

Study Effects Of Administration L-Carnitine In Cholesterol, Triglycerides And Lipoprotein A In Dislipidemic Patients Serum.

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Purpose: To investigate a possible reduction in cholesterol, triglycerides and lipoprotein A in patients diagnosed with dyslipidemia, after systemic administration of L-carnitine.

Methods: Material of our study were 76 patients (34 men and 42 women, mostly obese) diagnosed with dyslipidemia, who were selected for participation in this study our criteria increased levels of lipoprotein A [Lp (a)] since, as we know, this is an independent cardiovascular risk factor, and according to several randomized trials is important predictor of atherosclerosis. In all L-carnitine was administered at a daily dose of 2 gr, for four months without any other modification of existing treatment, while both at baseline and after a period of 4 months period of the receipt of L-carnitine, checked in Biochemical Laboratory all parameters of lipid profile. A statistical study of results followed, based on the use of the statistical package SPSS.

Results: Regarding the values of total cholesterol, HDL, LDL-cholesterol and triglycerides, although individual observed for the better some changes (the most important concern that levels of HDL-cholesterol), however, were insignificant statistics, and therefore not evaluable. In contrast, as concerned for the levels of Lp (a), showed statistically significant ($p < 0,005$) reduction in the vast majority of patients treated with L-Carnitine (67 from all 76 individuals in our study). Reduction, which on average stood at 10.7% of their original price.

Conclusions: It turns out therefore that the administration of L-carnitine is useful, beyond all others, and prevention of atherosclerosis (cardiovascular disease), particularly in patients with elevated levels of Lp (a), as often occurs in obese individuals.