SUMMARY AND CONCLUSION
SUMMARY AND CONCLUSION

We studied the effects of short term (1 hr and 3 hr) and long term cholesterol feeding (7 days) in moderately controlled diabetic patients (type-1 and type-2) in whom the fasting blood sugar was between 120-140 mg/dl.

The basal serum triglyceride (STG) were elevated in both type-1 (205.68±36.75 mg/dl) and type-2 (215.16±28.15 mg/dl) diabetics. But high density lipoprotein (HDL), serum total cholesterol (STC) and low density lipoprotein (LDL) were within normal limits.

After feeding high cholesterol fat breakfast (HCFB) comprising of 2 boiled eggs and 250 ml of sweetened milk for 7 days the lipoproteins STC, HDL, LDL and STG showed an insignificant rise. Similarly 7 days after withdrawal of HCFB all the parameters showed a statistically insignificant decline except in type-2 diabetics where serum total cholesterol declined significantly below basal level.

In a simultaneous study serum lipoproteins were estimated after a single dose of cholesterol load comprising of 3 eggs and 250 ml of sweetened milk in the fasting state after one hour and after 3 hours of administration.

In type-2 diabetics the HDL level increased significantly at 1 hour but decreased significantly at
3 hours whereas in type-1 diabetics there was a statistically significant fall ($P \leq 0.05$) in HDL only at 3 hours. In type-2 diabetics there was a marked rise in STG at 1 hr followed by a slight fall at 3 hours whereas in type-1 diabetics the changes were statistically insignificant.

In type-1 diabetics there was an increase in the level of LDL at 1 hour and 3 hours, a change that was statistically significant ($\leq 0.05$) whereas in type-2 diabetics there was a statistically significant ($P \leq 0.05$) full in LDL level after HCFB at 1 hour and 3 hours.

However, further work on a much larger sample is recognised to establish beyond doubt our findings and conclusion.