

Press release

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Basic information

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Department of: Clinical Medicine

Main supervisor:

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Department of Endocrinology and Internal Medicine Aarhus University Hospital, Denmark

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Title of dissertation:

Long-term effects of whey protein and dietary fiber from wheat on markers of metabolic risk and bone health in subjects with abdominal obesity

Date for defence: 6/9 2019 at (time of day): 13.00 Place: Auditorium J116-113. Indgang J, Plan 1, J110, Aarhus Universiteteshospital, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N

Press release (Danish)

Langtids-effekten af kostfibre fra hvedeklid samt valleprotein på metaboliske risikomarkører og knogleomsætning hos personer med abdominal fedme.

Ovenstående studie er et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af ph.d. studerende Rasmus Fuglsang Nielsen, der forsvaret det d. 6. september 2019.

Abdominal fedme er forbundet med en metabolisk risikoprofil præget af forhøjet triglycerid i blodet, blodtryk og blodsukker, der tilsammen øger risikoen for udvikling af hjertekarsygdom samt type 2 sukkersyge. Disse individuelle risikofaktorer har vist sig at være påvirkelige af ændringer i kostens sammensætning. Langtidseffekten af en diæt med varierende indhold af valleprotein og kostfibre blev undersøgt i et 12 ugers forsøg. Forsøget viste bl.a. at valleprotein i kombination med få kostfibre sænkede triglycerid i blodet. Ydermere blev betydningen af kostens sammensætning for knogleomsætningen undersøgt.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 6/9-2019 kl. 13.00 i Auditorium J116-113. Indgang J, Plan 1, J110, Aarhus Universiteteshospital, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N. Titlen på projektet er "Langtids-effekten af kostfibre fra hvedeklid samt valleprotein på metaboliske risikomarkører og knogleomsætning hos personer med abdominal fedme.". Yderligere oplysninger: Ph.d.-studerende Rasmus Fuglsang Nielsen, e-mail: rasnis@rm.dk, tlf. 27203571.

Bedømmelsesudvalg:

Mette Hansen, lektor (formand for bedømmelsesudvalget)

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Press release (English)

Long-term effects of whey protein and dietary fiber from wheat on markers of metabolic risk and bone health in subjects with abdominal obesity

The project was carried out by ph.d. student Rasmus Fuglsang Nielsen, who is defending his dissertation on 6th of september 2019.

Abdominal adiposity is associated with an unfavorable metabolic profile of raised triglycerides, blood pressure and blood glucose, that combined increases the risk of developing cardiovascular disease and type 2 diabetes. These individual riskfactors can be modified by the dietary composition. In a 12-week study, the longterm effect of whey protein and dietary fibers from wheat was examined. The study showed that whey protein combined with low dietary fiber intake lowered triglyceride levels. Furthermore, the effect of the differing dietary composition was examined on markers of bone turnover.

The defence is public and takes place on 6th of september 2019 at Auditorium J116-113. Indgang J, Plan 1, J110, Aarhus Universiteteshospital, Palle Juul-Jensens Boulevard 99, 8200 Aarhus N. The title of the project is "Long-term effects of whey protein and dietary fiber from wheat on markers of metabolic risk and bone health in subjects with abdominal obesity". For more information, please contact PhD student Rasmus Fuglsang Nielsen, email: rasnis@rm.dk, Phone +45 27203571.

Assessment committee:

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