

## Press release

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### Basic information

Name: Elin Rakvaag

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Department of: Clinical Medicine

Main supervisor: Søren Gregersen, Associate Professor, Chief Physician  
Department of Endocrinology and Internal Medicine  
Aarhus University Hospital, Denmark  
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Title of dissertation: "Effects of whey protein and wheat bran on risk factors associated with the metabolic syndrome in adults with abdominal obesity"

Date for defence: 15/08-19 at (time of day): 13:00 Place: Auditorium A, Entrance G6, G206, Aarhus University Hospital, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N.

Press release (Danish)

Effekten af valleprotein og hvedeklid på risikofaktorer forbundet med det metaboliske syndrom i voksne med abdominal fedme

Effekten af valleprotein og hvedeklid på risikofaktorer forbundet med det metaboliske syndrom er et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af ph.d.-studerende Elin Rakvaag, cand.scient i Human Ernæring, der forsvare det d. 15/08 2019.

Det metaboliske syndrom er en samling risikofaktorer, som øger risikoen for hjertekarsygdomme og type-2 diabetes. Tidligere studier tyder på, at diæter med højt protein- eller kostfiberindhold kan have gavnlige effekter på disse risikofaktorer. Projektets formål var således at undersøge, hvorvidt 12 ugers indtag af valleprotein og fiberrig hvedeklid (i kombination eller hver for sig) kan forbedre en række risikofaktorer forbundet med det metaboliske syndrom hos personer med forhøjet taljeomfang. Dette blev undersøgt i et interventionsstudie med 65 deltagere, som blev gennemført på Medicinsk Endokrinologisk afdeling ved Aarhus Universitetshospital. Derudover blev der udført et studie med Sprague Dawley-rotter for at belyse effekterne af fastelængde på fedt- og glukosemetabolisme.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 15/08 kl. 13:00 i Auditorium A, Indgang G6, G206, Aarhus Universitetshospital, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N. Forsvaret er på engelsk. Titlen på projektet er "Effects of whey protein and wheat bran on risk factors associated with the metabolic syndrome in adults with abdominal obesity". Yderligere oplysninger: Ph.d.-studerende Elin Rakvaag, e-mail: [elirak@clin.au.dk](mailto:elirak@clin.au.dk), tlf. 61679987.

Bedømmelsesudvalg:

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Inga Thorsdottir, Professor, Dekan  
School of Health Sciences  
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Press release (English)

## Effects of whey protein and wheat bran on risk factors associated with the metabolic syndrome in adults with abdominal obesity

The effects of whey protein and wheat bran on risk factors associated with the metabolic syndrome is a new PhD project from Aarhus University, Health. The project was carried out by PhD student Elin Rakvaag, MSc in Human Nutrition, who is defending her dissertation on 15/08 2019.

The metabolic syndrome is a cluster of risk factors that increases the risk of cardiovascular diseases and type 2 diabetes. Previous studies indicate that diets with high contents of protein or dietary fiber may have beneficial effects on these risk factors. The aim of the project was to investigate whether intake of whey protein and high-fiber wheat bran (in combination or separately) for 12 weeks may improve risk factors associated with the metabolic syndrome in individuals with increased waist circumference. This was investigated in an intervention study with 65 participants, conducted at the Department of Endocrinology and Internal Medicine at Aarhus University Hospital. In addition, a study in Sprague Dawley rats was conducted to explore the role of fasting duration in fat- and glucose metabolism.

The defence is public and takes place on 15/08 at 13:00 in Auditorium A, Entrance G6, G206, Aarhus University Hospital, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N. The defence will be held in English. The title of the project is "Effects of whey protein and wheat bran on risk factors associated with the metabolic syndrome in adults with abdominal obesity". For more information, please contact PhD student Elin Rakvaag, email: [elirak@clin.au.dk](mailto:elirak@clin.au.dk), Phone +45 61679987.

### Assessment committee:

Mette Hansen, Associate Professor (Chairman)  
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