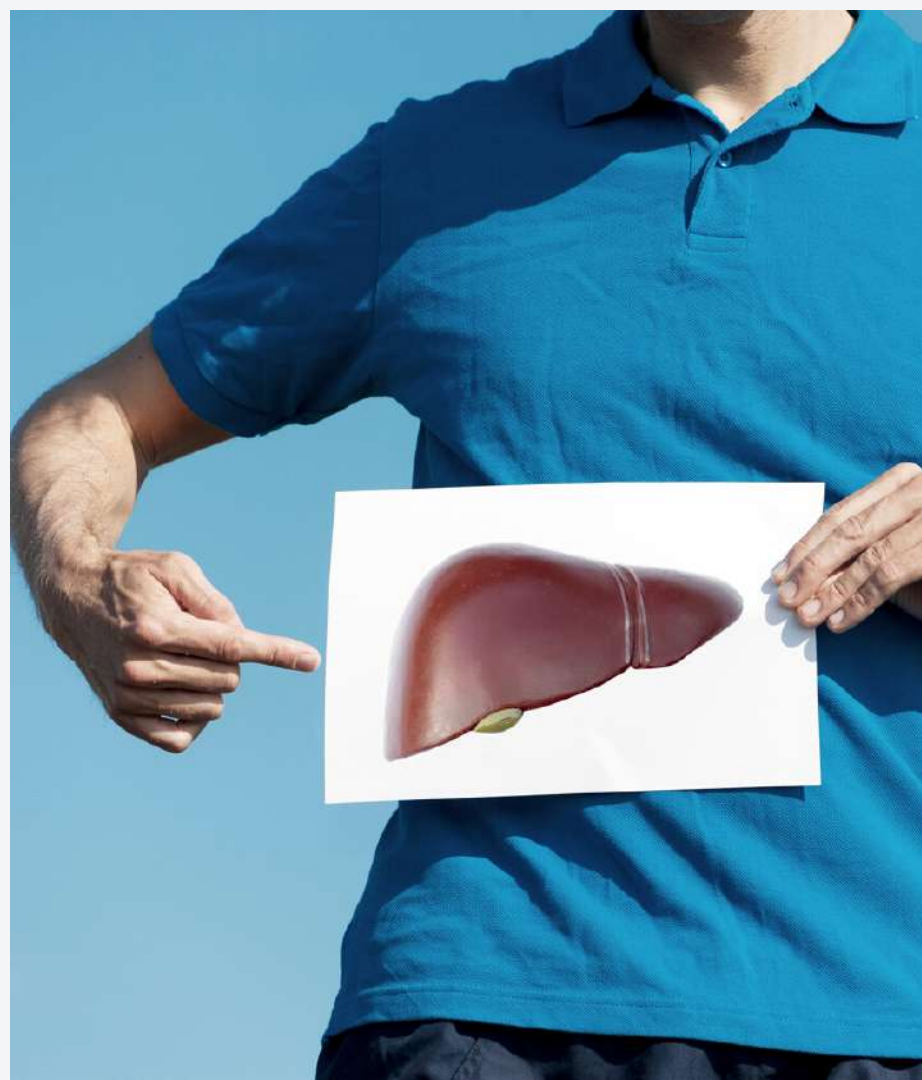
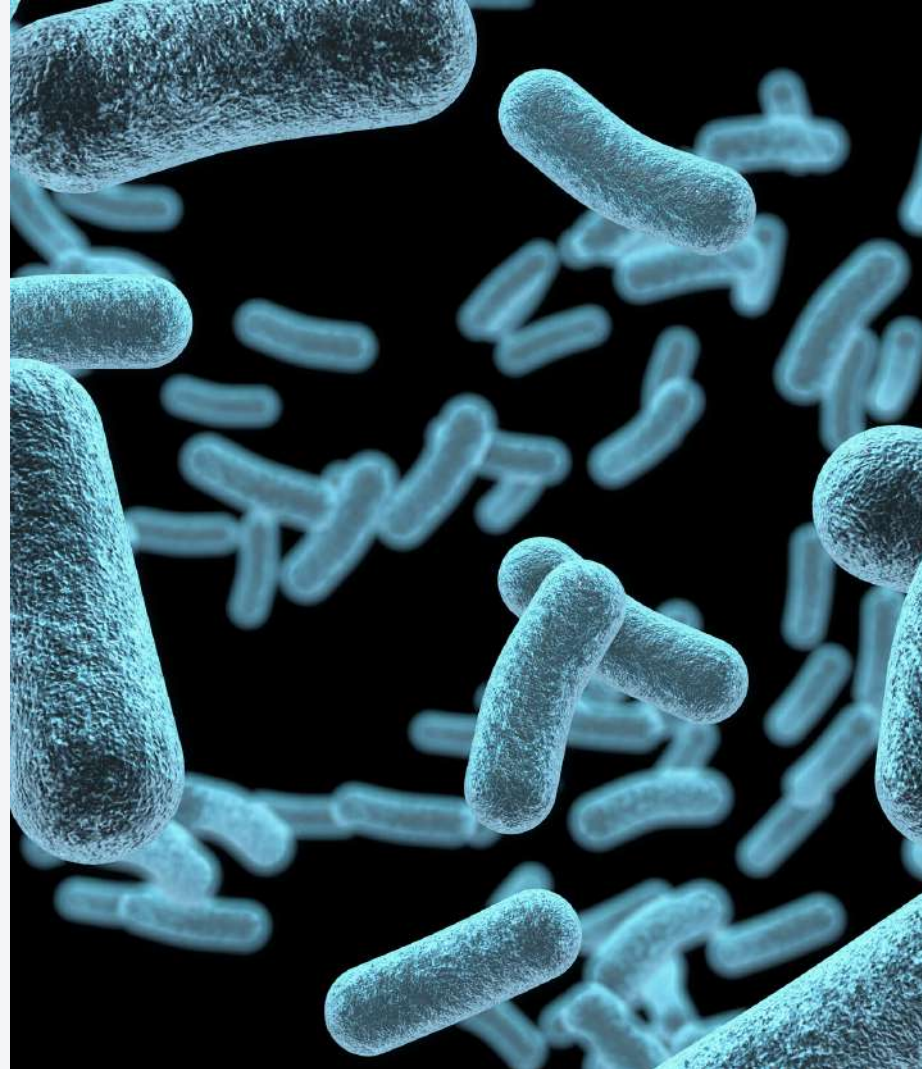
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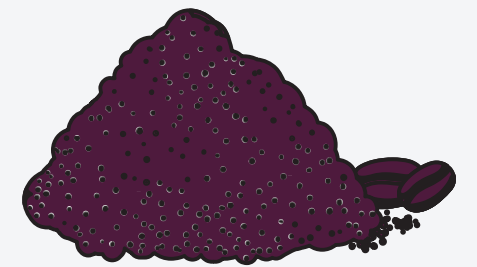
1



BEHIND THE SCENES



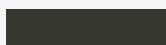
+ 46g



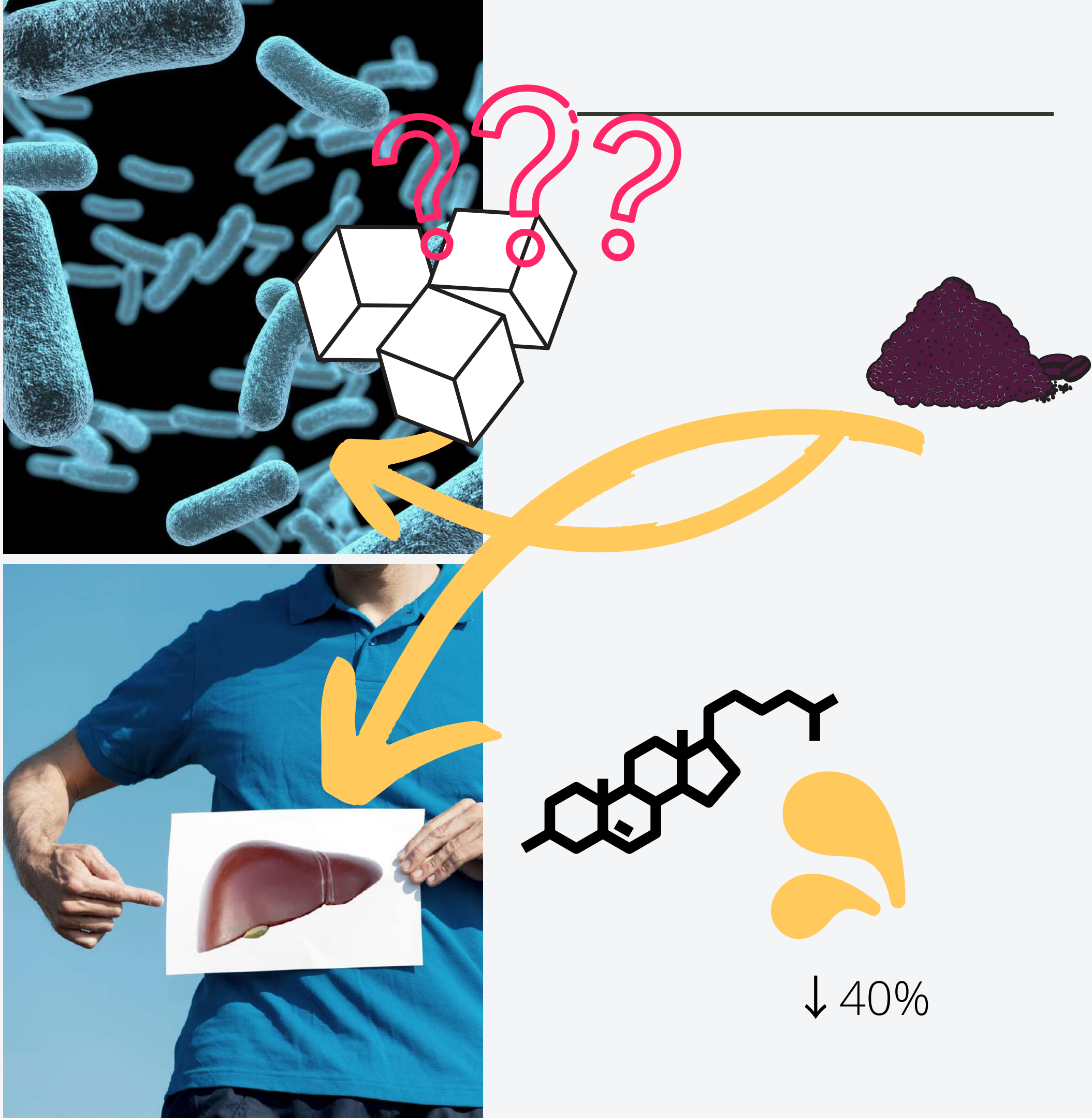
1 m.: ↑ Akkermansia,
↓ Bifidobacterium
+ ↓ TC (6%), HDL



↓ 40%



BEHIND THE SCENES

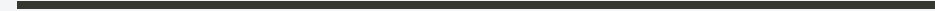




UK | 35453352

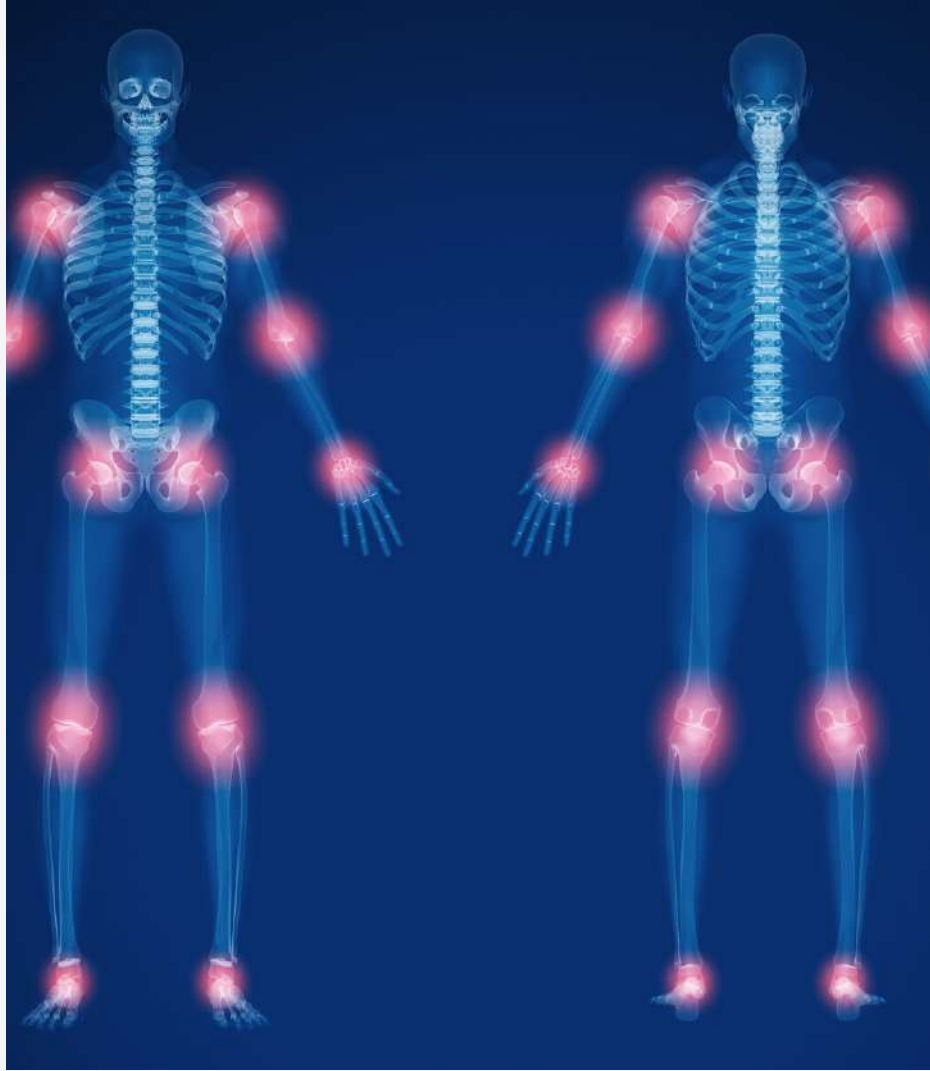
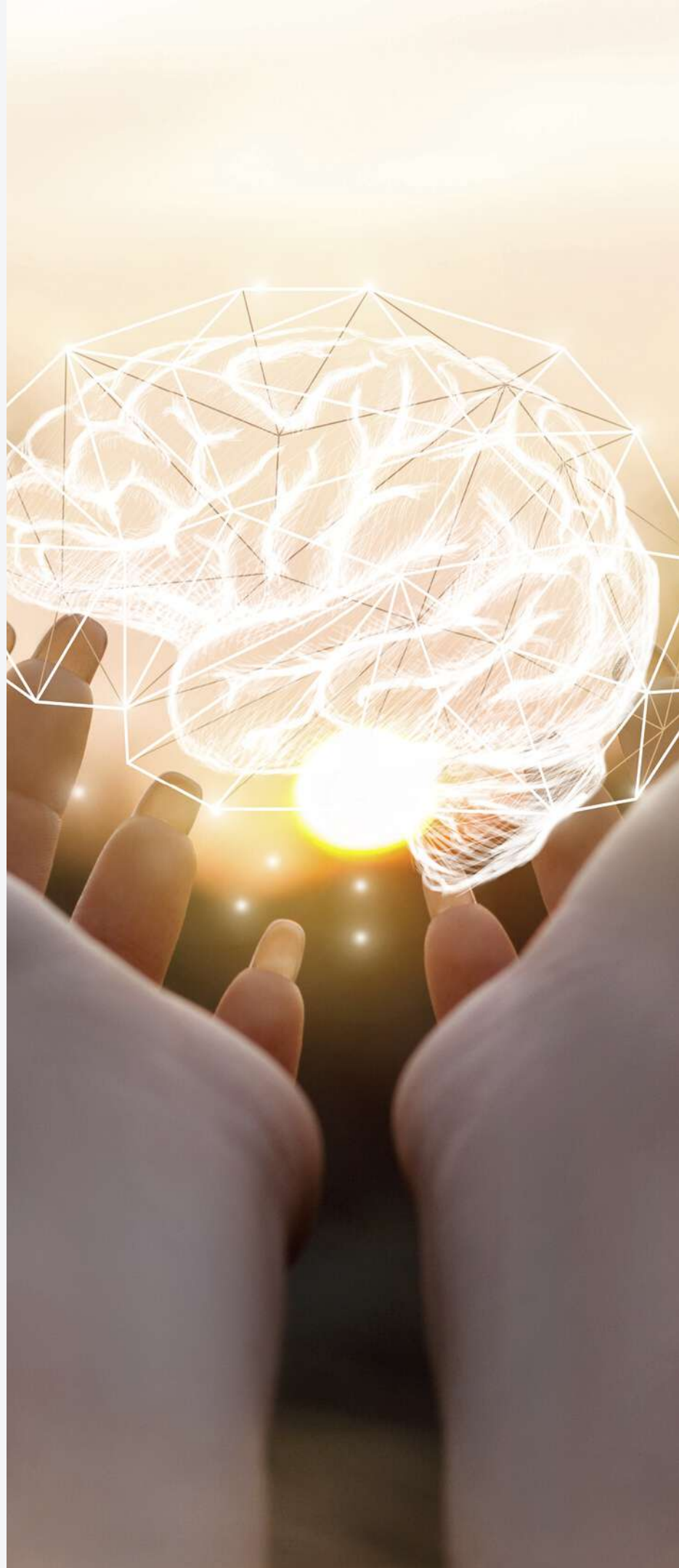


ase Control and Prevention, <http://phil.cdc.gov>

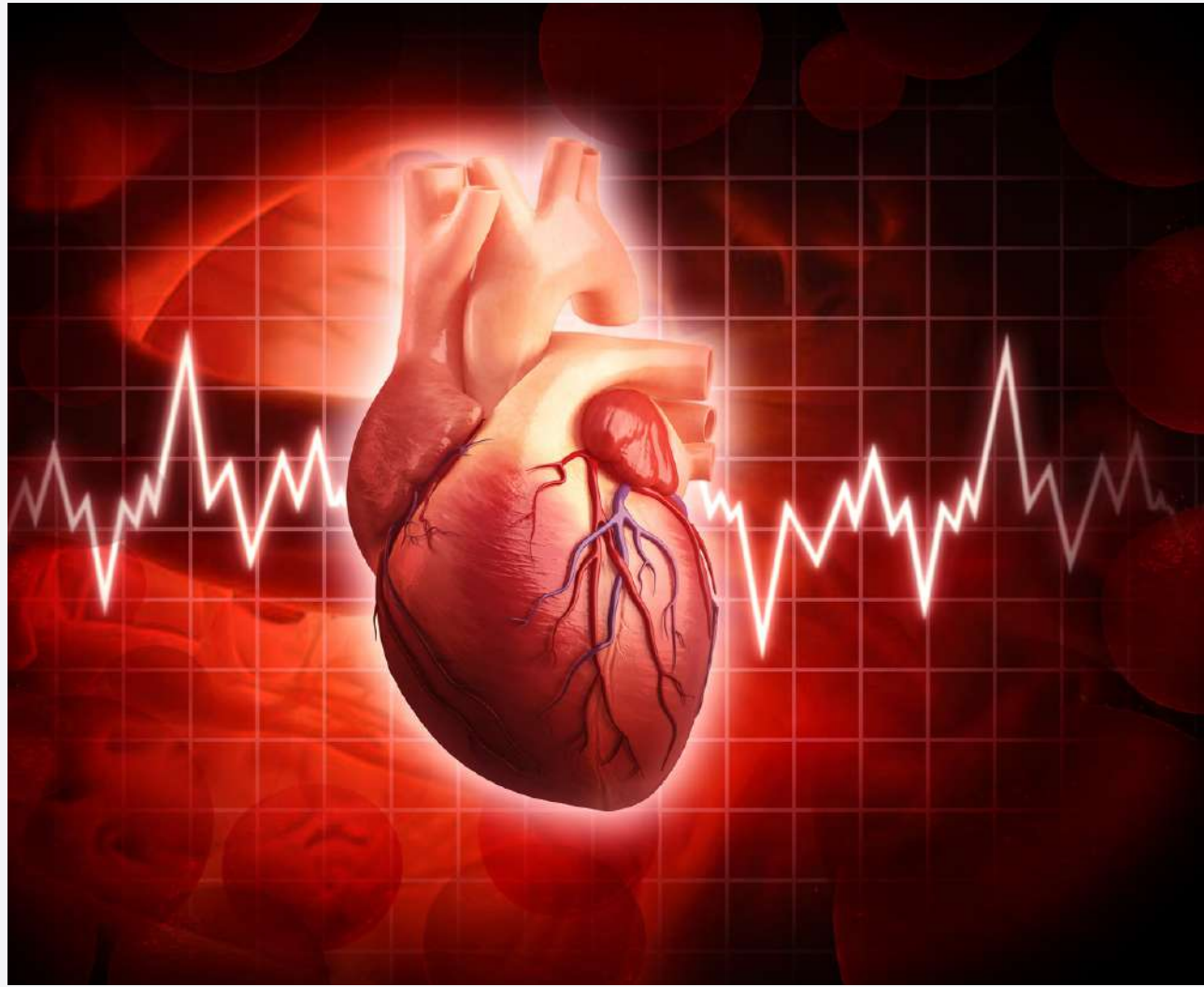




UK | 35453352

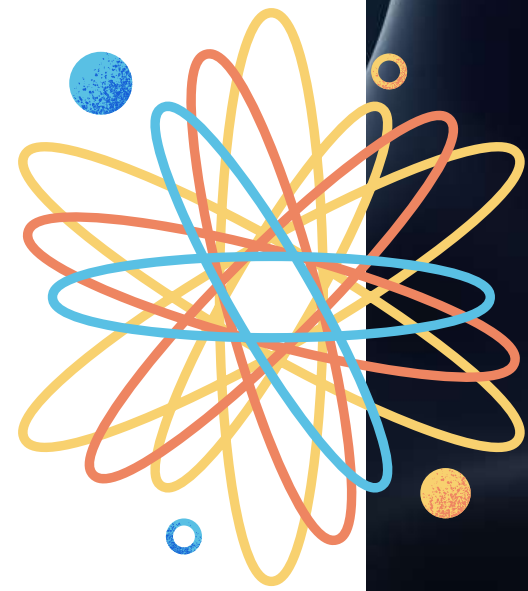


ase Control and Prevention, <http://phil.cdc.gov>

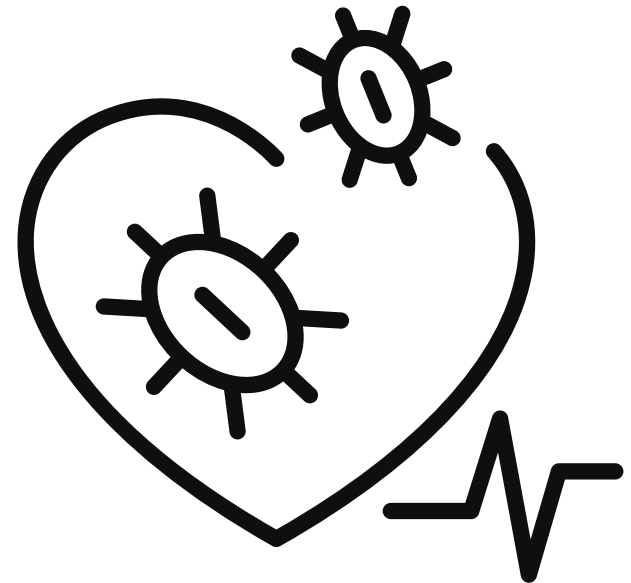
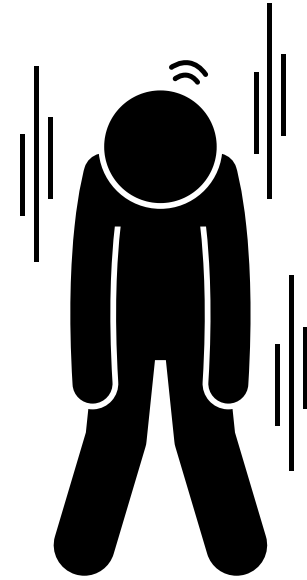




UK | 35453352



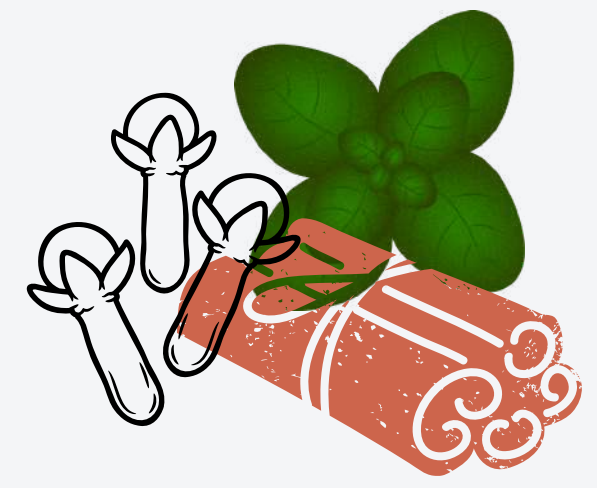
Q10



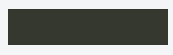
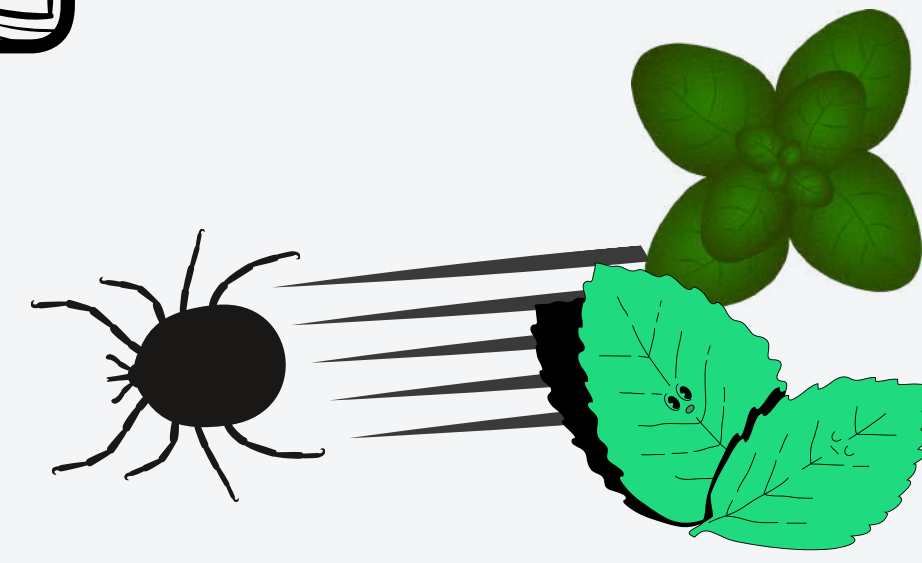
Borrelia burgdorferi

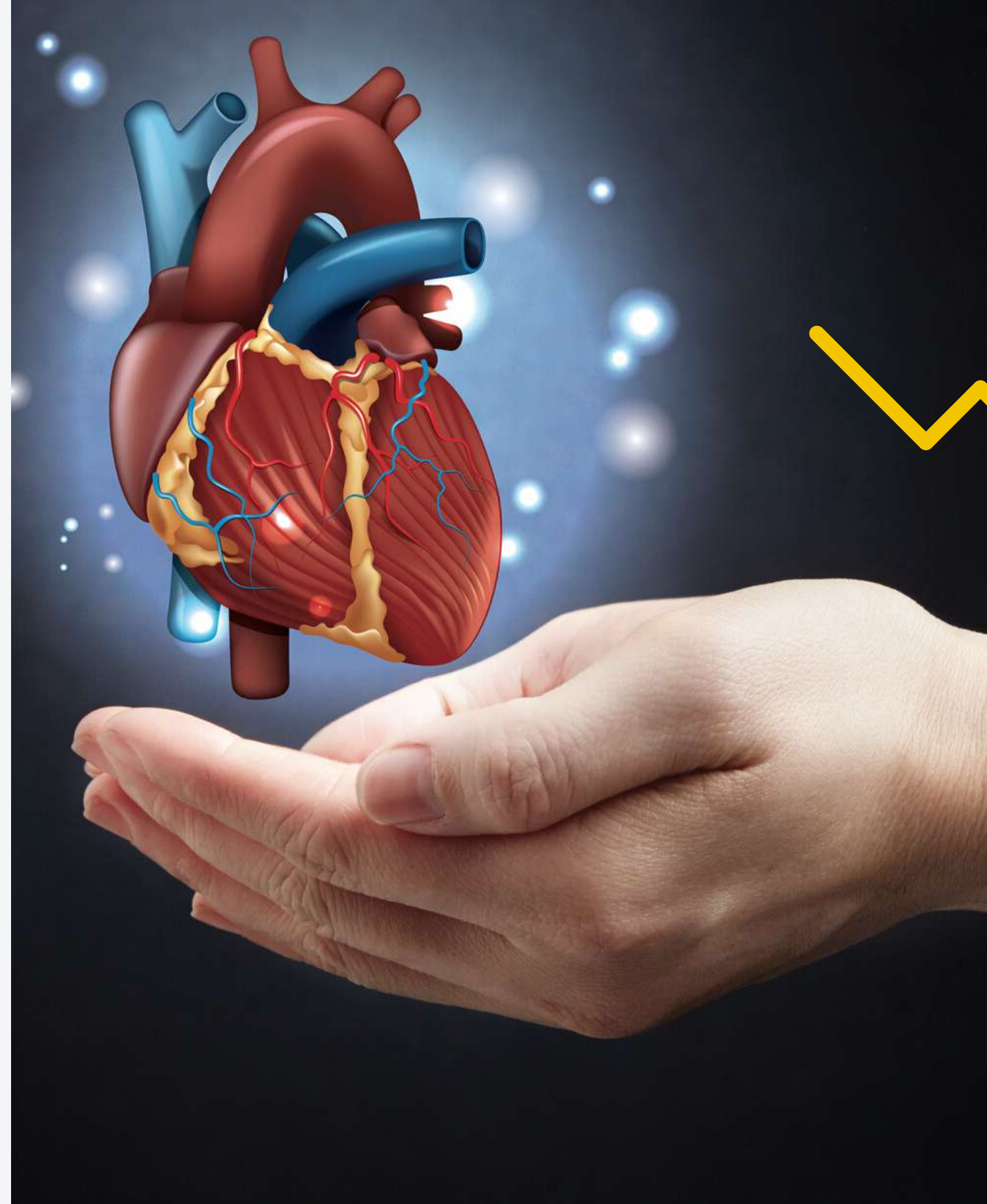


No. 1



G. procumbens





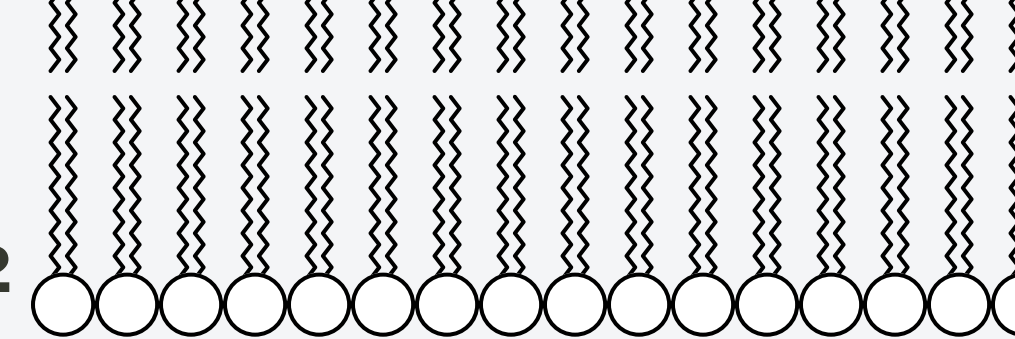
Polska | 35621872

Q10 ↑ ♥ ↘ ➡ ☉ HF

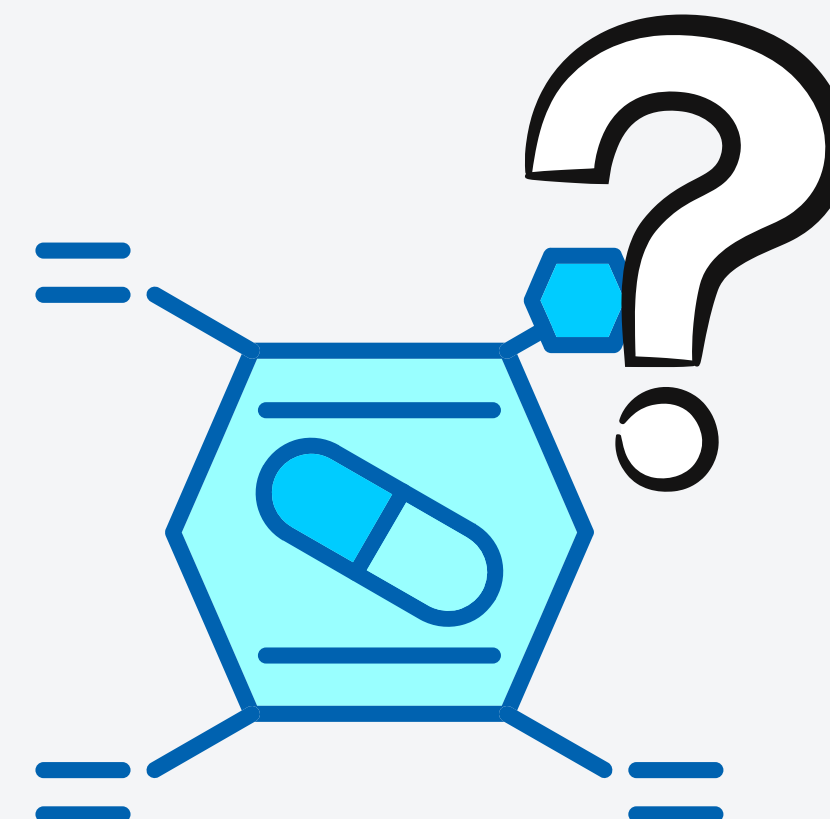
obj. HF ~ Q10

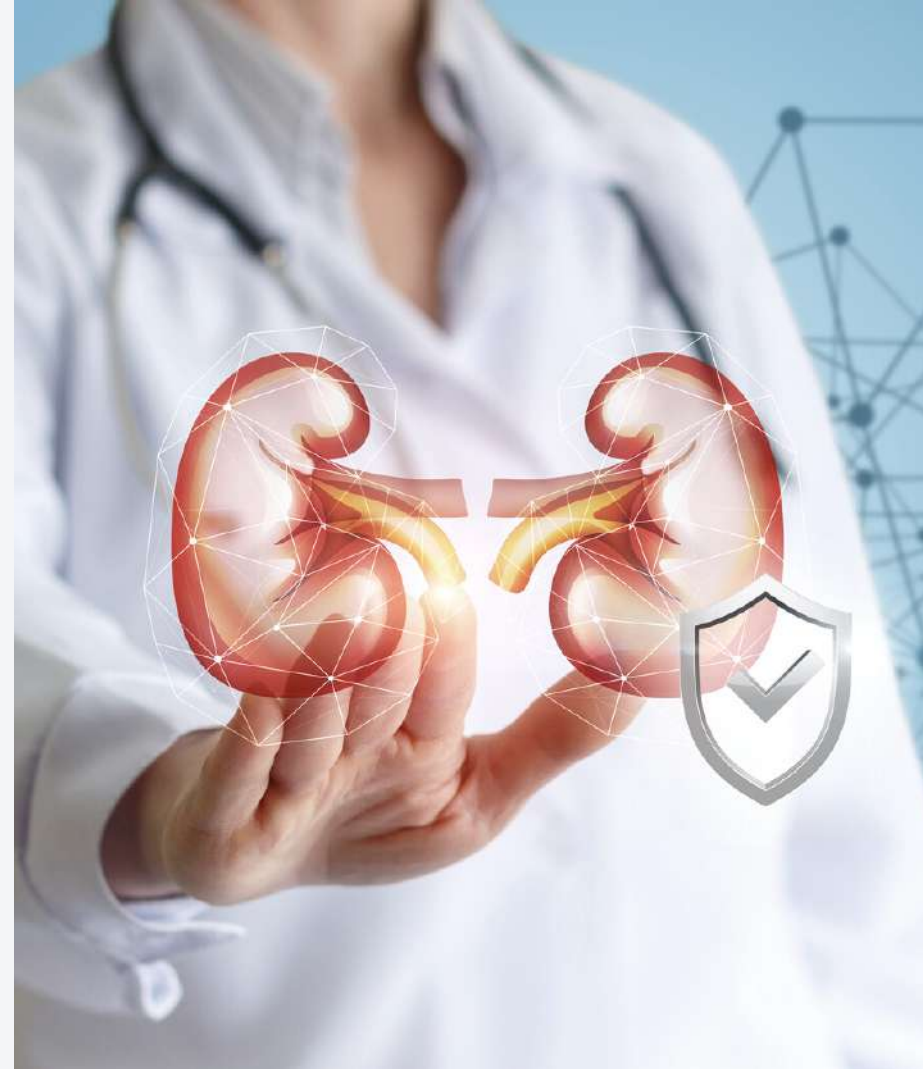
2 Y ~ 70%

10Y ~35%



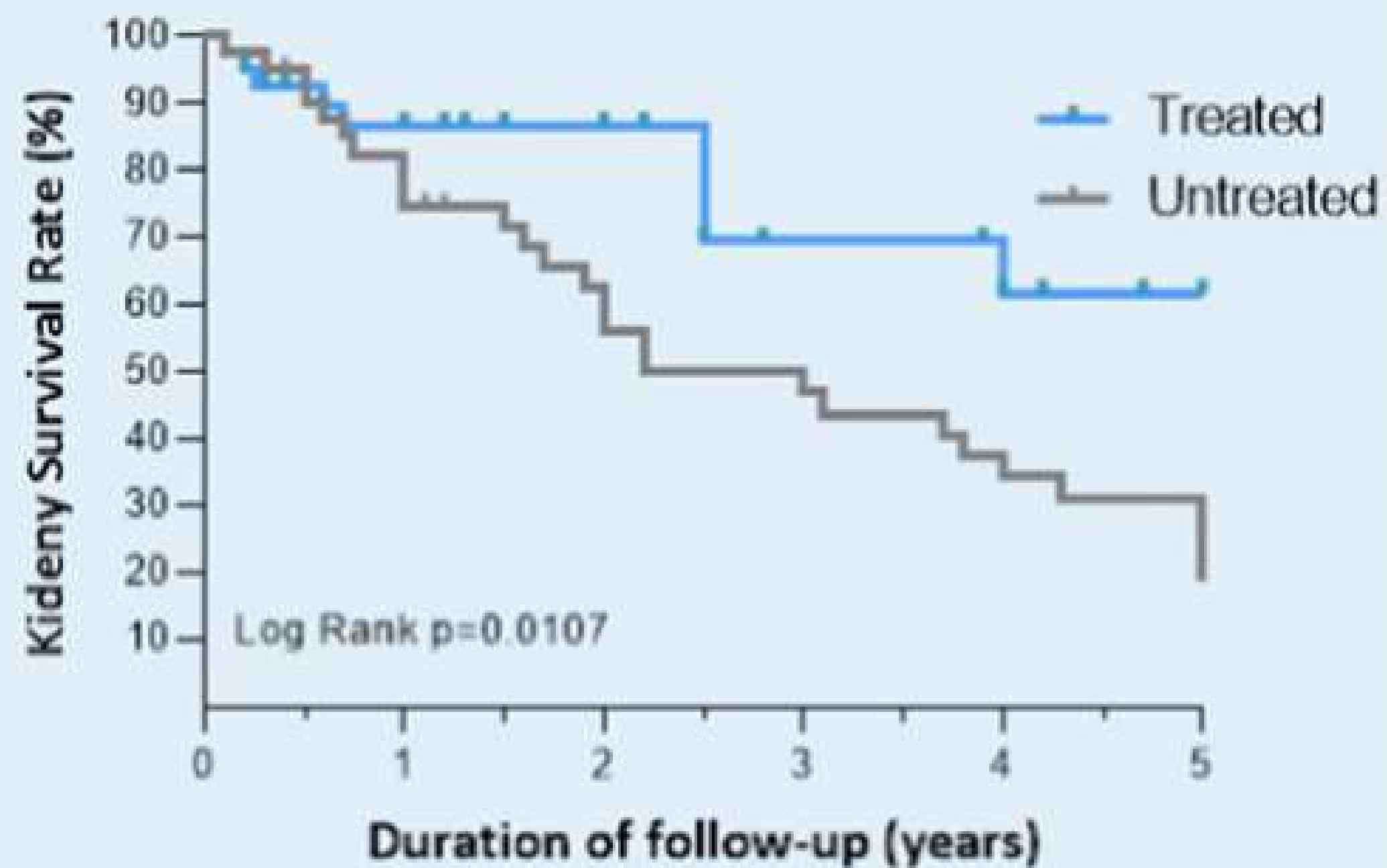
KISEL, Q-SYMBIO





CoQ10

n=116
rr COQ2, COQ6, COQ8B
↓ proteinuria ~ 12M , ↑ ∇
(CoQ6)
62 vs 19% 5-l KF-free
→ early + life-long





The DIETA trial

n=97, 3M

- ↓ kcal + placebo
- ↓ kcal + 3g Ω -3
- placebo

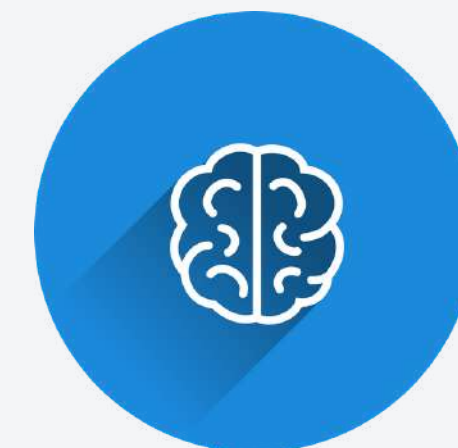
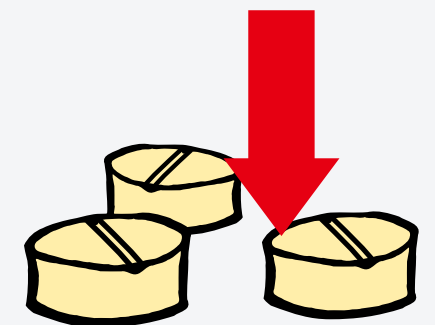
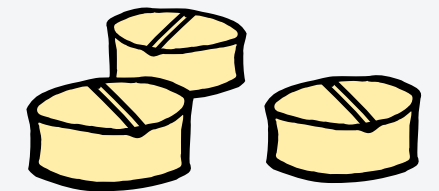


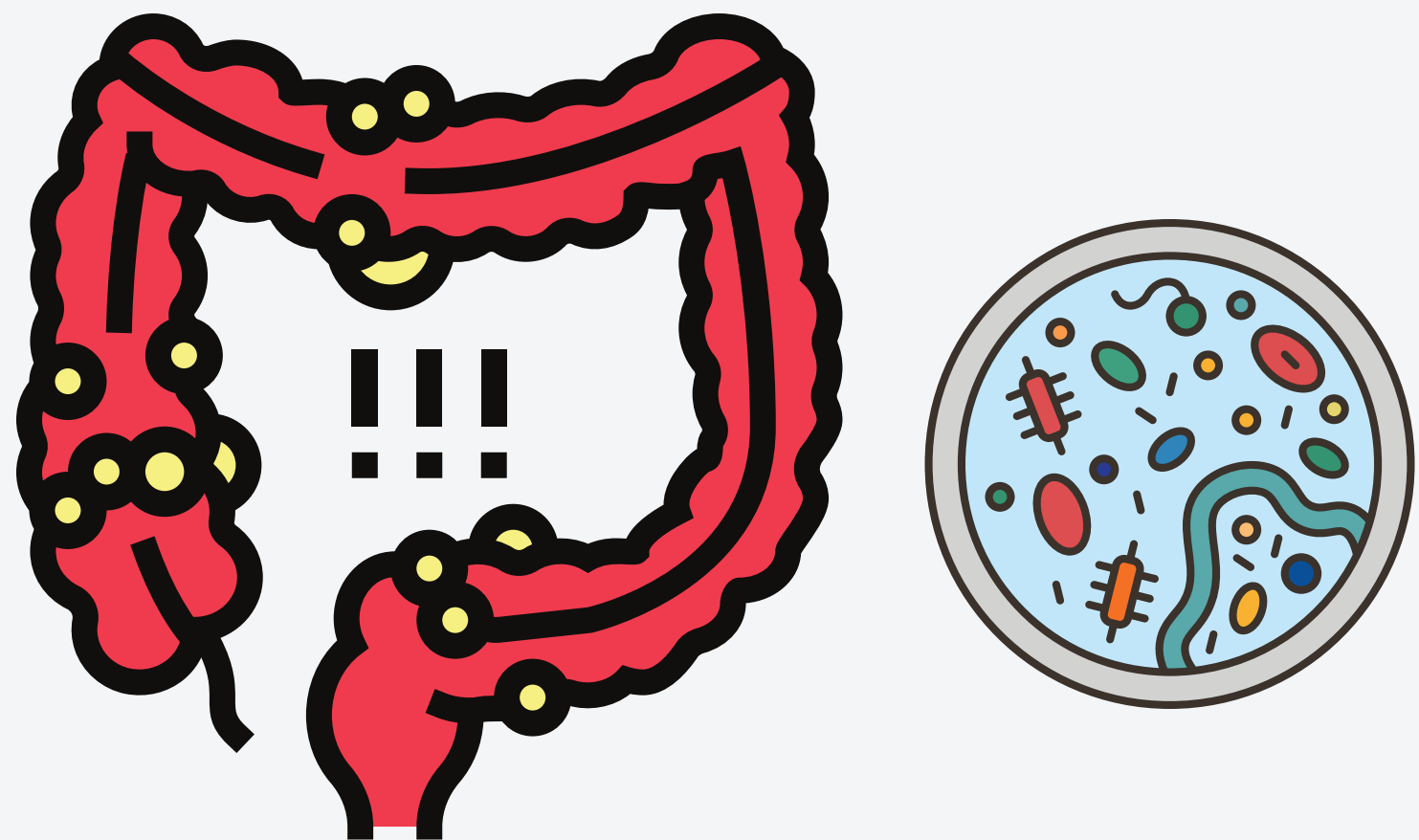
The DIETA trial

- ↓ kcal + placebo:
 - **HEI+1** = ↓ 4% ⤵
 - **+100 kcal DAS28 x3**
- ↓ kcal + 3g Ω-3:
 - ↓ mc. + obw.
 - (–add. ↑) DAS28



**N=123, RETR. PCGS 1500 MG,
3/6M**

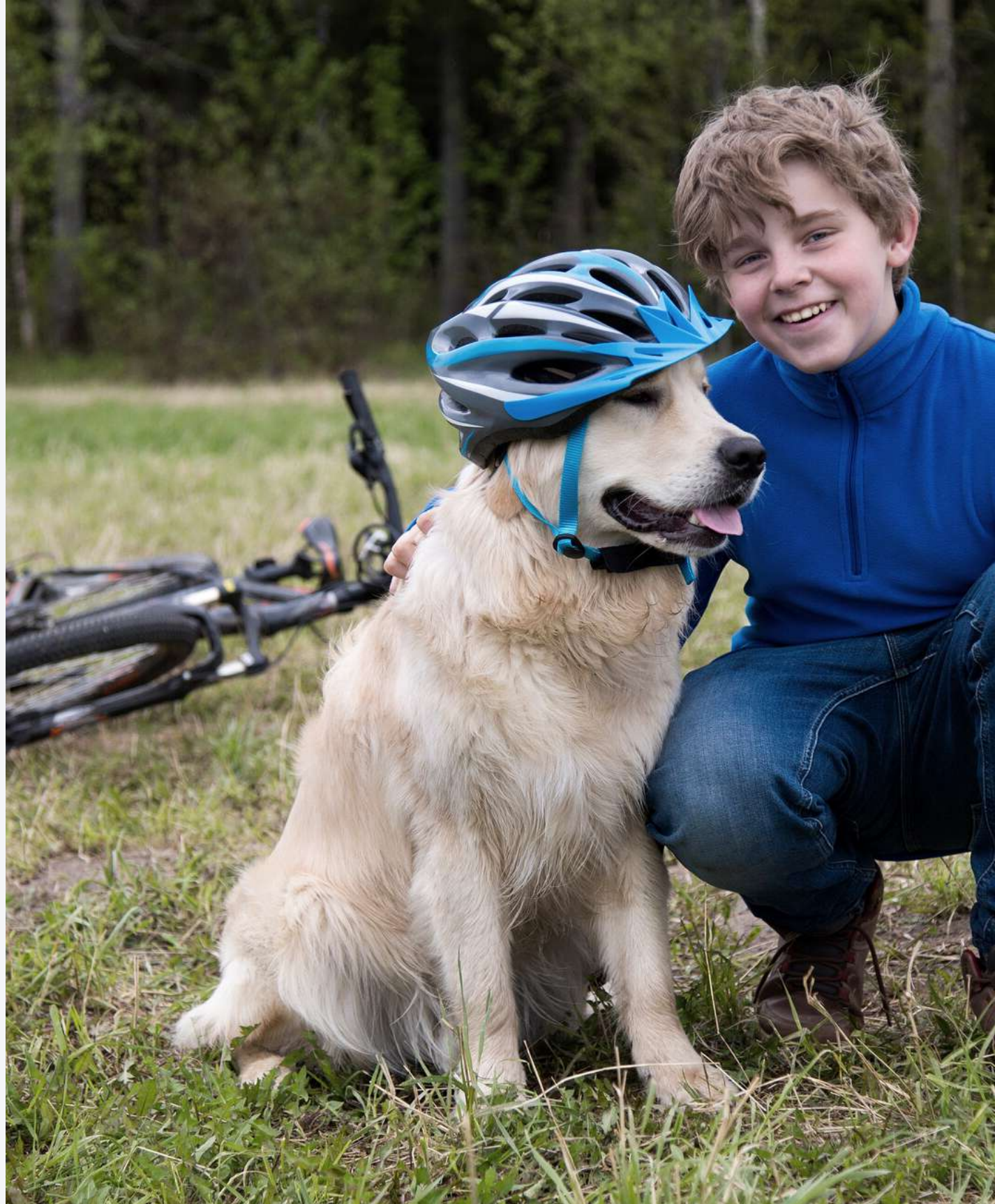
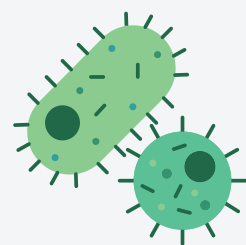




Crohn's and Colitis Canada Genetic,
Environmental, and Microbial,

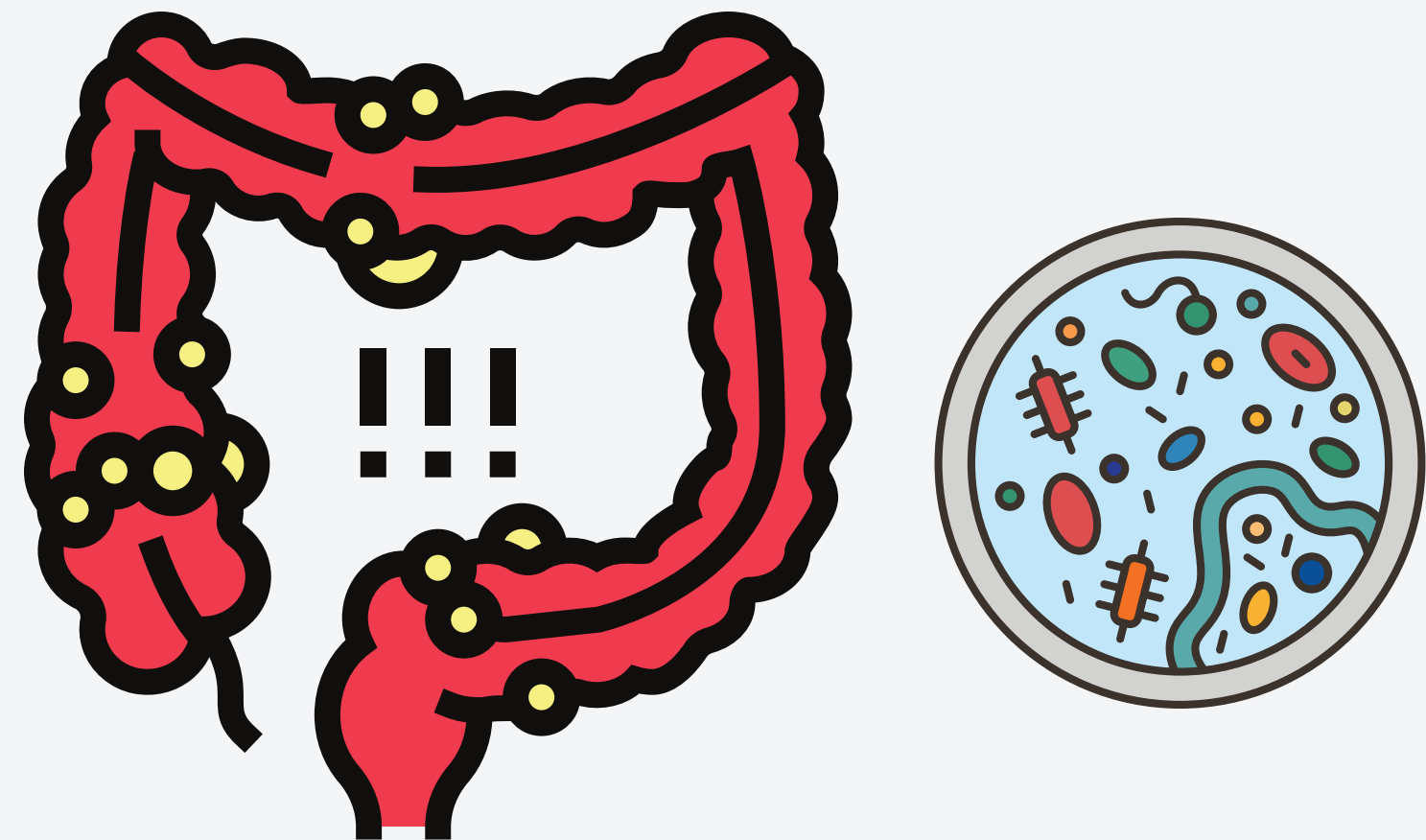
n=4300F

5-15 ~ equil. imm $\longleftrightarrow$



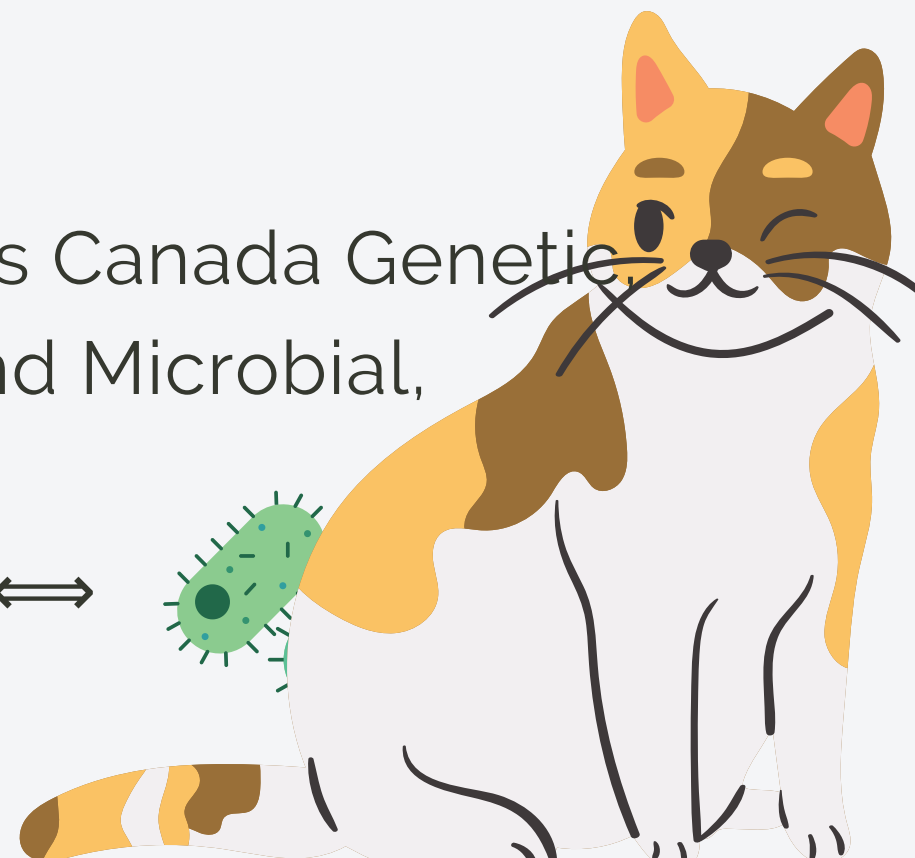
DIGESTIVE DISEASE WEEK, SAN
DIEGO

DIGESTIVE DISEASE WEEK, SAN DIEGO

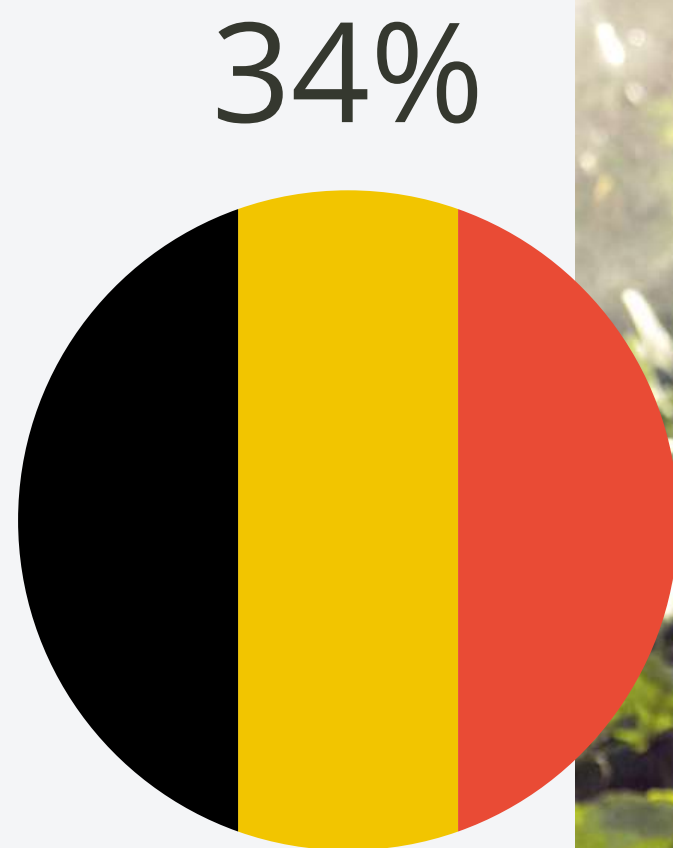


Crohn's and Colitis Canada Genetic,
Environmental, and Microbial,
n=4300F

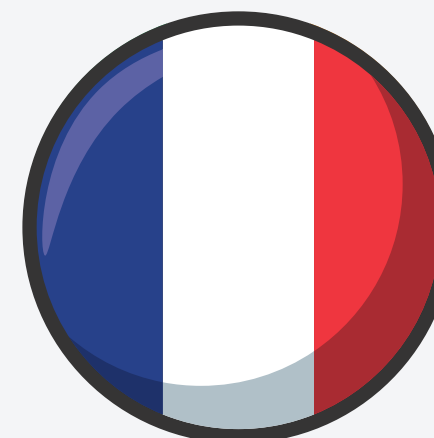
5-15 ~ equil. imm ↔



PESTICIDE ACTION NETWORK
EUROPE | THE BRUSSELS TIMES
25.05.2022



26%



22%



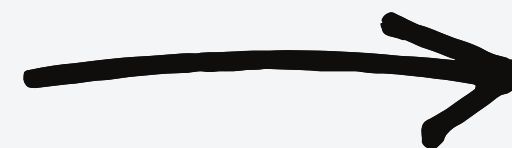
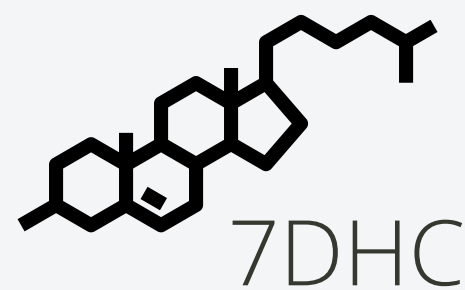
21



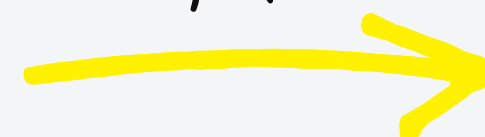
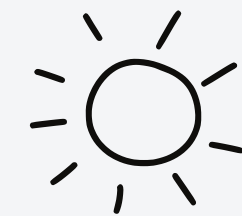
21/16%



UK, Italy, Chile, Cuba | 35606499
CRISPR ↗ ok. 80U/1



PRE



Prezentacja dostępna na
https://integmed.pl/webinary_

Dziękuję za uwagę!

■ Kolejny webinar 21 czerwca

