CONCLUSIONS AND SUMMARY
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In the present work 31 male healthy volunteers, 20 female healthy volunteers, 11 male and female young healthy first degree relatives of patients of CAD and 8 diabetic subjects were studied to see the response of an individual to stress of single high cholesterol test load, in healthy, subjects at risk and in diseased patients. Following conclusions were drawn from the present study.

1. Three types of responses in behaviour of STC was observed 1 hour after feeding single high cholesterol test load. In the majority of healthy males and females and type II diabetes a fall in STC was observed, in minority of these subjects plus majority of first degree relatives of CAD and type I diabetes showed a rise in STC level 1 hour after feeding, while in the remaining no change was observed.

2. The magnitude of fall in STC level declined with increasing age in all groups.

3. After 3 hours, STC values though showed a rise over 1 hour value but was still well
below fasting levels in Group A, Group B and Group D, while in Group C they crossed the fasting value.

4. Smokers had a significantly higher level of basal serum total cholesterol as compared to nonsmokers.

5. High daily fat consumers had a higher basal serum total cholesterol as compared to low fat consumers.

6. Basal HDL levels were much higher in young age females than males of the same age group.

7. First degree relatives of patients of CAD had a much lower level of HDL as compared to subjects of same age group without any risk factor.

8. Single high cholesterol feeding induced little change in HDL level 1 and 3 hours after feeding.
9. Highest basal levels of serum triglyceride was observed in diabetic subjects. First degree relation of patients of CAD also had a much higher level of basal STG as compared to healthy males of the same age group.

10. A progressive rise in STG level was observed 1 and 3 hour after feeding single high cholesterol test load in all the group.

11. The feeding induced rise in STG was maximum in diabetic subjects.

12. First degree relatives of patients of CAD showed a delayed rise in STG valve after feeding.

13. Changes in VLDL and LDL were exactly similar to that observed in STG and STC respectively.

14. A favourable shift in LDL/HDL ratio after feeding was observed in Group A, B and D while in Group C this ratio changed unfavourably on feeding.