SUMMARY AND CONCLUSION
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The present work was conducted on 26 male subjects of which 10 were diabetics, 10 hypertensive and remaining 6 were the patients of ischemic heart disease, to see the response of an individual to stress of single high cholesterol test diet. The following conclusion were drawn from the present study.

1. Three type of responses in behaviour of STC were observed at the first hour. About 33% of IND subjects, 40% of diabetics and 40% of hypertensive showed a fall. 66% of IND subjects, 50% of diabetics and 50% of hypertensive showed a rise and remaining subjects of all groups showed no change in STC after single high cholesterol test diet.

2. At the third hour STC level showed a rise over the first hour in diabetics and hypertensive and fall in IND subjects.

3. Smokers, high fat consumers and sedentary workers had higher basal STC as compared to nonsmokers, low fat consumers and moderate or heavy workers.

4. Basal HDL levels were higher in hypertensive and diabetic subjects than patients suffering from IND.
5. The changes in mean HDL level after single high cholesterol test diet were insignificant except in hypertensive. Third hour values showed significant rise over fasting value.

6. Higher fasting level of STG and VLDL was observed in hypertensive than diabetic subjects and IDDM patients.

7. The changes in LDL were similar to STG in diabetics but hypertensive showed fall at the first hour and rise at the third hour whereas IDDM patients showed progressive fall in LDL from first to third hour.

8. All the groups of patients showed higher ratio of STC/HDL (75) particularly in IDDM subjects in which STC/HDL ratio was more than 7.

9. The lipid risk for the individual subjects is variable. Some showed high risk whereas some showed protected postprandial response.