

International Conference on
NUTRITION AND HEALTH CARE

November 17-18, 2022 | Paris, France

<https://www.nutrition.scientexconference.com/> nutrition@scientexconferences.com

+1 341-208-2801

TITLE: A Systematic Review on the Effectiveness of Intermittent Fasting in Promoting Weight Loss and Improving Lipid Profile for Cardioprotection**Name:** Azizah Mat Hussin**Affiliation:** Senior Lecturer at Institute of Medical Science Technology, Universiti Kuala Lumpur**Country:** Malaysia**Email ID:** azizah2425@gmail.com**ABSTRACT**

Cardiovascular diseases (CVDs) are a major cause of worldwide morbidity and mortality. Clinical studies have shown intermittent fasting (IF), a diet regimen that has a beneficial effect on the prevention of cardiovascular diseases. This systematic review of randomized clinical trials (RCTs) was conducted to investigate the effectiveness of IF in promoting weight loss and improving lipid profile for cardioprotection. The systematic review was conducted according to the Cochrane guidelines. Two investigators independently screened the titles and abstracts of the articles to evaluate eligibility for inclusion. We searched the PubMed, Scopus, ScienceDirect, Dimensions, and Google Scholar databases from 2017 until 2021 for studies meeting the following criteria: (1) RCT with adult participants (2) Articles that reported measures of body weight, body composition, lipid profile, and blood pressure. (3) BMI > 24kg/m² without exclusion according to health status and age. Only eighteen articles from 844 studies were included as they met the inclusion and exclusion criteria. This systematic review showed that intermittent fasting was effective for a significant reduction in body weight ranging from a mean weight loss of 0.94 kg to 8.27 kg, reducing body fat mass and waist circumference. Out of eighteen studies observed, only one study reported no significant reduction in body weight among the participants. There are also improvements in total cholesterol, triglycerides, and a reduction in systolic and diastolic blood pressure after the intervention. This systematic review of the eighteen studies found that intermittent fasting was effective for weight loss, reducing blood pressure, and improving lipid

profiles such as total cholesterol and triglycerides levels among adults with overweight and obesity. Therefore, it can be concluded that intermittent fasting can be an alternative treatment to prevent cardiovascular diseases as an increase in weight, cholesterol level in the blood, and blood pressure will increase the risk of cardiovascular diseases.

BIOGRAPHY

Azizah Mat Hussin has completed her PHD from Newcastle University, UK in 2018, in the field of Nutrition. Currently, she is the Head of Section for Environmental Healthcare, Institute of Medical Science Technology, Universiti Kuala Lumpur (UniKL). Before joining UniKL in 2008, she was a Research Officer in Ministry of Health Malaysia. Her research area is in community health, nutrition in women and elderly, vitamin D and endothelial function. She has been conducted various research particularly in knowledge, attitude & practice (KAP) among rural women on reproductive health, an association of vitamin D status with physiological and biochemical markers of endothelial function in overweight and obese post-menopausal women, ageing, vitamin D and NO production, feasibility study of a mixed-method intervention to reduce salt intake & increase high-nitrate vegetable consumption in middle-aged & older Malaysian adults with elevated blood pressure. She has been presenting her research studies in various countries such as France, England, Scotland, Ireland, Netherlands and Malaysia. She has been a supervisor and co-supervisor to more than 30 bachelor and master students since 2010.



International Conference on
NUTRITION AND HEALTH CARE

November 17-18, 2022 | Paris, France

 <https://www.nutrition.scientexconference.com/>

 nutrition@scientexconferences.com

 +1 341-208-2801

Presenter Name: Azizah Mat Hussin

Mode of Presentation: Poster.

Contact number: +6 (012) 6549501

